



THE  SPA  
RETREAT

YOUR  
SPA EXPERIENCE  
AWAITS



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WELLNESS AND LIFESTYLE RITUALS

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YIN AND YANG THERAPIES

Following the mindset to create balance, these well-intended therapies combine different types of treatments to achieve harmony in the body and mind.

**COUPLES CONNECT** • *Reconnection, Love, Happiness*

Designed for couples to experience together, this sensual ritual helps calm the nervous system and promote reconnection on a physical, emotional, and spiritual level. Share a total experience with a scrub, backcial, massage and facial using exquisite oils for harmony and love. Focusing on the heart, sacral, and crown chakras, it draws on the strength of three exquisite oils—*rose (the flower of love), orange blossom (the flower of bliss) and jasmine (the flower of uniting love)*. Based around seven blends of chakra-balancing essential oils, each unique ritual involves deep relaxation of the nervous system, sensuous lymphatic drainage, subtle healing of the chakras and the pouring of warm oil over the third eye, thereby encouraging a beautiful union of body, mind, and soul.

**FIVE ELEMENT HARMONY** • *The ultimate ritual for restoring mind and body*

As exquisite as it is holistic, this bespoke treatment—tailored to the needs of each individual—works on the muscles, lymph, and nervous system as a whole. Includes body scrub, back treatment and front of the body massage based around five-element supporting essential oils. This unique treatment involves invigorating techniques to release fatigue from mind and body.

**DESIGNER SPA**

Indulge your inner hero. Combine or mix and match your desired beauty and spa therapies to pamper your body and give yourself the gift of time.

**120 MINS**

**PHP 15,900**

**90 MINS**

**PHP 5,900**

**150 MINS**

**PHP 8,900**



*Couples Connect*



Crystal Healing



WELLNESS AND LIFESTYLE RITUALS

TOUCHLESS THERAPIES

Activate the body's energy system to remove blockage and achieve its own equilibrium to promote healing.

	30 MINS	60 MINS
<b>REIKI</b>	PHP 2,800	PHP 3,800
Energy healing performed by gently moving the practitioner's hands just above the receiver's clothed body to provide deep relaxation, relieve anxiety and worry, and promote speedy healing by encouraging the healthy flow of energy.		
<b>CRYSTAL HEALING</b>	PHP 3,800	PHP 4,800
A restorative experience that involves using gemstones (minerals that hold energy, which our body react to) for mental wellbeing that brings a sense of calm, balance and tranquility.		
<b>WHISPERED INTENTION AND GUIDED MEDITATION 🇵🇭</b>	PHP 2,800	
In this indigenous Philippine healing practice, prayer is whispered ( <i>bulong/oracion</i> ) during the course of healing to provide relief and prevent illness. While guided meditation allows you time and space to empty, de-stress, and reconnect with your mental, emotional and physical well-being.		



FACIAL, TECHNICAL & MASCULINE RITUALS

HYBRID AESTHETICS

POLLOGEN LEGEND™ is an advanced medical aesthetic platform incorporating RF and leading industry technologies that provide effective dermal volumizing, skin tightening, and body sculpting.

**DYNAMIC MUSCLE ACTIVATION (DMA)**

Customizable and personalized treatment to target different muscles and body areas. Provides safe and effective increase of muscle density and volume, better definition and muscle toning with immediate and long term results.

\* Done per area. Please consult our Beauty Specialist. Please allow 45 to 60 minutes.

	PER SESSION	PACKAGE OF 10
TUMMY	PHP 5,000	PHP 30,000
ARMS	PHP 5,000	PHP 30,000
BUTT	PHP 5,000	PHP 30,000
THIGHS	PHP 5,000	PHP 30,000
HAND	PHP 5,000	PHP 30,000





FACIAL, TECHNICAL & MASCULINE RITUALS

HYBRID AESTHETICS

**TRILIPO**

Improve body shape and treat *trouble spots* with our technologically advanced treatments. Advance body contouring and firming to eliminate unwanted fat in any specific area using a combination of TriPollar and DMA Technology in a simple walk in, walk out procedure.

