



ASMAR A SPA

Salus Per Aquam

Rest and Renewal



Restore with Intention

Wellness is more than a moment of rest—it is a return to balance, a quiet pause that allows the body and mind to renew. At Asmara Spa, every experience is thoughtfully crafted to nurture calm, restore energy, and create space for deep relaxation.

Whether seeking a restorative massage, a rejuvenating sauna ritual, or a full wellness journey, each treatment is delivered with intuitive care and personalised attention. Our tranquil spaces and holistic approach invite guests to unwind at their own pace, surrounded by a serene and comforting atmosphere.

Designed as a sanctuary within Asmara Urban Resort & Lifestyle Village, the spa offers a harmonious environment where wellness feels natural and effortless. From solo retreats to shared moments of relaxation, every visit is guided by warmth, mindfulness, and the gentle rhythm of Filipino hospitality.

Welcome to Asmara Urban Resort and Lifestyle Village

Set within the city yet thoughtfully removed from its rhythm, Asmara Urban Resort & Lifestyle Village is a private sanctuary designed for pause and presence. Clean architectural lines, open-air spaces, and carefully considered details create an atmosphere of calm amid the urban landscape.

Here, privacy and comfort take precedence. Whether arriving for a quiet escape, an intimate gathering, or a meaningful celebration, guests are welcomed into a setting that feels composed, intentional, and discreetly set apart.

Asmara offers a rare balance—urban convenience paired with a sense of stillness—where every moment is unhurried, personal, and designed to be remembered.

SPA Experiences

Ideal for personal retreats, shared wellness experiences, and restorative escapes, Asmara Spa offers a collection of thoughtfully designed spaces that invite calm and renewal. Personalised treatments and mindful moments in between ensure every visit feels intentional, soothing, and effortless.

For those seeking a more private experience, select areas of the spa may be reserved to create a quiet and focused environment. Every detail is carefully considered—from the rhythm of each treatment to the smallest touches that enhance comfort and relaxation.

Whether enjoying a restorative massage, a rejuvenating sauna ritual, a calming soak, or a holistic wellness journey, Asmara Spa is dedicated to nurturing balance and well-being through intuitive care and the gentle warmth of Filipino hospitality.



Massage Room

Asmara's Massage Room offers an exclusive, air-conditioned sanctuary designed for quiet rest and renewal. Thoughtfully appointed for comfort and complete privacy, the space provides a serene setting ideal for personalised treatments and intimate wellness experiences.

Reserved for exclusive use, the room creates a calming environment for restorative massages and bespoke spa rituals—ensuring attentive care, uninterrupted relaxation, and a seamless sense of tranquility throughout your visit.





Sauna, Ice Bath, and Jacuzzi Room

The Sauna, Ice Bath, and Jacuzzi Room offers a private wellness space designed for relaxation, recovery, and quiet rejuvenation. Calm in atmosphere and refined in design, the suite provides a comfortable setting for restorative experiences within a serene and controlled environment.

Ideal for personal retreats, post-activity recovery, and shared wellness sessions, the space allows guests to move seamlessly between heat, cold, and hydrotherapy elements. When reserved exclusively, the room ensures privacy, focused care, and an uninterrupted wellness experience throughout your visit.

Thoughtfully maintained by our dedicated team, every detail is managed with care—allowing guests to fully unwind and enjoy a balanced, effortless moment of restoration.





Massage

A curated selection of therapeutic and relaxation massages designed to ease tension, restore balance, and promote overall well-being. Each treatment is delivered with intuitive care, allowing the body and mind to unwind in a calm and restorative setting.

	60 mins	90 mins
Aroma Massage	1,200.00	1,500.00
Sunburn Massage	1,000.00	1,300.00
Shiatsu Massage	1,000.00	1,300.00
Thai Massage	900.00	1,200.00
Swedish Massage	900.00	1,200.00
Foot & Back Massage	800.00	1,000.00
Foot Massage	700.00	900.00

Body Scrub

A gentle exfoliating treatment designed to smooth and renew the skin while promoting circulation and relaxation. Leaves the body feeling refreshed, polished, and revitalised.

Body Scrub only	30 mins
	700.00
Coffee with Coconut Scrub	800.00
Himalayan Salt with Milk Scrub	
Body Scrub with Massage	90 mins
Coffee with Coconut Scrub	1, 400.00
Himalayan Salt with Milk Scrub	1, 500.00

Packages

Asmara Sauna Package	950.00
1 Person 1 hr use of all facilities	
Jacuzzi Sauna Ice Bath	
Asmara Group Sauna Package	3,000.00
4 - 6 Persons 1 hr use of all facilities	
Jacuzzi Sauna Ice Bath	
Asmara Sauna Package with Massage	1,800.00/per head
1 hr use of all facilities and 1 hr Massage	
Jacuzzi Sauna Ice Bath Massage	

Jacuzzi	60 mins	500.00
Sauna	60 mins	500.00
Ice Bath	15 mins	600.00



Asmara Urban Resort and Lifestyle Village

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