



SPA MENU

Spoil yourself with a variety of soothing treatments at I'M Onsen Spa at I'M Hotel where a sanctuary of pampering awaits.

I'M Onsen Spa addresses the individual needs of each guest with comprehensive programs; offering self-indulgence at its best. Spoil yourself with a simple treatment, or immerse in total relaxation with our water-based therapies.

All therapies are designed to nurture the body and mind, enliven the spirit and uncover nature's beauty-providing a blissful return to balance. I'M Onsen Spa offers a complete range of services from head to toe.

Experience the bliss of a peaceful and luxurious haven that offers balance, tranquility and serenity.

Upper Ground Floor, I'M Hotel, Makati Avenue corner Kalayaan Avenue, Makati City, Philippines 1210
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  @imonsenspa

THERAPEUTIC TOUCH



I'M ONSEN SPA SIGNATURE MASSAGE		60 minutes	90 minutes	
A therapeutic and ultimately unique combination of techniques created exclusively by I'M ONSEN SPA to bring about utmost relaxation, concentration and rejuvenation.		2,000	2,500	Treatment only
		2,500	3,000	with Afternoon Tea
		3,000	3,500	* with Dinner Buffet (TCG)
				* with 3-Course Meal (Osteria M)
SHIATSU				
Shiatsu is a form of therapeutic bodywork from Japan. It uses kneading, pressing, soothing, tapping, and stretching techniques and is performed without oils. The effect may be stimulating and invigorating or calming and sedative, depending on the goal of the session.		2,000	2,500	Treatment only
		2,500	3,000	with Afternoon Tea
		3,000	3,500	* with Dinner Buffet (TCG)
				* with 3-Course Meal (Osteria M)
AROMASSAGE				
A more localized massage that focuses on the deeper layers of muscles tissue. Slow yet strong pressure is used to release deep seated muscles tensions, aches and pains.		2,000	2,500	Treatment only
		2,500	3,000	with Afternoon Tea
		3,000	3,500	* with Dinner Buffet (TCG)
				* with 3-Course Meal (Osteria M)
PHILIPPINE HILOT				
As old as Traditional Chinese Medicine and Ayurveda, this mystical massage has been passed down generations through generations, and never fails to restore health. Based on the concept of energy meridians, the therapist works on energy lines of the body, focusing on pressure points, which helps to stimulate the immune system, increase blood flow and strengthen the well being.		2,000	2,500	Treatment only
		2,500	3,000	with Afternoon Tea
		3,000	3,500	* with Dinner Buffet (TCG)
				* with 3-Course Meal (Osteria M)
I'M ONSEN SPA SIGNATURE FOOT THERAPY				
Our signature Foot Therapy is a combination of pressure point massage and reflexology treatment, designed to reduce stress, relieve pain, and promote relaxation. This gentle, targeted pressure point massage uses the pressure points of your feet to clear through the nerves and meridians to help optimize the functions of your body's organs.		2,000	2,500	Treatment only
		2,500	3,000	with Afternoon Tea
		3,000	3,500	* with Dinner Buffet (TCG)
				* with 3-Course Meal (Osteria M)

* DINNER BUFFET IS AVAILABLE ON WEEKENDS, FRIDAY TO SUNDAY , 6 PM-10 PM ONLY OR 3-COURSE MEAL, AVAILABLE ON WEEKDAYS, MONDAY TO THURSDAY, 12 NN-10 PM

All services come with:

- Spa treatment by highly trained and professionally certified spa therapists
- Complimentary use of towel, yukata (robe), locker & shower area, and slippers for your comfort