\* Done per area. Please consult our Beauty Specialist. Please allow 45 to 60 minutes.

	PER SESSION	PACKAGE OF 10
NECK	PHP 6,500	PHP 39,000
HAND	PHP 6,500	PHP 39,000
TUMMY	PHP 10,000	PHP 60,000
INNER & OUTER THIGH	PHP 10,000	PHP 60,000
ARM	PHP 10,000	PHP 60,000
CALVES	PHP 10,000	PHP 60,000
BUTT LIFT	PHP 10,000	PHP 60,000
LOVE HANDLE	PHP 10,000	PHP 60,000



FACIAL, TECHNICAL & MASCULINE RITUALS

RADIANCE FROM INSIDE OUT

*East meets West, Science meets Total Wellness*

State-of-the-art ingredients merge with Asian beauty secrets for a truly complete holistic wellness of skin, body, mind, and spirit! Delivers visible results inside and out.

**BESPOKE ORGANIC FACIAL**

**50 MINS**

**PHP 4,900**

Experience the beautiful results of using organic products that have been proven to work with the skin to heal and protect from the many natural signs of ageing. This facial is specifically created to suit your skin needs and let the active ingredients impart health and beauty to your skin.

\* Recommended for all skin types for deep cleansing and rejuvenation.

Extractions are not included.

**PORE 2 PURE**

**50 MINS**

**PHP 4,900**

This facial targets your blackheads, whiteheads, and pimples. Using a combination of enzyme and acid peel, we dissolve dead skin cells, dirt, and debris to uncover fresh, new skin. After pore-to-pore extractions, we apply our herbal clay mask to disinfect and detoxify your pores. Lastly, we treat you to an infusion of our Oxygen Plasma Potion serum and signature Ginseng Therapy Moisture Mask with cool, soothing jade rollers.

\* Recommended for uneven skin tone and specific skin issues.

Extractions are included.



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TECHNICAL, FACIAL & MASCULINE RITUALS

RADIANCE FROM INSIDE OUT

**GINSENG HERBAL FACIAL**

**50 MINS**

**PHP 6,500**

Our classic express facial was made famous for taking care of supermodels and legends just like you! We begin with a gentle exfoliation to remove buildup and congestion. We finish by infusing our soothing and hydrating Ginseng Therapy Moisture Mask with our cool jade rollers for a glowing and hydrated complexion.

\* *Recommended for hydration. Extractions are not included.*

**OXYGEN SPARKLING GLOW**

**50 MINS**

**PHP 6,500**

Feeling tired and lacking vivre? This glow getter is the perfect oxygen triple treat pick-me-up—try it during your lunch break! This treatment targets dull, dry, and lackluster skin. Treatment includes an accupressure face massage and our Organic Apple Malic Acid Peel to gently dissolve impurities, while prepping your skin for maximum absorption of our Best in Show SparkLING Makeover O2 Mask. Finally, we infuse glow rejuvenating duo with ultrasonic wandur Energy Lift wand, leaving you vibrant, dewy, and ready for any occasion.

\* *Recommended for dull and uneven skin types. Extractions are not included.*



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TECHNICAL, FACIAL & MASCULINE RITUALS

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RADIANCE FROM INSIDE OUT

**BYE BYE BREAKOUTS**

Bye Bye Breakouts is designed for skin that literally never gets a break. If you have regular breakouts that leave marks and keep coming back, this is the facial for you. Bye Bye Breakouts targets your blackheads, whiteheads, and pimples, while accelerating healing in repeat breakout areas. Using a combination of our Triple Action Exfoliator and Organic Apple Malic Acid Peel, it dissolves dead skin cells, dirt, and debris to uncover fresh, new skin. After pore-to-pore extractions, we apply our pore-purifying Herbal Clay Clarifying Mask, followed by our signature Ginseng Therapy Moisture Mask to soothe and hydrate. We complete the facial using the Energy Lift Wand to infuse our Oxygen Plasma Solutions, which speed up the healing process.

\* Recommended for problem and acne-prone skin types. Extractions are included.

