



Haplos sa Cauayan

The Art of Island Wellness

Born from the untouched beauty of El Nido, Haplos at Cauayan is a sanctuary where wellness follows the rhythm of the island.

Inspired by the Filipino tradition of haplos – the healing power of touch – our rituals are designed to restore balance through mindful therapies and island elements.

Here, time softens.

The body unwinds.

And wellness becomes a way of being.

All rates are inclusive of 12% VAT, 10% service charge, and 2.4% local tax.

CANCELLATION TERMS:

- Cancellations less than 12 hours prior to the massage will be charged 50% of the cost of the scheduled activity.
 - No-shows will be charged 100% of the cost of the scheduled massage.
- For late arrivals, the massage duration will be shortened to accommodate others following the scheduled massage.

Optional: Spa room may be booked for two guests from the same villa for a fee of PHP 5,000.



HAPLOS

Signature Island Bodywork

Rooted in the Filipino tradition of healing touch.

SIGNATURE HAPLOS

A flowing full-body Swedish ritual inspired by ocean tides. Rhythmic strokes restore lightness and deep ease.

Php 6,300 / 90 mins

Php 6,800 / 120 mins

DEEP RELEASE HAPLOS

Slow, intentional deep-pressure haplos eases muscular tension, restores mobility, and envelops the body in refined island tranquility.

Php 6,900 / 120 mins

AFTER – TIDE RECOVERY HAPLOS

Curated for pre-island exploration or post-travel recovery, this restorative ritual blends warm botanical oils with soothing menthol balm to revive tired muscles, calm the senses, and awaken effortless island vitality.

Php 6,900 / 120 mins

LITTLE EXPLORER HAPLOS

A gentle, nurturing wellness ritual thoughtfully designed for younger guests ages 4–12, offering a soothing island experience of comfort, care, and serenity.

Php 3,700 / 30 mins

GROUND

Barefoot Island Rituals

Inspired by the grounding simplicity of barefoot island living.

ISLAND FOOT AWAKENING

A cleansing ritual followed by reflexology to stimulate circulation, release tension, and restore graceful balance.

Php 4,000 / 30 mins

Php 4,500 / 60 mins

BAREFOOT HAPLOS FLOW

A grounding island journey beginning with our full-body Signature Haplos, followed by foot awakening therapy for deep relaxation.

Php 8,000 / 120 mins



NOURISH

Hidden Cove Body Rituals

Inspired by secluded lagoons and the island's natural abundance.

ISLAND GLOW SCRUB

SEA SALT & NIYOG POLISH

Mineral-rich sea salt and nourishing coconut oil gently polish the skin, unveiling silky softness and ocean-kissed glow.

Php 7,700 / 120 mins

COFFEE & PULOT POLISH

A locally inspired exfoliation ritual that delicately refines the skin, awakens circulation, and reveals a luminous island glow.

Php 8,500 / 120 mins

ISLAND GLOW WRAP

AFTER-SUN SOOTHING WRAP

Cooling botanicals and soothing aloe extracts veil the skin in calming hydration, restoring comfort, freshness, and radiant replenishment.

Php 7,600 / 120 mins

CACAO & COCONUT INDULGENCE

A rich antioxidant body wrap that cocoons the skin in deep nourishment, restoring velvety and natural softness.

Php 8,700 / 120 mins



RESTORE

Island Signature Journeys

Immersive rituals designed for profound restoration.

SUNSET ISLAND INDULGENCE

Php 12,500 / 180 mins

A luxurious island ritual crafted for women, featuring a nourishing body scrub or wrap, a soothing Haplos massage, and a luminous facial--leaving the skin radiant and glowing from sunset to starlight.

ISLAND MOON REVIVAL

Php 12,500 / 180 mins

A refined island wellness journey for men, featuring a detoxifying body scrub or nourishing wrap, a deep-release Haplos ritual to ease muscular tension, and a revitalizing facial that restores clarity, strength, and a refreshed, confident glow.

FLOW

Paradise Movement Rituals

Inspired by Thai healing traditions and adapted to island rhythm.

ISLAND STRETCH

Php 8,500 / 120 mins

An assisted Thai-inspired stretch ritual that enhances flexibility and restores fluid energy flow, followed by a soothing Haplos massage to release tension and awaken profound relaxation.

ISLAND FLOW FUSION

Php 6,900 / 110 mins

A refined dry massage ritual blending assisted stretching, precise pressure-point therapy, and rhythmic movement.

ISLAND VITAL RESET

Php 4,400 / 30 mins

A blend of therapeutic Thai-inspired bodywork with targeted pressure-point therapy and passive stretching techniques to restore natural alignment and reawaken vital energy.



CONNECT

Tide of Togetherness

Shared rituals designed for connection and presence.

COUPLE HARMONY RITUAL

A personalized side-by-side Haplos ritual paired with a purifying facial, designed as a shared wellness experience that nurtures connection, restores balance, and creates meaningful island moments.

Php 22,000 / 150 mins

ISLAND TOGETHER RITUAL

A gentle island-inspired family ritual designed to nurture calm, deepen connection, and create serene shared moments of harmony and togetherness.

Php 15,000

Adult - 90 mins

Kids - 60 mins

STILLNESS

Breath . Presence . Mindful Ritual

Where wellness becomes quiet and internal.

OCEAN BREATH MEDITATION (AM)

Guided breathwork inspired by the rhythm of the sea.

Php 1,200 / 20 mins

SUNRISE FLOW

A gentle awakening yoga ritual combining movement, breath, and mindful presence.

Php 3,000 / 60 mins

BAREFOOT GROUNDING (PM)

A quiet practice reconnecting body and earth.

Php 1,200 / 20 mins

SUNSET STILLNESS

A calming sunset yoga ritual designed to release the day's tension.

Php 3,000 / 60 mins



HAPLOS SA SILID

Peace . Presence . Privacy

An Island – Villa Wellness Rituals

BANANA LEAF THERAPY

Php 6,800 / 90 mins

A pampering body therapy inspired by tropical island healing traditions.

Warm banana leaves envelop the body to soften tension, soothe the senses, and elevate overall wellbeing.

KAWAYAN HAPLOS

Php 6,000 / 60 mins

A signature island healing ritual where bamboo sticks glide across the body in flowing movements, releasing deep-seated tension, enhancing circulation, and promoting complete relaxation.

SOLE SERENITY

Php 4,500 / 30 mins

An indulgent foot ritual designed to restore tired soles through precise reflexology techniques and a deeply relaxing lower-leg massage, leaving you feeling light, grounded, and refreshed.

HAWAK – KAMAY

Php 4,500 / 30 mins

A blissful hand reflexology experience that combines the art of massage with the therapeutic benefits of reflexology. Skilled touch relieves fatigue, eases tension, and enhances circulation, creating a serene island-inspired escape for tired hands and a busy mind.

AMIHAN-HABAGAT FLOW

Php 5,500 / 60 mins

A rhythmic stretching and body flow ritual inspired by the island's changing winds. This dry bodywork ritual combines traditional Thai stretching techniques and assisted movements to enhance flexibility and restore the body's natural flow.



CAUAYAN
BOUTIQUE PRIVATE ISLAND
The art of laid back luxury

