



Filipino Traditional Massage and Home Therapy
Unit 9, 2F Services Area, Paseo 2 Building, Greenfield City, Sta. Rosa, Laguna
0916-340-6140 | 10am-10pm daily
www.montalboassage.com
touched by traditions



mont albo massage hut

✂ MASSAGE THERAPIES ✂

1. EXPRESS MASSAGE 10 mins, P50

Need a massage after work but you need to get home fast? Give us **10 minutes** of your time to target tired and **painful muscles of the upper back, shoulder and lumbar area** (lower back). If you're always in a hurry, you deserve this therapy.

2. CHAMPISSAGE (INDIAN HEAD MASSAGE) 10 mins, P50

This Ayurvedic method focuses and corrects the flow of energy at the **upper back, head, scalp and face** to restore balance and remove ailments. Helps to improve concentration and rejuvenate the body.

3. MONT ALBO MASSAGE 1 hour, P250

The Mont Albo Massage, **our signature therapy**, is truly one of a kind for it soothes all the muscles from head to foot, relaxes the mind and meets our psychological need for touch. With selected strokes and techniques of **Swedish (with oil for the back), Shiatsu and Thai-Yoga massages (without oil for the rest of the body)**, this therapy is a must-try for massage enthusiasts.

4. HILOT (FILIPINO TRADITIONAL MASSAGE) 1 hour, P300

The ancient Filipino healing method practiced for thousands of years. *Hilot* refers to both the technique and the practitioner. Characterized by slow deliberate strokes and **removal of blockages or lamig. Banana leaves and virgin coconut oil** are key elements in this treatment. Highly recommended for individuals with **upper back aches and stress related pains and anxiety. Bentosa** or placement of suctioning cups is recommended.

5. EASTERN FOOT MASSAGE 1 hour, P300

Our **signature foot therapy** combines the elements of **Thai foot massage, Dagdagay (Filipino traditional foot massage), Shiatsu and Chinese reflexology**. This blending of Eastern foot traditions releases tension from your foot and **enhances the function of vital organs in your body** (since a particular area in your foot corresponds to an organ like the heart). Let your humble feet experience these indigenous healing methods in the modern Mont Albo way.

6. THAI-SHIATSU MASSAGE 1 hour, P300

A combination of rituals and body mechanics of Thai massage, Ayurveda, Yoga, Acupressure, and Japanese Shiatsu ("finger pressure"). This unique fusion of traditional bodyworks is an all-time favorite of individuals who want to achieve **deep relaxation, strain-relief and flexibility without the oil**.

7. TUI NA MASSAGE 1 hour, P300

Tui Na translates to "push-pinch" in the Chinese language. This method of healing dates back to 1700 BC and is still an integral part of **Traditional Chinese Medicine (TCM)** today. Returning the body to balance to facilitate the flow of **qi (life force/energy)** is the main goal. Principles of acupressure are applied by following meridians along the body which are the pathways of **qi**. Strokes can be **light or vigorous using the fingers, arms, elbows, knees and feet of the therapist**. Recommended for individuals who prefer **deep/hard pressure massage**.

8. SWEDISH MASSAGE 1 hour, P300

This massage was credited to the Swedish medical-gymnastic practitioner Per Henrik Ling and Johan Georg Mezger (the Dutch practitioner who adopted French names to the strokes). The **standard, medically oriented Western massage popularly used in rehabilitation clinics and spas worldwide** but with improved 5 basic strokes to suit the modern Filipino busy lifestyle. A surprise for massage fanatics.

9. HOME THERAPY MASSAGE 1 hour, P300

Experience our massage therapies at the **comfort and privacy of your own home**. Detoxify your body and relax before retiring to bed.

✂ BODY SCRUB THERAPIES ✂

Exfoliate and rejuvenate your skin with Mont Albo's unique and wonderful scrub with massage therapies.

1. COFFEE ENERGIZING SCRUB W/ 1 HR MASSAGE P550

Kapeng Barako has made *Batanguenos* popular. This highly aromatic and bitter coffee can also be an extraordinary material to **exfoliate and protect the skin**. The addition of **coconut oil infuses moisture and nutrients** as the skin is gently resurfaced.

2. ORGANIC WHITENING SCRUB W/ 1 HR MASSAGE P650

To make your skin fairer and lighter is not a sin! Our organic whitening scrub is composed of **3 all natural substances**, extracted from plant components, which have been proven to **inhibit the production of melanin** - a better and healthier substitute than synthetic whitening chemicals. Have that lighter you to prepare for a special event with this special treatment.

3. BUTTER GLITTER SCRUB W/ 1 HR MASSAGE P750

The union of two marvelous organic materials (**Shea and Cocoa butters**) to form an exemplary blend of body treatment. For years Shea butter and Cocoa butter, have been harvested and utilized due to their **superior moisturizing activities**. These luxurious organic ingredients contain lipids and vitamins with numerous biological activities. They help to **minimize blemishes, stretch-marks, scars and wrinkles** to give your skin a **healthy glow**.

✂ ADD ONS ✂

More choices for your massage and body scrub therapies.

1. SHOWER P50

Start or end a therapy with a **cool or warm bath**.

2. SPECIAL ORGANIC OIL P50

An alternative medium for our massage therapies. **Rich, moisturizing oil with vitamin D and E**.

3. BENTOSA P80

Placement of **suctioning cups** to remove **energy blockages**. **Eight** suctioning glass cups are used.

✂ FRANCHISING ✂

- Have the opportunity to **earn wealth through wellness**.
- Have your own spa with a very **affordable and minimum investment**.
- Requires a **small commercial space**.
- **Fully operational** upon turn-over (complete with management training, materials, equipment, trained therapists and staff, renovation, etc.).
- **Return of investment** in a short period of time.

✂ OTHER BRANCHES ✂

Pasong Tamo, Makati City (Main) - (02) 884-8258
Ginhawa Spa and Dining (HIGH-END) - (02) 403-2270
Vito Cruz Extension - (02) 966-3348
Petron Dasma Village, Makati - (02) 586-7814
Market!Market! - (02) 919-4969
Timog - (02) 709-7310
Old Sta.Mesa - (02) 956-1147
UN Ave - (02) 966-2269
Vito Cruz-Taft - (02) 484-8062
Sta. Ana, Manila - (02) 964-8734
Lipa, Batangas - (043) 702-6532
Batangas City - (043) 722-3818
Calapan, Mindoro - (043) 441-3070
SM Hypermarket Cubao - (02) 585-3247
SM Hypermarket Cainta - (02) 217-7062
SM Pasig - (02) 966-5996
SM Bicutan - 0917 803 5302
SM Lucena - (042) 710-6344
San Idefonso, Bulacan - 0925 624 1175
Cebu City - 0915 136 1707
Fairview Terraces - (02) 355 0279
Park Square, Ayala - 0917 3744680
San Pablo, Laguna - 0929 1218165
Las Piñas - 403 0395
Timog - (02) 709 7310
Greenhills - (02) 654 7733
Cabanatuan - 0915 5167994