**DNA DO NOT AGE FACIAL AND RELAXING BODY WELLNESS**

Our DNA facial is designed to relax, refresh, and renew. This process promotes both body wellness along your spine, we then apply our Organic Apple Malic Acid Peel to gently dissolve dead skin cells, dirt, and debris, leaving your face cleaner, brighter, and ready to absorb our specially targeted serums. Using our custom designed *Energy Lift Wand* to contour, lift, and firm up, we simultaneously infuse our famous Apple Stem Cellular Energy Serum and DNA DoNotAge Cellular Youth Extension Cream deep into your skin. You will leave visibly relaxed and wearing a red carpet worthy glow.

\* Recommended for premature and aging skin types. Extractions are not included.

**110 MINS**

**PHP 11,900**

**110 MINS**

**PHP 12,900**





Masculine Vigour



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ORGANIC & TECHNICAL RITUALS

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MODERN MASCULINITY

**VITAL FACE THERAPY**

**50 MINS**

**PHP 4,900**

Includes a deep pore cleanse, exfoliation, toning, and balancing of skin with potent treatments masque. Enhanced by a relaxing massage on face, neck, shoulder, arms, and hands.

\* Recommended for all skin types. Extractions are not included.

**MASCULINE VIGOUR**

**120 MINS**

**PHP 8,900**

Recharge and boost men's vitality with this ritual, which uses powerful herbs and targeted abdominal techniques to cleanse and release fatigue from the body and mind. It intensifies healing and blood flow to the body's centre of reproductive control.

\* Recommended for improved strength and stamina. For low energy and burnout.

**SPICED MUD WRAP**

**50 MINS**

**PHP 5,500**

Soothe muscular aches and pains, relieve stress and fatigue, and energize your mind and soul. This mud is rich in potent anti-oxidants and minerals that detoxify and stimulate the metabolism. Infused with aromatic spices of ginger and orange which also revive the senses.

\* Recommended for sluggish metabolism.



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ORGANIC & TECHNICAL RITUALS

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MODERN MASCULINITY

**MAHARLIKA HAND & FACE GROOMING RITUAL** 🇵🇭

This luxurious homme treatment is designed to pamper, soothe, and indulge the most discerning and particular guest. The treatment includes essential face grooming, shave, hand grooming, complemented with arm and shoulder massage.

\* Recommended for complete pampering, relaxation, and self-care.

**90 MINS**

**PHP 6,000**

**DEEP TISSUE MASSAGE**

This massage aims at realigning the deeper layers of connective and muscle tissue. It helps release chronic patterns of tension in the body through slow strokes and deep finger pressure on the tense areas, either following or going across the fibers of the muscles, tendons, and fascia to soothe muscular aches and pains, relieve stress and fatigue, and improve physical wellbeing.

\* Recommended for athletic recovery, muscular aches and pains.

**60 MINS**

**PHP 6,000**

Masculine Vigour



## BODY CARE RITUALS

### INTENSE IMMUNE DEFENSE

Created to make you feel confident in your own skin, these results-driven certified organic seaweed-based treatments use hand-picked wild North Atlantic seaweed to help improve your health, skin, and wellbeing. Seaweed boosts the immune system and helps maintain a healthy thyroid gland and is proven to detoxify, hydrate, and nourish your skin.

#### SEAWEED LEAF WRAP

Excellent treatment in conjunction with a weight loss programme. This truly amazing and detoxifying therapy uses real organic seaweed leaves to scrub and wrap your body. Beginning with a bladderwrack body buff, this treatment detoxifies, firms, and softens the skin and is excellent in boosting the metabolism. The whole body is then covered in Laminaria seaweed leaves for instant results. Completed a massage using *Softly Does* body moisturizer.

\* Recommended for toning and slimming. Works best in conjunction with a weight loss programme.

#### OCEAN ESSENCE BODY WRAP

Combining the detoxifying power of *Fucus Serratus* and cellulite-reducing abilities of the *Laminaria* treatment, this combo stimulates the blood and lymph flow, detoxifies and hydrates the skin, and encourages the renewal of skin cells. It is an excellent skin rejuvenator, as it combats cellulite and fatigue and produces a moisturizing effect.

