



ADMIRAL SPA

"Calm is a superpower"

OPENING HOURS
DAILY FROM 11:00 AM TO 10:00 PM



Introducing Admiral Spa –





Inspired by the luxurious French culture and legendary Filipino healing touches, Admiral Spa features an experiential and remarkable spa journey of rituals, healing, and well-being.

Admiral Spa is about harnessing inspiration from the ancient way of healing through waters, unified with nature's renowned herbal and elemental therapies found and developed in Asia. With an avant-garde ambiance that transports you to the elegant Parisian architectural masterpiece, you will have a glimpse of blissful extravagance.

SIGNATURE COLLECTIONS

|| ADMIRAL PAMANA

“Pamana” is a Tagalog word that means “legacy.” This exquisite, unique relaxation combines the pamana of Asian traditional massages and the Tibetan ancient art of sound healing. It alleviates posture discomfort through full-body stretching, followed by the Filipino hilot acupressure technique and heated pillow. This treatment will enhance your physical balance and emotional well-being.

Duration: 90 min

Price: Php 4,800

|| JOURNÉE À PARIS (PARISIAN JOURNEY)

Unravel the tension with a royal foot bath dipped with Epsom salt, the Westerners’ purest healing mineral. It will be followed by exfoliating body scrub that has natural purification to stimulate circulation with re-hydrating body clay mask for healthy glow skin, finishing this wonderful ritual experience by using Petrissage and Effleurage strokes - a collection of luxurious treatments that truly speak about Paris entail an age-defying facial that will definitely restore your youthful vigor.

Duration: 120 min

Price: Php 7,900

|| ORIENTAL MASSAGE

A therapeutic blend of free-flowing massage techniques including Balinese and Indian head massage with healing experience of ventosa to release of muscle tension, greater movement, and renewed energy.

Duration: 60 min

Price: Php 4,800

90 min

Php 5,200



HARMONIZING MASSAGE

|| LE TOUCHER BIEN-ÊTRE (WELL-BEING TOUCH)

An ancient Filipino healing massage with profound and enduring benefit which promotes blood circulation, focusing on knots and muscle spasms, targeting stiff and sprained muscles.

Duration: 60 min
90 min

Price: Php 3,600
Php 4,600

|| L'ESSENCE DE BALI (ESSENCE OF BALI)

Derived from the signature strokes of Balinese massage, which rebalance your body, restore comfort and movement by applying an intensive combination of deep tissue and acupressure.

Duration: 60 min
90 min

Price: Php 3,800
Php 4,800

|| VOYAGE SENSORIEL (SENSORY JOURNEY)

Induces deep relaxation using aromatherapy oils and classical Swedish, Reiki and Hawaiian Lomi Lomi Massages, beneficial for those who suffer from sleep disturbance.

Duration: 60 min
90 min

Price: Php 3,800
Php 4,800

|| PURE VITALITÉ (ORIENTAL VITALITY)

Pick a combination of these treatments to remove blockages and release muscle tension: Thai Stretching, Japanese Shiatsu, Indian Head Massage, and Xiamen foot reflexology.

Duration: 60 min

Price: Php 2,900

|| TOUCHER RENAISSANCE (RENAISSANCE TOUCH)

A sensorial blend of anti-stressing oil in harmony with Western massage techniques, using warm basalt stones that soothes the deepest aching muscles.

Duration: 90 min

Price: Php 4,200







EXFOLIATING INDULGENCE

|| GOMMAGE TONIQUE

Detoxifying body scrub using Epsom mineral salt, which was founded in Great Britain as a natural remedy for muscle aches, inflammation, and mental stress. It is best used during baths as an exfoliator to encourage cell renewal.

Duration: 60 min

Price: Php 6,800

|| ECLAT ROSE (PINK GLOW)

Scrub off your dead skin cells using Himalayan crystal salt enriched with minerals and ionic content that invokes harmony in our senses. It acts as natural skin illuminator for brighter and firmer skin.

Duration: 60 min

Price: Php 3,600

|| SILHOUETTE PARFAITE (SILHOUETTE SKIN)

This treatment improves the absorption and penetration of mineralized ingredients. It is highly effective in eliminating toxins, boosting blood circulation, and removing excess water retention by stimulating the lymphatic system.

Duration: 90 min

Price: Php 4,350

SKIN ELIXIR

|| LIFTING ET DÉCOLLETAGE (FACE AND DÉCOLLETAGE)

A delicate facial to choose from that helps with blood flow, cell regeneration, collagen production, and skin elasticity through stimulation accupressure points for hydration, anti-aging, and balance.

