



IN-ROOM MASSAGE

Avail of our in-room massage services from the safety and comfort of your own suite.

ARUgA
APARTMENTS BY ROCKWELL

SWEDISH 60 mins.**P1500**

A system of long strokes, kneading, friction, tapping, percussion, vibration and shaking motions that apply pressure between muscles and bones, rubbing in the same direction as the flow of blood returning to the heart. This massage uses aromatherapy oil.

SHIATSU 60 mins.**P1500**

A traditional hands-on Japanese healing therapy. It literally means finger and thumb pressure. A natural body weight is used in applying pressure such as finger, thumb, elbows, feet or knees. It is a natural way to relax and cope up with stress, back pain, headaches, stiff neck, joint pain, anxiety and depression. This is a dry massage.

SWE-SHI 60 mins.**P1500**

A relaxing therapeutic massage that combines Swedish and Shiatsu. It mainly release energy blockages, increase flexibility, eliminates toxins, reduces stress, relaxes the muscles and stimulates the nerves. It brings balance mentally, physically, spiritually and emotionally. This massage uses aromatherapy oil.

THAI 60 mins.**P1500**

A traditional/ancient Asian massage which involves stretching and deep massage. It is usually done on the floor and client is wearing loose clothes for easy movement. Popular for relaxation, pain and stress relief, and provides a unique Asian massage experience. This is a dry massage.

REFLEXOLOGY 60 mins.**P1500**

A natural healing art based on the principle that there are reflexes in the hands and feet that relates to every organ, gland, and system of the body. A relaxing therapy that soothes, calms, balances and boosts the entire body. A hand and foot treatment.

PRENATAL 60 mins.**P1500**

Customized to the needs of pregnant women and their changing bodies, it provides relief on sore and swollen parts of the body. It aims to relax tense muscles, ease sore spots, improve circulation and mobility, and just make you feel good.

HOTSTONE 60 mins.**P1800**

Uses basalt stone or lava rocks that are coated with aromatherapy oil and come in all shapes and sizes. The stones are heated and placed on the body's energy points. The heat deeply penetrates into the muscles, releasing tension.

VENTOSA 60 mins.**P1800**

An ancient Chinese form of alternative medicine. It is performed by placing glass on specific accupoints on the client's back and uses authentic ventosa glasses that made of strong glass to ensure safety. A flame from a burning cotton ball is placed in an inverted cup to create a vacuum effect. It is generally a painless procedure and helps mobilize blood flow to promote healing.

ARUGA SIGNATURE 60 mins.**P1800**

This is a combination of Shiatsu, Swedish, Reflexology and Thai Massage in one full course massage.