\* Recommended for mild to moderate cellulite appearance.

#### DOUBLE-ACTION LAVENDER & SEAWEED SUGAR GLOW

A wonderful fragrant mix of lavender oil, seaweed, and sugar. It has a double action of gently removing dead skin cells with sugar and healing with seaweed extracts and lavender essential oil.

\* Recommended for dull skin and poor circulation.

90 MINS

PHP 6,500

90 MINS

PHP 6,500

50 MINS

PHP 5,500



Seaweed Leaf Wrap



Stimulating Seaweed Body Buff

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BODY CARE RITUALS

INTENSE IMMUNE DEFENSE

**STIMULATING SEAWEED BODY BUFF**

**50 MINS**

**PHP 5,500**

Let us scrub your body from head to toe with certified organic bladderwrack body buff. The ultimate treat for tired and dull skin, the anti-oxidants in our mineral-rich bladderwrack seaweed combine with seaweed massage oils to offer a powerful organic way for you to achieve better skin.

\* Recommended for sluggish circulation and dry, dehydrated skin.

**ORGANIC SEAWEED LEAF BATH**

**30 MINS**

**PHP 3,500**

This bathing ritual, the renowned *Sailors' Cure*, was traditionally used by sailors in Ireland to boost the immune system and cure vitamin C deficiency. The simplest and purest of all organic treatments, it utilizes the natural power of organic hand-harvested seaweed to deeply moisturise the skin, increase circulation, improve immune defense, and promote healing.

\* Recommended for monthly body and skin care maintenance, healing of various skin conditions, and boosting the immune system.

**WARMED SPICED MUD BATH**

**30 MINS**

**PHP 3,500**

Peat Bath is traditionally used for a variety of skin and rheumatic conditions. It offers potent detoxification, thanks to its trace elements, vitamins, lipids, polyphenols, and humic acids from Irish peat. Infused with organic seaweed extracts, it assists in reducing the appearance of cellulite and combats the signs of ageing. This dark, deep relaxing bath can also soothe muscular aches and pains, relieve stress and fatigue, and energize the mind and soul.

\* Recommended for muscle aches and pains.



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BODY CARE RITUALS

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RESTORE BIORHYTHM AND VITALITY

**MUM'S ME TIME** • *Nourishing, Tension Release, Hormonal Balance*

**75 MINS**

**PHP 4,900**

Relieve anxiety, aches and pains, excess fluid and heat associated with pregnancy and post-pregnancy. Anxiety lifted so peace and harmony surround mother and baby, replenish dry skin, and support in fight against stretch marks.

\* *Recommended for those who need a nourishing, tension-releasing treatment that also restores hormonal balance.*

**FEMININE SPIRIT** • *Joyful, Peaceful, Nutrient Dense, Energizing, For me time*

**120 MINS**

**PHP 8,900**

Awaken the feminine spirit and rejuvenate the kidneys and reproductive energies with this heavenly experience using flowing lymphatic massage, *Marma* therapy, and herbs renowned for supporting women's emotional well-being.

\* *Recommended for those who want a joyful, peaceful, nutrient-rich & energizing me time.*

**KUNDALINI BACK-OF-BODY** • *Soothing, Grounding, For Exhaustion, Stress, Chronic Fatigue*

**75 MINS**

**PHP 4,900**

Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinary restorative effect on the sympathetic and parasympathetic nervous systems. Ancient *Marma* therapy and warm poultices are massaged into the back of the body, while sound healing and chakra balancing lift away your tension. Energy is released from the base of the spine, negativity is dissolved, and the body is brought back to a state of balance.

