



**Book Your Appointment :**  
*03 - 51 24 51 EXT: 777*



## SOOTHING BODY RITUALS

### Couple Aromatic Massage 30-50-80 Mins

*Share a serene experience with your loved one*

\$90-\$130-\$180

### Aromatic Massage 30-50-80 Mins

*Soothe your senses and melt away tension*

\$50-\$70-\$100

### Candle Massage 50-80 Mins

*Indulge in a warm, fragrant experience that nourishes skin*

\$80-\$110

### Hot-Stone Massage 60 Mins

*Experience the calming heat of stones to relieve stress*

\$100

### Gut Massage 30 Mins

*Soothe your gut, ease the bloat*

\$50

### Neck, Back or Leg Massage 30 Mins

*Revitalize with a rejuvenating touch*

\$50

### Plantar Reflex “Reflexology” 30 Mins

*Balance your body's energy through foot reflex points*

\$50

## SMOOTH & RENEW

### Body Scrub 30 Mins

*Reveal smooth skin with a refreshing body scrub*

\$60

### Body Scrub & Massage 60 Mins

*Exfoliate and massage for double the bliss*

\$90

## WELLNESS REVIVAL

*Beyond battling Fat, Cellulite, and Water retention  
Manual Techniques and Advanced Machines*

### Body Composition Analysis \$15

*Quantifying the difference components of a human body; fat, water and muscles*

### Manual Lymphatic Drainage 30 - 50 Mins

*Gentle Movements for balanced fluid and flow*

\$50 - \$70

### Presso-Therapy 30 Mins

*Press away water retention, feel lighter*

\$30

### Anti-Cellulite Manual Massage 30 Mins

*Target specific areas for smoother skin and enhanced blood circulation*

\$50

### Madero-Therapy 30 Mins

*Utilize wooden tools for a unique therapeutic and anti-cellulite experience*

\$40

### Body Shockwave Therapy \$50

*Smooth thighs, reduce cellulite*

### Sculpting Full Body Massage 50 Mins

*Lift and tone your body with a shaping technique*

\$80

### Radio-Frequency & Ultrasonic Cavitation 30 Mins

*Target fat, tighten skin effortlessly*

\$45



OAKRIDGE  
HOTEL & SPA

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## FACE REJUVENATION

### Face and Sculp Massage 30 Mins

*Revitalize your complexion with targeted facial techniques*

\$50

### Personalized Face Care 50 Mins

*Anti-Aging, Brightening, Collagen Boosting or Lifting Facial*

\$80

### Face Shockwave Therapy 25 Mins

*Glow, Improve Elasticity and Boost Collagen Production*

\$30

### Face Radio-Frequency 30 Mins

*Tightening, Lifting, Wrinkles Reduction, Anti-Aging Effect*

\$40

## RESTORE & RELAX

### Dry Cupping Therapy \$30

*A natural way to melt muscle tension*

### Stretching 30 Mins

*Breathe deep, stretch wide*

\$40

### Fusion Massage 90 Mins \$140

*From head to toe, indulge in a total body bliss. Including Lymphatic Drainage, Madero-therapy, Face and Scalp massage, Reflexology, and Cupping*

### Myofascial Face & Neck Release 50 Mins

*Ease Stress with Neck and TMJ Stretch and Massage*

\$80

### Sauna or Steam Room \$20

*“Free add-on with your scheduled appointment”*