



NIYAMA

WELLNESS CENTER

TAGAYTAY

MENU



ANYA

RESORT
TAGAYTAY

Managed by:

AHG

HOTELS AND RESORTS
Service as You Please



NIYAMA
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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 3,000 • 60 minutes | PhP 4,500 • 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 secrets work in synergy, involving warmed banana leaves slicked with Virgin Coconut Oil and expert intuition to identify areas needing more care and easing up tensed muscles.

Renewal Massage

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 essential oils and smooth basalt stones, this will 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 mothers of discomfort and fatigue felt on the legs and back.

Niyama Foot Bliss

A gentle foot reflexology massage that stimulates acupressure points in your feet corresponding to various parts of your body, leaving you completely revitalized.

Facial Treatments by Pevonia Botanica

Mini Express Facial

PhP 2,500 • 30 minutes

This express facial is ideal to those on the go. Your skin is cleansed, lightly exfoliated, and gently massaged. A soothing mask is then applied, followed by a veil of light moisturizer.

Lumafirm Lift & Glow Facial

PhP 3,800 • 60 minutes

Ideal for any skin type showing signs of aging, or as the perfect instant repair boost when you want to look your absolute best. This facial renders your skin ultra-luminous with a firmer, tighter, and more youthfully defined appearance.

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



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Luminous Skin Facial

PhP 3,800 • 60 minutes

Featuring a highly concentrated formula, this ampoule treatment contains age prevention and reparative ingredients to smooth and plump aging skin. Recommended for all skin types with wrinkles, tendency towards dryness, and deep hydration.

Soothing Sensitive Facial

PhP 3,300 • 60 minutes

Propolis, a natural extract from beehives, is known for its calming and natural antiseptic benefits. From this soothing facial treatment, you will experience immediate relief and comfort. Ideal for sensitive skin and calms all skin types.

Gentlemen's Facial

PhP 3,300 • 60 minutes

A delightful aromatic blend of pure essential oils makes this facial unforgettable. This treatment specifically targets clogged pores, sensitivity, and razor burn while promoting total relaxation, includes deep cleansing, steaming and facial massage. As a final step, a treatment mask is applied to refine the pores, soothe and condition the skin.

Niyama 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.

Intensive Contouring Body Wrap by Pevonia Botanicals

PhP 4,800 • 90 minutes

An exquisite 3-in-1 exfoliating, contouring, and regenerating wellness experience. It infuses your skin with the latest de-aging actives and natural argan and comfrey plant stem cells blended with green coffee, avocado, shea butter and other potent ingredients. Proven to dissolve unwanted fat and cellulitic deposits while reducing skin sagging, and repairing sun damage, this treatment leaves you with an envious youthful-looking body!

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Niyama Collections

Couple's Harmony

PhP 8,800 • 2 hours

Embark on this pampering journey with your special someone. It begins with a foot bath ritual, followed by a gentle exfoliating scrub that clears pores, preparing you to absorb the nourishing ingredients of the milk bath, and finishing up with a relaxing Niyama's Signature Massage.

Niyama Radiance

PhP 4,800 • 90 minutes

An ultimate wellness treatment that combines the benefits of dry brushing and exfoliation with sea salt, helping to eliminate toxins and restore healthy skin tone. Followed by a relaxing full body massage, your skin will be nourished, muscles will relax, and all tension dissipates.

Gentleman's Escape

PhP 3,800 • 90 minutes

Experience the deepest state of relaxation with soothing 60-min hotstone massage and 30-min foot reflexology that provides a deeply therapeutic experience that works to balance, calm and re-energize the body.

Holistic Treatments

Osteopathic Manipulative Therapy (OMT)

PhP 4,000 • 60 minutes

OMT is a natural "manual medicine" treatment and hands-on care that involves moving and manipulating a person's muscles and joints by a trained therapist. The Osteopathic Therapist will diagnose, treat, and prevent certain conditions by moving, stretchings, realigning, and massaging problematic areas of the body.

Benefits of OMT include increased range of motion or flexibility, decreased pain, improved breathing, better sleep, and higher energy levels.

Myofascial Cupping Therapy

PhP 3,800 • 60 minutes

Cupping is an alternative therapy method 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 with relaxation and rejuvenation, taking away the toxins and stresses from your mind and body.

Crystal Blading

PhP 3,800 • 60 minutes | PhP 1,800 • 30 minutes | PhP 800 • 15 minutes

Crystal Blading (Guasha) is a natural, alternative therapy that involves scraping your skin with a massage tool to improve your circulation. This ancient Chinese healing technique may offer a unique approach to better health, intended to address stagnant energy, called chi, in the body.

