



SOUTH
PALMS

MGALLERY PANGLAO

Spa & Wellness Menu



GALLERY
HOTEL
COLLECTION



Your *WELLNESS* *moment*

Welcome to Lola's Sanctuary, where Boholano healing traditions meet modern luxury at South Palms Panglao MGallery. As the first international 5-star resort spa in Bohol, we've created a wellness experience rooted entirely in local culture and ingredients. Our spa draws its philosophy from centuries-old Filipino healing practices, with every treatment using herbs, oils, and botanicals grown at South Farm, located just one kilometer from the resort.

Our signature treatments feature rare Asin Tibuok, handcrafted using a 400-year-old Boholano tradition, while our therapists use traditional Filipino massage techniques passed down through generations.

Whether you choose our signature treatment, traditional stone massage, or herbal compress therapy, you will experience wellness the way it was meant to be: connected to the land, rooted in culture, and delivered with the genuine warmth of Filipino hospitality.



Breathing *exercises*
Please scan QR

Savour the *smooth* serenity
of this MOMENT.

LOLA'S
SANCTUARY



Signature *treatment* *South Palms MGallery Panglao*

Hilod Dalisay

The ancestral Body Purifying Ritual

90 min – P6,800

Experience our signature treatment using a blended product of rare Asin-Tibuok with lemongrass and virgin coconut oil, applied with special strokes for full body exfoliation. The treatment combines body wrapping for 10 to 15 minutes, allowing the crystal acidity to release while providing nourishment and pampering relaxation in an extraordinary experience rooted in the warmth of ancestral care.

Be nourished by the *BEAUTY*
of *local traditions* and *nature*.





Body *treatment*

Our body treatments are sacred ritual inspired by ancestral Filipino practices, using ingredients lovingly gathered from the land. Each session is designed to detoxify, renew and ground you in the wisdom of the body- through herbal medicines, traditional techniques and soothing stillness.

Daloy ng Ginhawa 30 min – P2,500
Head, Shoulder, Hand & Feet 60 min – P3,800

Daloy ng Ginhawa combines virgin coconut oil with gentle, purposeful touch on your head, shoulders, hands, and feet. This treatment aims to restore balance, enhance circulation, and create waves of relaxation that flow naturally through your entire body.

Barako Bliss 60 min – P4,200
Coffee Scrub

A natural grained coffee with aromatic blend used as a body scrub for eliminating toxins, energizing the body, exfoliating, stimulating circulation and reducing cellulite that awakens both skin and spirit.

Holistic *treatment*

Haplos Hilom ni Lola 90 min – P8,000
Herbal Ball Compress

Soothe tired muscles and ease tension with this traditional herbal compress. Warm herbal pouches glide over the body, releasing relief where your body needs it.

Lingaw sa Amuma 60 min – P4,000
Relaxing Massage 90 min – P5,800

A full body massage using gentle strokes to provide soothing comfort, ease away stress and restore calm, reminding you of comfort and warmth.

Mainit na Bato 90 min – P6,000
Stone Massage

This full body massage with gliding warm stones provides comfort and healing to restore balance with coconut oil to melt away tension and ease muscle fatigue.

Foot *treatment*

Ritwal sa Tiil 30 min – P2,400
Foot Scrub 60 min – P3,800



Contact & *access*

For inquiries and reservations

E: southpalmsmgallery.reservations@accor.com

M: +63 38 507 0010

Opening *hours*

Opens Monday to Sunday : 11:00am to 9:00pm

Address

Barangay Tawala, Panglao Island, Bohol Province

6340 PANGLAO

PHILIPPINES

GPS:9.5525, 123.79805

For more information, please dial "0"



Online *reservation*
Please scan