HEALING STONE THERAPY	90 minutes	
<p>A more localized massage that focuses on the deeper layers of muscles tissue. Slow yet strong pressure is used to release deep seated muscles tensions, aches and pains.</p>	2,500	Treatment only
	3,000	with Afternoon Tea
	3,500	* with Dinner Buffet (TCG)
		* with 3-Course Meal (Osteria M)
JET LAG RECOVERY MASSAGE		
<p>Leave it to the skillful therapist's firm hands to banish unwanted fatigue and help you loosen up your scalp, neck, shoulders, upper back as well as hands and feet. The perfect treatment to diminish the effects of jet lag.</p>	2,500	Treatment only
	3,000	with Afternoon Tea
	3,500	* with Dinner Buffet (TCG)
		* with 3-Course Meal (Osteria M)
LYMPHATIC DRAINAGE MASSAGE		
<p>A gentle, connective tissue massage technique that accelerates the movement of the lymphatic fluid . The therapist uses precise, rhythmic strokes and this technique helps remove toxins, and decongests all lymphatic pathways. The repetitive and soothing movements also enhances immune function, increases tissue metabolism, improves nutrition to the tissues, reduces pain, and mostly induces deep relaxation.</p>	2,500	Treatment only
	3,000	with Afternoon Tea
	3,500	* with Dinner Buffet (TCG)
		* with 3-Course Meal (Osteria M)
TRADITIONAL VENTOSA		
<p>This treatment not only calms the senses but gives a soothing sensation to the entire body, utilizing age-old traditional herbal essences to relax, rejuvenate and restore energies. It comprises of a detoxifying ginger-infused warm cupping followed by a relaxing massage.</p>	2,500	Treatment only
	3,000	with Afternoon Tea
	3,500	* with Dinner Buffet (TCG)
		* with 3-Course Meal (Osteria M)

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SIGNATURE ONSEN JOURNEY

I'M ONSEN TRILOGY

I'M Onsen Spa created three heavenly treatments specially curated to soothe, renew and relax. A compendium of our best restorative healing practices.

- I'M Onsen Signature Massage (60 minutes)
- Body Exfoliation (60minutes)
- Onsen Relaxing Tea Bath (30 minutes)

2 Hours 30 Minutes

5,000

Treatment only

5,500

with Afternoon Tea

6,000

* with Dinner Buffet (TCG)

* with 3-Course Meal (Osteria M)

* DINNER BUFFET IS AVAILABLE ON WEEKENDS, FRIDAY TO SUNDAY , 6 PM - 10 PM ONLY.



FOUNTAIN OF YOUTH

I'M ONSEN SPA SIGNATURE FACIAL

Our own signature facial experience specifically tailored to soothe, restore and purify your skin leaving it conditioned and nourished. It includes a face and pressure point massage to ease the tension away. An executive suite room is arranged to pamper you!

90 Minutes

6,000

Treatment only

JAPANESE FACIAL MASSAGE

An ancient method of healing where pressure is applied to energy lines of the face to help regulate the flow of energy and bring balance and vigor back.

60 Minutes

3,000

Treatment only

24-CARAT GOLD MASK FACIAL MASSAGE

Our 24-Carat Gold Mask Facial Massage Therapy is a luxurious anti-aging treatment that helps lift and firm the look of skin. Our gold mask treatment comes with rejuvenating facial massage that helps minimize the appearance of wrinkles and increase your skin's hydration by getting a luxurious glow.

30 Minutes

2,000

Treatment only

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- Spa treatment by highly trained and professionally certified spa therapists
- Complimentary use of towel, yukata (robe), locker & shower area, and slippers for your comfort

BODY SILK



BODY EXFOLIATION

Relax and detoxify with our exclusive body silk treatments, and you'll have the smoothest skin you'll ever know. Our scrubs are carefully handmade with all-natural ingredients rich in skin-loving antioxidants and moisturizers, leaving your skin healthy and soft.

60 Minutes

2,000	Treatment only
2,500	with Afternoon Tea
3,000	* with Dinner Buffet (TCG)
	* with 3-Course Meal (Osteria M)

GINGER-HONEY BODY WRAP

Ease away the tension and stress of life with I'M Onsen Spa's luxury body treatments. Indulge in a ginger-honey body wrap to remove all your body's toxins with an additional scalp massage to pamper you!

60 Minutes

2,000	Treatment only
2,500	with Afternoon Tea
3,000	* with Dinner Buffet (TCG)
	* with 3-Course Meal (Osteria M)

RELAXING TEA BATH

Our relaxing tea bath combined with authentic Japanese green tea and chrysanthemum flowers blended with natural sea salt boosts immunity, induces sleep and relieves tension brought by stress.