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Lymphatic Massage Therapy

PhP 3,800 • 60 minutes

Lymphatic massage therapy boosts lymphatic system function by improving lymph flow and drainage. It uses rhythmic hand movements and an electric cupping device to aid detoxification, enhances relaxation, reduces stress, and promotes overall well-being.

Deep Tissue Massage

PhP 3,800 • 60 minutes

Deep tissue massage applies firm pressure to target deeper muscle and connective tissue layers, using an oscillator device. It effectively releases tension, enhances circulation, and alleviates chronic pain, concentrating on specific areas of discomfort. This type of massage is beneficial for athletes, individuals experiencing chronic pain, and those in recovery from injuries.

Body Composition Analysis

PhP 2,500 • 60 minutes

Body Composition Analysis is an essential assessment for evaluating an individual's health, fitness, and nutritional status. It provides a deeper understanding of body weight by revealing body fat percentage, bone density, lean muscle mass and body age.

Infrared Sauna

PhP 2,000 • 20 minutes

Infrared sauna therapy uses infrared radiation to directly heat your body without warming the air around you. Benefits include detoxification, improved circulation, stress reduction, relaxation, and overall health promotion.

Enhance your 60-minute Niyama treatment by adding a Body Composition Analysis (BCA) and an IR Sauna session for just an additional PhP 500.

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Bath Rituals

Enjoy in the privacy of your Suites

PhP 1,250

Floral Bath Ritual

The elements of water and flowers as the main media are able to provide freshness and affection in your soul and body, whilst all of the plant qualities are absorbed by the mind and the spirit.

Salt Bath Ritual

Salt works to bring balance to your body and clings to the surface of the skin, thus ensuring a constant cleansing of the aura or energy.

Herbal Bath Ritual

Submerging in the primal botanical elixir allows your body's largest organ, the skin, to absorb the beneficial properties of the herbs and it engages your olfactory system through the power of its fragrance.

For optimum results, below are our recommendations:

- Eliminate distractions and turn off mobile phone.
- Take a shower before taking ritual bath and wash yourself thoroughly.
- Add water to the tub with your preferred temperature.
- Allow yourself to sink into the water and feel the heat relaxing you.
- Settle into the feeling of warmth and let relaxation flow through your body.
- Imagine all of your muscles slowly releasing the tension of the day.
- Try and clear your mind.
- For the best results, air dry when you get out of the bath.
- After your bath, apply a body oil or lotion for moisturizing.

Wellness Activities

You will have access to impactful wellbeing activities that are designed to help you explore and strengthen connections between yourself, others, and nature. Wellbeing Activities are complimentary for in-house guests and are available for a minimum fee for a one-on-one session.

TAI CHI - Available every Wednesdays, 5:00pm -6:00pm

Tai chi is often described as "meditation in motion, this gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life.

AQUAFIT - Available every Thursdays, 10:00am -11:00pm

Aqua fitness is low-impact exercise that means the chances of injury are significantly lower than other popular forms of exercises like running or weight training. Enhance fitness, improve strength and flexibility, reduce stress and help you sleep better – all of which is great for overall health.

YOGA - Available every Saturdays, 5:00pm-6:00pm

Practice yoga under the guidance of a qualified instructor. It is a meditative process of self- discovery, that allows us to transform and purify our body, mind and soul. It gives us a greater access to inner resources to teach us about self-awareness, acceptance, compassion, patience, gratitude, forgiveness, humility, love, peace, and joy.

Niyama Wellness Center reserves the right to deny entry to anyone who is in breach of our rules and regulations or whose conduct is offensive to other users/guests/employees or who present a health and safety issue.

Wellness Etiquette

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

Booking your Wellness Service

- *Reservation is highly recommended*
- *Please make your reservation via our mobile +63 998 595 2125 or email at niyama@anyaresorts.com or through Anya reservations team at resv.tagaytay@anyaresorts.com*
- *For hotel guest, simply call our Wellness Reception at extension #1004 or visit us in Villa 10.*

Nurture your Experience

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

Guest arrival

- *Please check-in at the Wellness reception 30 minutes prior to your appointment time to ensure your total and complete comfort and to maximize the full treatment duration.*
- *Keep in mind that arriving late for a service may require us to shorten the length of the treatment, with full charges applied. This is for courtesy purposes to our following guests, and you may also be rescheduled for the next available time slot.*

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.*