Duration: 60 min

Price: Php 5,800

|| ESCAPADE ANTI-AGE (TIMELESS ESCAPE)

Experience the splendid Admiral Spa Journey that begins with healing massage to rejuvenate your senses and take you into tranquil bliss. This is followed by a regenerating facial to purify, nourish and to stimulate lymphatic drainage as well as to expel toxins from the face.

Duration: 90 min

Price: Php 5,800

|| SECRET DE MONSIEUR (HANDSOME SECRET)

Created just for men. This treatment is a perfect deep cleansing facial that is specifically designed to address males' active skin hormones.

Duration: 40 min

Price: Php 4,200



SPLENDOR PACKAGE

A total escape from decongested city lifestyle, submerge with these carefully crafted treatments that can only be found in Admiral Spa. From detoxifying body rituals, soaking your feet with lemon and green tea, and enjoying a lavish herbal scrub with Jacuzzi bath, to steam bathing while inhaling one of the most luxurious aroma oils (the Sandalwood). This package will conclude by the healing power of touch within our body massage that provides an essential sanctuary from stress and tension.

|| CALME - MONSIEUR (CALM FOR HIM)

A choice of deep tissue massage using energizing aromatic massage oils and a deep cleansing facial that perfectly fits his active lifestyle.

Duration: 120 min

Price: Php 9,300

|| ROMANCE - MADAME (ROMANCE MADAME)

A choice of Aromatherapy massage and age-defying yoga facial massage that compliments her feminine elegance.

Duration: 120 min

Price: Php 9,300

|| CONNECTION - LE DUO (CONNECTION - THE DUO)

This personalized array of unparalleled treatments will surely strengthen the undivided connection between mother and daughter or father and son quality time. With a 150-minute head-to-toe treatment, we will guide you throughout this priceless



ADMIRAL KIDS SPA

|| POUR LES PLUS JEUNES

Full Body massage using nourishing blend of coconut oil to gently refine young texture of skin to relax after a long day of fun.

Duration: 60 min

Price: Php 2,900

|| MAGICAL TREAT

Relaxing Hand and Foot massage with organic lavender lotion, finishing off with favourite nail polish.

Duration: 60 min

Price: Php 3,200

|| BLISS RITUAL

Rejuvenate and Indulge with our blissful ritual of Body Scrub & Wrap to exfoliate, hydrates and leaving skin fresh and glowing.

Duration: 60 min

Price: Php 3,800

SPA ETIQUETTE



LOCATION AND OPENING HOURS

Located at the ground floor level, open daily from
11:00 a.m. to 10:00 p.m.

RESERVATION

Booking in advance is highly recommended to ensure availability
at your convenience and treatment of choice.

LATENESS & CANCELLATION POLICY

We understand that time might be changed or canceled due
to circumstances. We are humbly requesting you to notify us
at least 4 hours in advance. For unnoticed delays, we are still
accommodating you to avail your treatment but with the possibility
of a decreased time in your selected treatment or service as there
might be appointments already made prior.

ARRIVAL

To ensure a seamless experience, we are requesting you to at least
arrive 15 minutes ahead of your schedule so we can carefully guide
you with our facility and services.

SPA ATTIRE

You may arrive wearing your comfortable clothes. Concerning
your modesty and privacy, we provide disposable underwear for
use during treatments.



VALUABLE

We strongly encourage you to use the provided lockers to keep your belongings safe. Admiral Spa will not be held liable for any missing items undeclared during the treatment or upon arrival at the spa.

HEALTH & CONDITION

When booking an appointment, please notify the spa of any allergies and other medical conditions prior to treatment.

FITNESS CENTER

Our gym facility boasts state-of-the-art technology and equipment. Safe usage of the facility is the sole responsibility of the guest. Membership programs and fitness classes are available and open to all fitness enthusiasts. Open 24 hrs. The fitness coach is available daily, except Tuesday, from 8:00 am to 5:00 pm.

SPA RETAIL & GIFT CERTIFICATES

Feel free to share with us your skincare regimen and beauty concerns. Our spa professionals are always ready to assist you throughout your spa journey with our lineup of renowned French brands of skincare products, timeless accessories, and premium handicrafts and souvenirs.



OPENING HOURS
DAILY FROM 11:00 AM TO 10:00 PM

LOCATION:
ADMIRAL HOTEL MANILA - MGALLERY
GROUND FLOOR, 2138 ROXAS BOULEVARD
1004 MANILA

FOR RESERVATIONS:
H9338-TH2@ACCOR.COM
+63 917 822 4635