30 Minutes

1,500	Treatment only
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ASIA'S BEST SPA EXPRESS



THERAPEUTIC FOOT SOAK (Treatment add-on) Immerse your fatigue feet after a long day. This aromatic treatment gives your feet the relaxation they deserve. Our Therapeutic Foot Soak treatment hydrates your skin and helps alleviate muscle soreness and fatigue due to long-standing for hours or walking in uncomfortable shoes.	15 Minutes 800 Treatment only
XIAMEN FOOT REFLEXOLOGY (Treatment add-on) A century-old technique concentrating on acupressure points of the foot and legs aims to rebalance, renew and harmonize the function of the entire body.	30 Minutes 1,500 Treatment only
KOREAN FOOT SPA (Treatment add-on) This treatment allows you to experience profound relaxation. Warmed herbal aromatic oils, a scrub and mask are applied to your feet. We focus on cleansing the entire foot and performing massage techniques, invigorating the senses and the mind, which promotes deep relaxation. A great add-on to your full treatment.	30 Minutes 1,500 Treatment only
INDIAN HEAD AND SHOULDER (Treatment add-on) This specialized treatment focuses on the head, back and shoulder trigger points to dispel tension, relieves headaches and muscle knots.	30 Minutes 1,500 Treatment only
EYE CARE WITH SCALP MASSAGE (Treatment add-on) The eyes are the first place to show fatigue and signs of aging. This skin requires the use of gentle, yet effective eye care treatment to improve elasticity and suppleness. A relaxing massage around the eyes with scalp massage leaves you feeling pampered for the whole day.	30 Minutes 1,500 Treatment only
HOT OIL TREATMENT (Treatment add-on) A herbal concoction of coconut and ylang ylang is applied onto the scalp in a way that will calm your senses. Lauric acid, a major component of coconut oil, is a fatty acid that is easily binds proteins, thus protecting roots and hair strands.	30 Minutes 1,500 Treatment only
ZERO GRAVITY MASSAGE (Luxury Massage Chair) The Zero Gravity Massage is an experience unlike any other. With its proprietary technology, it provides a lot of health benefits, including better sleep and enhanced immunity. It also helps alleviate back pain, muscle soreness, cramps, and more. Soothe your aches and pains with our revolutionary massage chair that lets you feel like you're floating in zero gravity.	30 Minutes 1,500 Treatment only

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- Complimentary use of towel, yukata (robe), locker & shower area, and slippers for your comfort

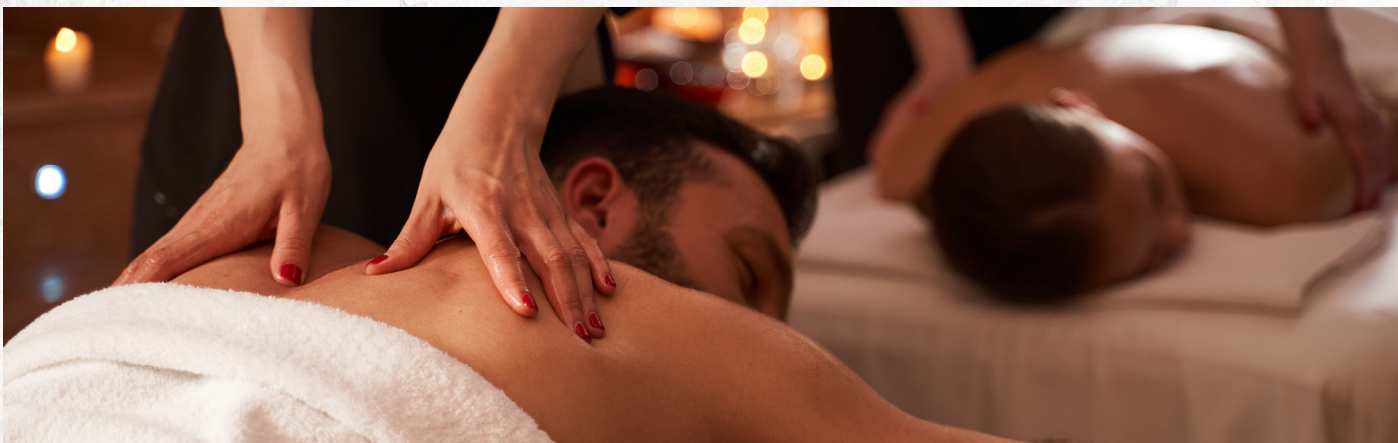


SPA ROOM UPGRADE

Executive Suite	1,500 per person
Executive Suite-Couple	2,000
Couples Suites with Steam	2,500
with Jacuzzi	3,500
with Steam + Jacuzzi	4,000
with Private Onsen	4,500

