



panari
spā

panafi

in Cuyunon dialect means pahinga, rest.

LIHIM is situated in a natural healing environment. Surrounded by bountiful nature, open spaces and proximity to the sea, it is the best place for your deep transformational wellness experience.

Our Spa facility and services are carefully designed to ignite the body's five sensory perceptions.

Our wellness therapists and practitioners are skillfully trained to provide guests with customized services and treatments guaranteed to achieve a holistic relaxation and an enhanced feeling of well-being.



MASSAGES

Panari Signature Massage

Our very own version of deep tissue massage. Heated bamboo sticks or “Kawayan” are used in the treatment. During the session, the heated bamboo takes the place of the therapist’s hands and fingers, this technique allows for deeper, stronger and firmer pressure. Ideal for those who have pain due to fascial adhesions, muscle traumas and decreased range of motion.

Hilot

Popularly known as our ancient art of healing using intuition and different massage techniques utilizing herbal remedies available on the island such as banana leaves and coconut oil.

Integrative Massage

A combination of different massage techniques derived from Eastern and Western origins. It is a customized treatment for each individual to relieve muscular tension, pain and aids to increase mobility.

60mins	Php 3,500 net
90mins	Php 4,500 net
120mins	Php 5,500 net

SCRUBS

Body Exfoliation

Exfoliation is the key to achieving young healthy looking skin. Multiple benefits include removal of dead skin, lymphatic stimulation and softening the skin, a great start before spending your time outdoors to achieve that perfect golden tan look.

Cashew Body Scrub

A natural scrub that contains lots of vitamins and minerals that helps to promote healthy radiant skin.

Coconut Body Scrub

Rejuvenate your skin using natural ingredients such as grated coconut and fine grains of rice. Guaranteed to leave your skin soft, smooth and glowing.

45mins	Php 2,500 net
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NATURAL SKIN CARE

Banana Body Wrap

This treatment is rich in minerals and antioxidants, and includes dry brushing to stimulate the lymphatic system. During the wrap, enjoy a relaxing dry head massage.

45mins Php 2,500 net

Marine Body Scrub

Founded in 1962, Algotharm, imported from France, is the innovating, pioneering laboratory in marine cosmetics. A scrub rich in minerals from Laminaria, Spirulina and Lithothamnium seaweeds that removes impurities, and leaves the skin clean, re-mineralized, soft and regenerated.

Sweet and Salty

Inspired from the natural waves in the body, it brings light and purity to the skin. The combination between thin salts and sugar powder eliminates dead cells, smoothes and scrubs all imperfections on the surface of the skin.

45mins Php 3,500 net

For centuries, plants and natural ingredients have been widely used for skin care and treatment of minor skin conditions.

Banana Facial

Soothing treatment with anti-ageing effects. Helps fade marks and dark spots, reduces the production of acne by balancing the natural oil production of your skin.

45mins Php 1,500 net

Cashew Facial

A vitamin enriched treatment guaranteed to help promote healthy radiant skin. Known for brightening dull skin with regular use. Slows down fine lines, and protects the skin from premature ageing and promotes skin elasticity.

60mins Php 1,500 net

Lihim Journeys

A choice of two or more treatments designed to pamper and leave you in a blissful sensory experience. Your journey starts with warm soaking in a tub with herbal remedies, followed by a full body exfoliation, an hour of massage and ends with a lymphatic drainage facial.

190mins Php 6,500 net per person

**offered In-villa only!*

COMPLIMENTARY WELLNESS CLASSES

We believe that you should work with your body to achieve a balanced and healthy lifestyle, may it be physically through weight resistance or mindful movement.

To help you achieve your goals, we have daily complimentary classes suitable for all levels to enjoy.

The sessions are open for guests 16 years old and above. We would appreciate it if you could book for your classes one day in advance to reserve your spot as we can only accommodate a number of guests.

Classes are held daily from 8:30am, get ready as our venues are located in breathtaking sceneries you have never seen before!

We'll meet you at the Fitness Studio!



SPA FACILITIES

Yoga

Is a body and mind practice. Various styles combine physical postures (Asana), breathing (Pranayama) and meditation or relaxation (Shavasana).

Stretch & Relax

Stretching helps us to keep our muscles and joints free from injury. It increases our flexibility, range of motion, enhances performance and helps our body to relax. Combined with correct breathing, adding stretching techniques to your fitness regime will greatly improve your mobility.

Core Power

Great Abs may be made in the kitchen but they need exercise too! Join us to strengthen your core muscles and improve your balance, power and athletic performance in ways you have never thought possible.

Nature Walk

Discover the abundance of nature surrounding LIHIM, walking trails are available for all to enjoy. The trails will lead you to breathtaking views of Bacuit Bay.

**classes and venues may change depending on weather conditions.*

LIHIM Spa Reception

For your wellness journeys and treatment reservations, our Spa services are available from 10am till 8pm.

In-villa services are available upon request, please coordinate with your Butlers for more details.

Fitness Studio

Equipped with the latest exercise machines and fitness props for functional movement, the studio is available for guests 18 years old and above. For your safety, please use proper gym clothing. Training footwear is recommended. Open from 6am till 10pm.

Should you require a private personal trainer, please call extension number **8207** or speak to our Wellness Advisor to book your reservation.

Aromatic Dry Sauna and Wet Areas

Our sauna is infused with aromatic essential oils to stimulate and delight your senses. Shower and lockers are available for your convenience.

SPA REMINDERS

The use of the Spa facilities and services are open for guests sixteen (16) years of age and above.

Please refrain from smoking and turn your mobile phones to silent mode while in the Spa area.

We recommend that you arrive 10 minutes prior to your scheduled treatment to change into your Spa attire or if you wish to use the sauna and wet areas before your scheduled appointment.

Please leave your valuables in your villa or in the lockers provided.

We understand that your schedules change and we will do our best to accommodate your request. As your treatment services are exclusively reserved for you, we kindly ask you to give us at least four (4) hours cancellation notice to accommodate other guests and avoid the full charges.

Guests under the influence of alcohol are advised not to use any of the Spa facilities for their own safety.

All treatments and services are inclusive of fees and applicable to local and government tax.

15% surcharge applies to all In-villa services.

We are delighted to be part of your Wellness Journey!

COVID-19 MEASURES

For your safety, please observe social distancing of at least two (2) meters and wearing of masks in enclosed public areas.

Spa treatment beds, pillows and sheets are changed and sanitized using hospital grade UVC light for your safety.

Frequent hand washing and sanitizing stations are available in all guest areas for your convenience.

Should you wish to use the Fitness Studio or the Wet Area, please call extension number **8207**.





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