

MAHIKA SPA

MASSAGES

FOOT & HAND SPA

YOGA AREA



RELAX  REJUVENATE  RENEW



REFRESH  RESTORE  REVIVE



MASSAGES

 90 minute sessions 

Hilot Massage

Swedish Massage

 60 minute sessions 

Hilot Massage

Swedish Massage

Shiatsu (Dry) Massage

Foot & Hand Reflexology

 30 minute sessions 

Back Massage

Head & Neck Massage

 Special Couple Massage 

Romantic Couple Massage
(90 minutes of Hilot Massage)

 Special Aromatic Oil 

90 minutes session

60 minutes session

30 minutes session

 Aromatic Oil Scents 

*Please enquire at reception
about available scents to
choose from upon booking
your massage.*



Please read treatment description on the next page



MAHIKA SPA

Give your body the rest and relaxation it deserves. Awaken your senses and delve into a different world with our combination of light relaxation massages, exquisite aromas, soothing music and serene surroundings for a blissful and relaxing experience.

Filipino 'Hilot' Massage

A Traditional Filipino healing massage.

Hilot massage focuses on 'stressed points' or 'muscle knots'. Therapist's fingers will feel the body for areas of congestion. Once the area of congestion is found, therapist gently massages the body using upward, circular or downward strokes repeatedly to ease the congestion.

Swedish Massage

The Swedish body massage uses gentle flowing palm & finger techniques to help relax the muscles & aids proper blood circulation. Heat from the palm helps to ease muscle tension. The perfect way for anyone who is overly worked and stressed out to relax their body and mind.

Shiatsu (dry massage)

Literally means 'thumb pressure', Shiatsu can be used to reduce stress and promote overall health and well-being. The practice uses comfortable pressure, touch and manipulative techniques. This balances energy flow and adjusts elements of the body's physical structure.

Reflexology

Reflexology involves applying pressure to and massaging certain areas of the feet, hands and ears. Its aim is to encourage healing and relieve stress and tension. In a session, a reflexologist will apply pressure to certain reflexes. The aim is to stimulate energy flow and send signals around the body, targeting areas of tension.



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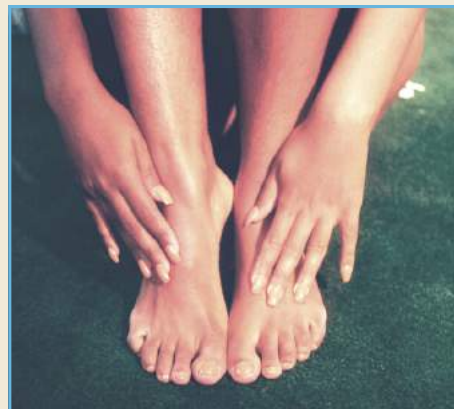
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Nail Treatments



Regular Manicure

(30 minute treatment)

Regular Pedicure

(60 minute treatment)



Foot Treatment



Foot Scrub Therapy

(90 minute treatment)



Additional



Complete Package

(Manicure + Pedicure + Foot Scrub)
(120 minutes)

Foot & Hand Reflexology

(90 minutes)

Mani + Pedi Combo

(90 minutes)



Please read treatment description on the next page



MAHIKA SPA



Take care of your body on the inside and keep looking good on the outside. Consider your nails and feet well-being too and pamper yourself with polished nails and scrubbed feet. After all your hands and feet went through, they deserve it.

Manicure

Enjoy a 30 minute manicure - cleaning & trimming of the nails, cuticle care and freshly polished nails in a color of your choice.

Pedicure

The process begins with a relaxing warm soak. A slight scrubbing to remove dead skin cells will give your feet that exfoliated & refreshed feeling. Finish the treatment by caring for your toenails, their cleaning, trimming, cuticle care and the coating with a polish color of your choice.

Foot Scrub Therapy

Give your feet a little extra pampering with this therapy of 90 minutes. Refresh and relax your feet from heel to toe. Start with a calming soak to bring you to full relaxation and to prepare your feet for the next step; the scrub. Dry patches and calluses are gently buffed away with the scrub or a pumice stone. End this treatment with a relaxing leg & foot massage with a deeply moisturizing cream.



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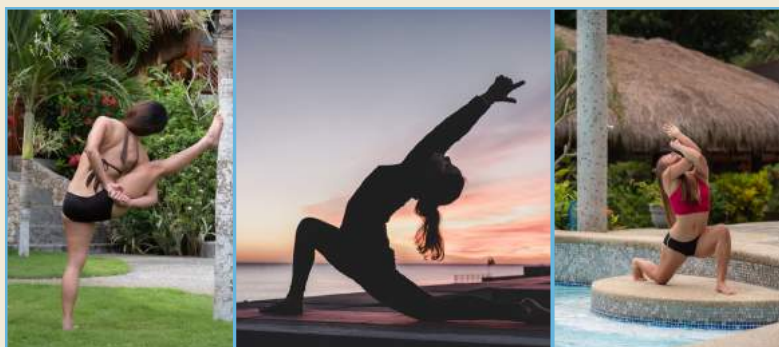
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YOGA



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Rental



Yoga mat



Weekly Class



Regular Yoga Class

(Incl. yoga mat)



Private Class



Private Session*

(Incl. yoga mat, max. 2 persons)

*please enquire for availability



Yoga Workshops



For information, workshops and availability, please enquire at Reception.



MAGIC OCEANS

Please read treatment description on the next page



MAHIKA SPA



Yoga Area

Looking for a place to do Yoga while on holiday? Worry no more! Our Yoga area offers you quiet & tranquil surroundings facing a beautiful Japanese inspired garden, perfect for meditation.

What is Yoga?

Yoga is about finding balance, connecting the mind and body through breathing. When we are in this state, everything else falls into place.

What are the benefits?

Here at Magic Oceans we offer a weekly class on site, where our experienced yoga instructor, Raisa Athena, offers an hour of practice to help our guests unwind and relax further into their dive vacation. Raisa teaches the style of Hatha, focusing on breath and holding postures for longer to build better physical strength and better mental concentration.

She also teaches Vinyasa classes where you flow from one pose to another, still moving with your breath.

I can't even touch my toes!

You don't have to be an advanced practitioner; it is something that anyone of any age can take part in. We all have different shaped bodies and flexibility. The yoga you practice will be unique to you. The first step is not to compare yourself to your neighbor. The postures are only a small part of helping you on your way to improve your energy flow and balance internally.

Sunset Yoga

It is never too late to start, so please take the first step and join us on the mat every Saturday at 4:30 pm by the beach. We look forward to seeing you very soon...