- All services come with:
- Spa treatment by highly trained and professionally certified spa therapists
 - Complimentary use of towel, yukata (robe), locker & shower area, and slippers for your comfort

COUPLES DELIGHT, A PACKAGE FOR TWO



ROMANTIC ENCHANTMENT	1 Hour 30 Minutes	
<p>Bring your beloved to experience a rendezvous for two, a bonding experience that will take you to a state of tranquility, serenity and calmness. An executive suite room is arranged to pamper you both!</p> <ul style="list-style-type: none">I'M ONSEN SPA SIGNATURE MASSAGE (60 MINUTES)24-CARAT GOLD MASK FACIAL MASSAGE (30 MINUTES)UPGRADE TO EXECUTIVE SUITECOMPLIMENTARY PARKING	7,000	Treatment only
	8,000	with Afternoon Tea
	9,000	* with Dinner Buffet (TCG)
		* with 3-Course Meal (Osteria M)

* DINNER BUFFET IS AVAILABLE ON WEEKENDS, FRIDAY TO SUNDAY , 6 PM-10 PM ONLY OR 3-COURSE MEAL, AVAILABLE ON WEEKDAYS, MONDAY TO THURSDAY, 4 PM-10 PM



SWEPT AWAY	2 Hours 30 Minutes	
<p>Three Blissful and enchanting spa treatment combinations, specially curated to soothe, renew and relax. A collection of our best sensorial yet restorative healing practices.</p> <ul style="list-style-type: none">I'M ONSEN SPA SIGNATURE MASSAGE (60 MINUTES)BODY EXFOLIATION (60 MINUTES)CHOICE OF GOLD MASK, FOOT SOAK OR EYE CARE TREATMENT (30 MIN.)COUPLE SPA SUITE WITH JACUZZICOMPLIMENTARY PARKING	12,000	Treatment only
	13,000	with Afternoon Tea
	14,000	* with Dinner Buffet

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- Spa treatment by highly trained and professionally certified spa therapists
 - Complimentary use of towel, yukata (robe), locker & shower area, and slippers for your comfort

SPA PARTY PACKAGES (MINIMUM 10 PERSONS)

INCLUDES USE OF VIP PARTY SUITES WITH VIDEOKE.

Experience soothing serenity, as you celebrate together in a relaxing ambience with a group of 10 or more.



WELLNESS

A fun spa day out! Enjoy our signature Indian head & shoulder and aromassage and party the day away with complimentary usage of videoke facilities.

- INDIAN HEAD & SHOULDER MASSAGE (30 MINUTES)
- AROMASSAGE (60 MINUTES)
- USE OF VIP PARTY SUITES WITH VIDEOKE (3 HOURS)
- USE OF WELLNESS SUITES (ONSEN, STEAM, AND SAUNA)
- ACCESS TO RELAXATION LOUNGE

1 Hour 30 Minutes

5,000
per person

with Afternoon Tea

6,000
per person

* with Dinner Buffet (TCG)

* with 3-Course Meal (Osteria M)

INDULGENCE

Treat your senses to the ultimate journey of renewal. Our signature body and facial massage will release all tension, bringing you back to a beautiful balance. After your pampering session, simply party away in your own private VIP Party Suite.

- I'M ONSEN SPA SIGNATURE MASSAGE (60 MINUTES)
- 24-CARAT GOLD MASK FACIAL MASSAGE (30 MINUTES)
- EYE CARE WITH SCALP MASSAGE (30 MINUTES)
- USE OF VIP PARTY SUITES WITH VIDEOKE (3 HOURS)
- USE OF WELLNESS SUITES (ONSEN, STEAM, AND SAUNA)
- ACCESS TO RELAXATION LOUNGE

2 Hours

6,000
per person

with Afternoon Tea

7,000
per person

* with Dinner Buffet (TCG)

* with 3-Course Meal (Osteria M)

NURTURE

A perfect group retreat for some well-deserved relaxation. This party package features the best of local healing methods, allowing you to experience the best the region has to offer. Reach new heights of wellness with a private videoke session.