\* *Recommended for those who need a soothing, grounding treatment that provides relief from exhaustion, stress, and chronic fatigue.*



Mum's Me Time



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BODY CARE RITUALS

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RESTORE BIORHYTHM AND VITALITY

**MANIPURA FULL BODY TREATMENT** • *Calming, Anxiety release, For digestive disorders*

**90 MINS**

**PHP 5,900**

This warming treatment helps balance and energize the Manipura – the solar plexus (navel) chakra – the center of fire and sun energy that ignites our health and vitality. Using marma therapy, lymphatic drainage and warm herbal poultices on the abdomen to relieve digestive blockages, increase blood and lymph flow, and stimulate inner vibrancy.

\* *Recommended for those who need relief from anxiety and digestive disorders.*

**ANAHATA HEALING** • *Comforting, Peaceful, For emotionally challenging times*

**120 MINS**

**PHP 8,900**

Open up in silence so love and compassion may flow. Heart chakra-balancing essential oils are used for lymphatic drainage, subtle healing with rose crystals.

\* *Recommended for those who need relief from overwhelming emotions due to broken heart or grief.*





Oriental Harmony


THE SPA  
RETREAT

SIGNATURE MASSAGE THERAPIES

	60 MINS	90 MINS	120 MINS
<b>ORIENTAL HARMONY</b>	PHP 4,500	PHP 6,000	PHP 7,500
Applying the principle of <i>Yin and Yang</i> with the combination of gentle acupressure and rhythmic stretching, this treatment helps rejuvenate the <i>Chi</i> and aid recovery as you achieve harmony and balance.			
<b>DANCE OF WAVES</b>	PHP 4,500	PHP 6,000	PHP 7,500
Employing the ancient Hawaiian form of healing, this <i>Kahuna</i> healing therapy takes you to a state of relaxation and stillness. It uses long strokes, mimicking rolling waves and deep flowing techniques that create a moving meditation to quiet the mind and rest the body.			
* Choice of blended oils available. Recommended for people who want a relaxing, firm body work but not necessarily deep tissue.			



SIGNATURE MASSAGE THERAPIES

<p><b>INDAYOG NG DUYAN</b> </p>	<p><b>60 MINS</b> <b>PHP 4,500</b></p>	<p><b>90 MINS</b> <b>PHP 6,000</b></p>	<p><b>120 MINS</b> <b>PHP 7,500</b></p>
<p>Feel the relief with this deep-tissue therapy based on <i>hilot</i>, a Philippine system of healing. Strips of banana leaves are warmed in virgin coconut oil to guide the therapist in indicating problematic areas and aim to create desired biochemical reactions to help the body restore balance and heal itself.</p>			
<p><b>BESPOKE THERAPY</b></p> <p>This tailored therapy is especially intended for those with specific area needs to provide relief and overall sense of wellbeing. Warm basalt stones or salt compress may be used.</p>	<p><b>PHP 4,500</b></p>	<p><b>PHP 6,000</b></p>	<p><b>PHP 7,500</b></p>
<p><b>MASSAGE ON THE ROCKS</b></p> <p>Heated stones carrying the energy of the earth is used to glide over the vital points with long, flowing strokes. Penetrating heat radiates into the muscles for deep tissue benefit and to release the tension trapped within the muscle and encourage deep relaxation.</p>		<p><b>PHP 6,000</b></p>	<p><b>PHP 7,500</b></p>



Massage On The Rocks



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## ADD-ONS

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### EXTRACTION

*Please allow additional 20 minutes.*

**PHP 2,000**

### MARINE EYE TREATMENT

*Please allow additional 20 minutes.*

**PHP 2,500**

### INSTANT ENERGY FACE LIFT

*Please allow additional 20 minutes.*

**PHP 2,500**

### BNS ADDITIONAL

*Please allow additional 20 minutes.*

**PHP 2,000**

### BODY WELLNESS ENERGY LIFT

*Please allow additional 20 minutes.*

**PHP 2,000**



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## PLEASE TAKE A MOMENT TO READ THE SPA GUIDELINES

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### CHECK-IN

We recommend that you please arrive 15 TO 20 minutes prior to your appointment time to enjoy the aquatherapy and relaxation facilities as a precursor to the spa experience. We will do our best to accommodate late arrivals but length of service may be adjusted so as not to interrupt the scheduled appointments of other guests. Full price of scheduled services will apply, so please plan accordingly.

