



# Tirta Spa

An Oasis on Boracay Island

Text by **ASTRA C. ALEGRE** Photos courtesy of **Tirta Spa**



A sip of the ginger tea is soothing and you begin to unwind. Your therapist starts to give you a foot scrub that prepares you to the pampering ritual of two hours and 45 minutes known as Boracay Puka Beach Package, or "Soul of the Sea", the most eco-friendly treatment, at Tirta Spa.

Your therapist applies a seaweed mask all over your body. Its chlorophyll and high iodine content stimulate both metabolism and circulation, reducing cellulite and fluid retention, resulting in better skin cell regeneration. You feel better already.

You then soak in a sea salt hot bath so your body continues to detox. Rinsing under a Vichi rain shower is like standing under a waterfall,

with its gentle spray that is soothing and calming. You are now ready for your Hot Puka Shell Massage, a medium pressure therapy for deeper relaxation and meditation.

You return to your massage bed, and your therapist performs the Tirta traditional gentle stretching of your body while waiting for the seashell to warm, which will be used to massage your skin. The lava gel tea bag that is placed inside the shell contains calcium and iron. The combination of minerals and underwater flora such as kelp, algae and seaweed mixed with seawater creates a constant, reliable and powerful heat without the use of electricity, which makes it eco-friendly.

You feel the warmth from the seashell penetrate

deeply into your body. The shell which has absorbed the cold trapped inside your skin had to be reheated for a few minutes before the treatment continues. Once the therapy is completed, the shell will have absorbed all the negativity in your body, restoring the balance of your chi energy within. Slowly, you feel the soreness gone, the stiff muscles relax. You embrace the sense of calm and well-being that gently envelopes you.

This is the Tirta Spa experience. "From the moment you enter our gates and take in the mesmerizing hilltop view, to the luxurious royal suites and the soothing services we offer, you are assured of comfort and contentment," says En Calvert, Tirta Spa's amiable Proprietress and Spa Director. "We welcome everyone who is in

need of relaxation and inspiration." Tirta Spa is the realization of her vision and desire to provide an oasis for people to regain balance in their lives

Tirta Spa offers a complete range of wellness therapies. "The spa products we use are of the highest quality organic herbs and spices from Asia, such as Biodroga from Germany, and botanical skin care products from Australia," En says. "Whatever type of massage service or therapy you desire, enjoy it with the amenities inside our villas, which include a private bathroom, an outdoor bathtub, and a Vichi shower. Each Royal Suite also features a Koi carp pond, which completes the ambience of calm and serenity."

En should know. She is licensed by ITEC (International Therapy Examination Council) and CIBTAC (Confederation of International Beauty Therapy and Cosmetology). She has been traveling to different parts of the globe, learning first-hand new therapies, and earning certifications and credentials.

"We at Tirta Spa aim to continually provide world class amenities, facilities and services, ensuring that your body, mind and soul find the peace, relaxation and renewal you desire," En remarked. "A treatment at Tirta Spa is certainly a most enjoyable and memorable spa experience—the perfect way to complete your holiday on Boracay Island!"

"Tirta" is the Hindu word for "Holy Water" and the impressive Tirta Spa estate can be found on Boracay, perched upon a windswept hill, overlooking Crocodile Island and the azure waters of the Sibuyan Sea.

## Boracay's Pride: Tirta Spa

Tirta Spa has received numerous awards including: the "Most Outstanding Health and Beauty Spa in the Philippines 2008" from the Consumers Union of the Philippines; the "Best Day Spa in Asia 2009" from Asia Spa & Wellness Festival Gold Awards in Bangkok, Thailand; the "Day Spa of the Year 2010" from Asia Spa Baccarat Crystal Awards in Hong Kong, and the "Certificate of Excellence 2011" from TripAdvisor.

This year, Tirta Spa was nominated for the categories of: "Best Day Spa", "Best Spa Design" and "Best Men's Treatment" by The Crystal Awards Asia Pacific 2011. For next year, Tirta Spa has been nominated for "Best Luxury Day Spa 2012", World Luxury Hotel Awards.

Tirta Spa is located towards Tambisaan, near BLTMPC office, only 5 minutes from D'Mall (Station 2). For more information, please call nos. +63(0)36 288 6841/288 6481; +63 (0) 920 918 4857/ 922 892 8696. Visit: [www.tirtaspa.com](http://www.tirtaspa.com)