



SERVICES

Amuma Spa
at Bluewater Maribago Beach Resort
Buyong Maribago, Mactan Island, Cebu Philippines 6015
T (63 32) 402 4100 local 520

Take a break from the daily hustles and bustles with a visit to our charming Amuma Spa. Relaxing ambience, modest native architecture, diverse amenities, and warm Filipino hospitality – this calm scene will welcome you as you walk along the stone path to Amuma.

Our name is our promise. *Amuma* – a Visayan word which means indulge with every attention, comfort, and care – is what we strive to graciously offer. Being in Amuma means being royally pampered. This is a place where you can truly experience a delightful blend of regal indulgence and tropical coziness.



From Farm to Spa

Looking into every detail to totally enhance your spa experience, we offer treatments that recognize and embrace Philippine ethnic influences. They include the use of local, fresh, and natural ingredients that enhance and provide rejuvenating benefits to your wellbeing.

Apart from sourcing our stocks from local farmers, we manage to maintain the freshness of our ingredients by harvesting from our own farm and grounds. We strive to keep our ingredients fresh and natural whenever possible, and always free of additives and preservatives. From the fresh banana fronds (used to loosen tense muscles) and the warm honey (used to nourish the skin), you'll find that most of our ingredients come from our very own backyard.

One of the reasons why we decided to adapt this farm to spa concept is quality: Sourcing locally ensures the freshness of treatment ingredients because it's not traveling great distances to get to Amuma Spa. Also, we believe that this philosophy not only benefits our guests – it also assists small community businesses. Buying local is our own way of showing our support for the local community and independent farmers.

Most importantly, local ingredients create a healthy spa experience. We want you to benefit from the experience of utilizing natural, organic, and local products in a way you have never thought of before. We want our treatments to be a uniquely fresh and thoroughly organic.





Massage Therapies

Amuma Signature Hilot

90 min | 3,900

We have taken our favorite massage (*hilot*) techniques from across the Philippines and put them together with our own Amuma touch to give you the full body massage experience. Uniquely Filipino, this therapy induces relaxation and promotes healing. Warm fresh banana fronds are used to loosen tensed muscles.

Hilot Lamang

60 min | 2,800 : 90 min | 3,100

A massage-only variant of our signature Amuma Hilot. It involves long flowing strokes and techniques to relax tense or spastic muscles. This treatment increases joints' range of motion, soothes the nervous system and reduces swelling. It also helps eliminate toxins from the tissues.

Hilot Ablon

60 min | 2,350

With origins from northern Philippines, it is known as "*Dry Massage*" because it does not use oils. This massage uses thumb and palm pressure on specific points of the body. Combined with stretching, it improves circulation and relieves stress and tension.

Duot (Deep Tissue Massage)

90 min | 3,000

A therapy recommended for people with chronic pain or limited range of motion. Slow strokes and duot (*firmer finger pressure*) are used to stimulate deeper muscle layer tissues. These help ease tension, release toxins and improve blood circulation.

Hilot sa Batong Mainit (Touchstone Massage)

90 min | 3,490

Heated black granite stones are used to massage the body. The heat penetrates deep into the body to ease tight muscles and promote relaxation and a sense of calmness. A must for highly stressed individuals.

Hilot sa Kawayan (Bamboo Massage)

90 min | 3,500

Also known as Bamboo Massage, this treatment uses oiled bamboo sticks to provide stimulating massages. It alternates between firm and soft massage sensations, making it a pleasant way to restore the body and relax the soul. It also helps normalize blood circulation and boost immunity.

Hilot Ugnat

60 min | 3,000

This therapy is our enhanced version of the well-known Thai Massage. The basic principle guiding this therapy is the application of pressure on certain important points on the body, which is believed to facilitate the flow of energy. The philosophy of life energy, combined with remarkable acupressure techniques, ensure that there is free flow of vital energy to every part of the body through appropriate energy lines. This results in the general wellbeing of the mind, as well as the body.



Body Treatments

Amuma Paligo

90 min | 3,200

Begins with gentle dry exfoliation and an invigorating scrub with native loofah and river stone. Body is wrapped with banana leaves and an application of virgin coconut oil, lemongrass, calamansi and Cebu's famous mangoes. While your body hydrates, hair, scalp and arms are treated with virgin coconut oil to nourish and moisturize. Treatment finishes with soothing warm bath of sea salt, lemongrass, calamansi & flowers.

Pampalamig Wrap (Cooling Wrap)

90 min | 3,500

Our quick fix to over exposure to the sun. A cooling potion of cucumber, mint and banana is gently applied, wrapping the entire body, to soothe any sunburn skin discomfort. After an icepack dabbing, a moisturizing bath of coconut milk, lemongrass oil and flowers rejuvenates and relaxes.

Papaya Body Wrap

90 min | 3,500

This therapy involves full body exfoliation to nourish and soften the skin, ending with luxurious Jacuzzi bath infused with calamansi, coconut milk, and salt. It also showcases other fresh local ingredients, such as mashed papaya and banana fronds. Aside from its anti-aging action, papaya has also been proven useful in lightening dark spots and toning the skin.