- THERAPEUTIC FOOT SOAK (15 MINUTES)
- XIAMEN FOOT REFLEXOLOGY (30 MINUTES)
- PHILIPPINE HILOT MASSAGE (60 MINUTES)
- 24-CARAT GOLD MASK FACIAL MASSAGE (30 MINUTES)
- USE OF VIP PARTY SUITES WITH VIDEOKE (3 HOURS)
- USE OF WELLNESS SUITES (ONSEN, STEAM, AND SAUNA)
- ACCESS TO RELAXATION LOUNGE

2 Hours 15 Minutes

7,000
per person

with Afternoon Tea

8,000
per person

* with Dinner Buffet (TCG)

* with 3-Course Meal (Osteria M)

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ACCESS TO FACILITIES



I'M Onsen Spa Wellness Suites
(steam, onsen, and sauna)



Fitness Centre



Swimming Pool

ALL-IN ACCESS

- I'M Onsen Spa Wellness Suites
(steam, onsen, and sauna)
- Fitness Centre
- Swimming Pool

Operating Hours

Swimming Pool

Fitness Centre

I'M Onsen Spa Wellness Suites

Daily

Daily

Daily

7:00 AM - 9:00 PM

6:00 AM - 12:00 MN

12:00 NN - 2:00 AM

Duration

Rates

2 Hours

1,500

2 Hours

1,500

2 Hours

1,500

4 Hours

4,000

SPA TIPS AND ETIQUETTE

OPERATIONS HOURS:

Spa Treatments and Services are available from Monday to Sunday, 12:00 NN - 2:00 AM

Fitness center and swimming pool are for hotel guests only.

FACILITIES:

Steam, Sauna and Showers | Onsen Pools | Changing areas | RFID Lockers. Only hotel guests, spa members and paying guests may use these facilities.

RESERVATIONS:

We recommend all spa treatments and services to be booked in advance so we may assist further on your needs or requirements. PREPAYMENT is required to guarantee your booking.

AMENITIES:

Male and female changing areas have individual lockers and shower facilities.

VALUABLES:

Please ensure that your valuable items are kept safe throughout your spa journey. The spa does not take responsibility for any lost or stolen items or damage to personal property.

APPOINTMENT TIME:

Arrive at least 1 HOUR prior to your appointment time; so our staff can prepare you for your treatment and enjoy our onsen facilities. Arriving late will lessen your treatment time reducing its effectiveness and your satisfaction. Late arrivals will be charged in full.

CANCELLATION POLICY

Cancellation should be made at least 24 hours prior to your appointment time otherwise we will charge a 50% cancellation fee. "No-show" will be charged the full treatment cost.

SPECIAL CONSIDERATION:

Your health and safety comes first. Please inform your therapist of any medical conditions that should be need to be taken into consideration during your spa treatment. Let your therapist know of any skin allergies, if pregnant, and indicate any areas of your body that may require special attention. During your treatment, advise your therapist if you are suffering from any pain or discomfort.

SMOKING AND ALCOHOL:

Smoking and the consumption of alcohol within the spa are strictly prohibited. Consuming alcohol or caffeinated drinks before or immediately after a treatment is not recommended.

PAYMENT:

I'M Onsen Spa accepts cash and all major credit cards. Hotel guests may charge spa treatments to their room. All prices are quoted in Philippine Peso and are inclusive of 12% VAT and 0.75% Local Tax.

ETIQUETTE:

I'M Onsen Spa is a refuge for serenity and calmness. To maintain this atmosphere for all the guests and members, we ask that all mobile phones and electronic devices be turned off whilst in the spa. Our detailed onsen regulations are posted in our public places. I'M Onsen Spa reserves the right to refuse the admission and/or service of guests who violate our house rules.

PHOTOS AND VIDEOS:

As a courtesy, please avoid taking photos that include other guests without their permission. Use of cameras are strictly prohibited in the changing rooms.

PROHIBITED ITEMS:

The following items are not permitted at any time: firearms, explosives, chemical weapons, knives, sharp or spiked items, and pets.