### MINIMUM AGE REQUIREMENT

The Retreat Spa patrons and guests must be at least 16 years of age to access the spa and wellness treatments, relaxation facilities, aquatherapy areas, and spa swimming pool.

### SPA CONDUCT

Rude behavior and use of offensive language will not be tolerated. Guests shall behave in a respectful and courteous manner at all times.

### SPA FACILITIES ACCESS

Guests with confirmed spa and/or wellness treatments are extended complimentary use of the Spa Lounge, relaxation facilities and amenities, aquatherapy areas (i.e. steam, sauna, hot pool, experience showers), and spa swimming pool. In-house guests that have no confirmed spa or wellness treatments may use The Retreat Spa facilities (i.e. Spa Lounge, relaxation facilities and amenities, steam, sauna, hot pool, experience showers, and spa swimming pool) upon payment of applicable Spa Lounge Fee.

### RESERVATIONS

In order to ensure that you obtain your desired appointments, kindly schedule as far in advance as possible. To accommodate your desired appointment, a credit card payment is required at the time of booking to guarantee your reservation. Gift certificates may also be used in lieu of a credit card to hold your appointment. Although we offer a selection of planned spa packages, you are welcome to combine any of our spa and salon/barber services for a custom package that meets your needs. For “SPArties” and parties of 3 or more, please contact our Spa Coordinator for group arrangements, availability, exclusive use of specific areas, and other requests.

### CANCELLATION POLICIES & FEES

Your spa treatments are reserved especially for you. We value your business and ask that you respect the spa’s scheduling policies and also because a number of resources have been prepared specifically for your service. Should you need to reschedule or cancel, please notify us at least four (4) hours before your scheduled appointment. Any cancellation with less than four (4) hours’ notice is subject to a cancellation fee amounting to the cost of the scheduled service. Guests who miss their appointments without giving any prior notification will be charged in full. When you schedule your appointment with us, you are agreeing to these policies. All services require a credit card or gift certificate to guarantee the reservation, so please have it ready when booking. You will not be billed unless there is a cancellation or no-show. Upon check-out, guests may choose their method of payment.



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PLEASE TAKE A MOMENT TO READ THE SPA GUIDELINES

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#### **SPA PROMOTIONS**

Spa packages and promotions cannot be used in combination with any other offer, promotions, or third party gift certificates.

#### **MOBILE PHONES**

We kindly ask that you set your mobile phones and pagers to silent or vibrate upon arrival and to remember to speak in a very soft spa voice once you enter the spa. No mobile phones are allowed in common wet areas and in the Wave Dream Lounge. Please inform your therapist should you need to make a phone call so that you may do so without disturbing other spa guests. Mobile phone use may affect the length of your spa services.

#### **PRICES & SERVICES**

Prices and services are subject to change without notice. We will do our best to keep guests up to date on any changes that may occur, but we encourage all guests to inquire about pricing when booking an appointment.

#### **GIFT CERTIFICATE OR GIFT VOUCHER POLICY**

Gift certificates are available in any amount and may be purchased at the spa, by phone at +632 8880 7777 extension 6, or you may contact us at [relax@okadamanila.com](mailto:relax@okadamanila.com). Out of town? Too busy? No problem. We will mail your gift certificate to you. Unfortunately, we are unable to process any returns or reimburse any payment transactions on gift certificates even if lost, misplaced or stolen. Gift certificates cannot be redeemed as cash. Gift certificates must be mentioned when making your appointment.

#### **PERSONAL BELONGINGS**

Please leave all jewelery and valuable items at home or in your guest room safe. Okada Manila is not responsible for lost or misplaced items.

#### **RETURN POLICY**

It is our mission to provide you with the highest-quality skin and body care products with your services that you would wish to use them every day in your own home! We will exchange any products within 48 hours of purchase, provided that product is unopened and a receipt is presented. Unfortunately, we cannot provide cash refunds for returned products. Instead, a spa credit will be provided for any returned products to be used on any other products or spa services available here at The Retreat Spa.



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