



NIYAMA
WELLNESS CENTER
TAGAYTAY

Signature Treatments

Journey to pure relaxation at Niyama Wellness Center Tagaytay. Be welcomed with a refreshing glass of our signature drink, Mishka. Indulge in a soothing Foot Bath Ritual as you begin your Niyama experience.

Massage Therapy

PhP 2,800 • 60 minutes | PhP 3,800 • 90 minutes

Niyama's Signature Massage

A blend of authentic massage techniques drawing from several traditions with the use of heated bamboo sticks to yield a sensory experience for the whole body.

Filipino "HILOT" Massage

Tailor-made Filipino massage techniques and holistic secrets work in synergy that involves intuition using warmed banana leaves slicked with Coconut oil to ease tensed muscles and identify areas that needs more care.

Renewal Massage (Shiatsu)

Inviting relaxation through pressure points applied on your energy meridians that brings a sense of vitality.

Hot Stone Massage

This indulgent massage soothes muscle tension and encourages blood circulation. Using nourishing essential oils and utilizes smooth basalt stones to help you relax, recharge, and rejuvenate.

Cocoon Massage

A treatment tailored for pregnant women. A subtle and nurturing massage that envelopes, tones, and relieves expecting mommies of discomfort and fatigue felt on the legs and back.

Niyama Foot Bliss

A foot reflexology with a gentle massage that stimulates acupressure points in your feet that correspond with various parts of the body leaving you completely revitalized.

Spa Indulgence

PhP 3,000 • 45 minutes

Ultimate Glow Scrub

Restore a smooth and radiant skin with our selection of exfoliating body scrub ingredients, each with its own unique texture and scent. Every treatment is completed with the application of a nourishing hydrating lotion to lock in moisture and leave your skin velvety soft and protected.

Niyama Body Polish

A "detoxifying" treatment that stimulates your metabolic system, the ingredients are quickly absorbed, leaving the skin feeling soft and radiant.

*Prices are inclusive of government taxes and subject to 10% service charge.



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Spa Collections

Couple's Harmony

PhP 8,000 • 2 hours

Embark on this pampering journey with your special someone starting with a foot bath ritual, followed by a gentle exfoliating scrub that clears clogged pores and prepares the skin to fully absorb the nourishing ingredients of the milk bath, and finish with a relaxing Niyama's Signature massage.

Niyama Radiance

PhP 4,800 • 90 minutes

An ultimate wellness treatment combines the benefits of dry brushing and exfoliation with Sea salt that helps to eliminate toxins and restore healthy skin tone. Followed by a relaxing Full body massage. Skin is nourished as muscles relax and tension dissipates.

Gentleman's Escape

PhP 3,800 • 90 minutes

Experience the deepest state of relaxation with soothing Hotstone that provides a deeply therapeutic massage experience that works to balance, calm and re-energize the body. Enjoy a revitalizing foot massage and targeted reflex points to conclude this indulgent service.

Holistic Treatments

Osteopathic Manipulative Therapy (OMT)

PhP 3,800 • 60 minutes

OMT is a type of natural "manual medicine" and a hands-on care that involves moving and manipulating a person's muscles and joints to help diagnose, treat and prevent certain conditions. Your Osteopathic Therapist uses hands-on maneuvers that move, stretch, drain, realign and massage problematic areas of the body.

Benefits of OMT include increased range of motion or flexibility, decrease pain, and improved breathing, sleep, and energy.

Niyama Cupping Therapy

PhP 3,500 • 60 minutes

Cupping is a type of alternative therapy that involves placing cups on the skin to create suction. The cups are kept moving using a variety of techniques tailored to your goals and needs for the session. With every stroke, you will feel yourself melt into the table with relaxation and rejuvenation, taking away the toxins and stresses on your mind and body.

*Prices are inclusive of government taxes and subject to 10% service charge.

Spa Etiquette

Please familiarize yourself with our guidelines to ensure that we can maximize your Wellness experience prior to arrival.

Booking your spa service

- *Niyama Wellness Center is open from 12:00NN to 10:00PM daily.*
- *Reservation must be made prior to your preferred time of spa services and treatments.*
- *Please make a reservation by dialing (+632) 8657 1640 or (+63) 998 595 2125. Send us an email to resv.tagaytay@anyaresorts.com.*
- *For hotel guests, simply call our Wellness Reception extension #1004 or book through your Anya Experience Assistant.*

Nurture your Experience

- *Your health is our priority, please let our team know about any existing health conditions when booking your appointment, including high blood pressure, heart conditions, allergies, any recent surgeries or pregnancy.*

Guest arrival

- *Please check-in at the Wellness reception at least 15 minutes prior to your appointment time to ensure your total and complete comfort and to avoid reduced treatment time.*
- *Please keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied as courtesy to the next guest.*
- *We regret that late arrivals will not receive extension of the scheduled appointments.*

Valuables

- *To maintain the privacy and security of our guests, we ask that during your time with us you leave your electronic devices in your lockers and digitally detox.*
- *All guests are reminded that they are responsible for their own property and belongings.*

What to wear

- *We will provide disposable underwear, bathrobe and slippers for your convenience.*

Cancellation policy

- *Should you need to cancel an appointment, we would appreciate a 12-hour prior notice.*
- *On cancellations made less than 12 hours prior to your appointment, a 50% cancellation fee of your spa treatment price will be applied to your account.*
- *While for No Show, full rate of the treatment chosen will be charged.*

Payment

- *Gratuity is not included in your service. We leave it to your discretion.*
- *We accept cash and major credit cards. The same can be added to guest room account. All prices are subject to 10% service charge.*
- *Prices may change without prior notice.*

Health and Safety

- *For the safety of our guests and colleagues, Niyama Wellness Center are diligently following the IATF and the Local Government Unit guidelines.*