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Featured Therapies

Hingut-An (Head & Shoulder Massage)

30 min | 800

Head and shoulder massage derived from the rural pastime, "Kuto-kuto Alis". It is a great way to relax after a long journey, specially after a long trip. This includes a gentle hair-pulling technique that stimulates circulation, relieve headaches and induce rest and sleep. A blend of slow and rhythmic rubbing along the neck, back and arms also help rejuvenate both body and soul.

Hilot Ading (For Kids)

30 min | 900 45 min | 1,150

A massage made for our junior guests. Similar to the local "Hilot Pilay", it gives young children relief from muscle pain after play or help ease the symptoms of cold and flu. Taken on a regular basis, it helps young children develop their tactile senses and enhance their emotional quotient (EQ). This healing touch therapy is highly recommended for children ages 2 to 15 years old.

Foot Reflexology

60 min | 1,500

This therapy session uses a variety of pressure point massage techniques. Each pressure point relates to another area of the body to encourage healing. By working all to the points, the therapist addresses internal organs and glands as well as muscle groups, bones, and nerves during a session. Benefits include reduced stress, tension and pain.

Hilot Amu-in (Prenatal Massage)

90 min | 4,500

A massage developed for pregnant women in their second and third semesters. It minimizes swelling from water retention, relaxes tired back muscles and relieves tension. It also helps reduce anxiety and provide energy. Taken on a therapeutic and regular basis, it helps minimize labor pains during childbirth.

Pikpik Kawayan sa Siki (Foot Care Treatment)

60 min | 1,750

Treatment using bamboo poles to apply rhythmic pressure on the foot area. It is a great way to relax after vigorous walking, running or exercise. Akin to reflexology, gentle taps on specific points help provide relief and improve circulation in the body. Also, reduces fatigue, aches and muscle pains, as well as help rid of toxins and restore tissue balance.



Facial Care

Facial Glow

75 min | 3,500

A revitalizing facial treatment customized for all skin types. This treatment brightens and illuminate the skin giving it a long lasting, pampering "Amurma" effect. Further, this treatment includes an arm and hand massage to deliver ultimate relaxation.

Elasto Firm Facial

75 min | 3,800

A regenerating, gentle lifting facial treatment designed to strengthen your skin's defenses against time. This treatment instantly replenishes the skin's moisture reserves, increases elasticity and firms contours. Further, this treatment includes an arm and hand massage to deliver ultimate relaxation.

Tropical Facial

75 min | 3,800

This coveted facial treatment helps get rid of dry skin and reveal a brighter complexion. Aside from gently exfoliating the skin, the fusion of various fruit extracts and other natural ingredients also act as potent antioxidants to help maintain a youthful glow. The facial mask itself uses native Cardava banana, which is known to have the highest levels of potassium and other nutrients.



Ultimate Packages

Hilot Journey

3 hrs | 6,500

Immerse yourself in an extensive cultural wellness experience. You will be bathed in Amuma's signature oil and calamansi blend to exfoliate and invigorate your skin. The body is then wrapped in cool banana leaf after a thorough application of coconut cream, Amuma potion, calamansi and Cebu's famous mangoes.

Attention is also given to your hair and scalp. Warm virgin coconut oil is drizzled on your hairline to nourish and moisturize the crown. If you want to keep your hair oil-free, a scalp massage is given in place of a hot oil treatment.

A warm bath of sea salt, calamansi, Amuma potions and flowers will embrace and take you further on your journey to hilot, a combination of our favorite native massage techniques. The journey includes traditional rituals such as Tuob (*Foot Wash*), Hingut-an (*Hair-pulling*) and Tsá (*Tea*).

Malakas at Maganda (COUPLES)

3 hrs 30 min | 13,000

Our ultimate spa experience for couples! Native ingredients and oils are carefully put in therapeutic rituals that enhance relaxation and intimacy. The treatment begins with gentle coco skin exfoliation coupled with a hair and scalp hot oil preparation. Thereafter, the bodies are wrapped in honey. The couple is cleansed as they immerse in a bath of soothing coconut milk and ylang-ylang scent. A specially prepared meal will be served at the veranda after a rejuvenating oil massage. Perfect for honeymooners!





Reservations can be made at the Amuma Spa reception desk, or by calling telephone number (032) 492 0100 local 520. To ensure your preferred treatment times, it is recommended to schedule appointments well in advance of your arrival date. Company and group reservations are available.

Cancellations and changes are accepted up to two (2) hours prior to your appointment time. Four (4) hours advance notice is required to cancel or reschedule spa packages. We ask this as a courtesy to other guests and to our spa specialists, and so you may avoid a 50% late cancellation or no-show fee.

Appointments begin promptly as scheduled. Should you arrive late, your appointment may be rescheduled to the next available time slot.

Please arrive 30 minutes prior to your treatment to enjoy our spa and fitness facility. Also arrive early to allow time for a short questionnaire to personalize your treatments. Your comfort and care are of the greatest concern and priority, so please let your spa therapist know if they can assist you in finding your comfort levels.

Our spa reservationists can assist you in planning a program that suits your needs. Please inform the spa at the time of booking if you have high blood pressure, allergies or if you are pregnant. Though we have a policy of no substitution for our spa package, you may request assistance in creating a customized spa package to match your interest.

Should you decide to bring your valuables, separate male and female lockers are available at the spa for safekeeping.