



SEDA SPA

We are finally reopening the doors of Seda Spa—our ultimate day spa experience nestled in the heart of Quezon City.

Relax, reflect, renew. Indulge in the ultimate spa experience.

Open to the public daily from 2:00 PM to 10:30 PM.

Please see overleaf for details.

SERVICES

Swedish Massage

60 mins Php 1,800 | 90 mins Php 2,500

A soothing massage style using natural scented oils for relaxation to induce a restful sleep.

Shiatsu Massage

60 mins Php 1,700 | 90 mins Php 2,400

Japanese style of acupressure massage without oil for re-energizing. It is recommended for a busy day or an active evening ahead.

Signature Combination Massage

60 mins Php 1,800 | 90 mins Php 2,500

The best of both worlds -- shiatsu to relieve tension and fatigue, Swedish to relax the muscles.

Aroma

60 mins Php 2,000 | 90 mins Php 2,800

The all-natural massage oils come in three blends -- Relaxation, Energizing and Therapy. The oils are also beneficial for the skin.

Foot Scrub and Massage

60 mins Php 1,700

A deep relaxation treatment at the locker lounge, perfect after long walks or standing to relieve tired feet.

Note:

- Prices are inclusive of service charge and applicable taxes.

MESSAGE BOOKING PROCEDURE

- Prior reservation is required at 77398888 or "0" from the guestroom phone. Spa hours are 2:00 PM to 10:30 PM.
- Spa facilities include a steam room, sauna, shower and lockers.
- In case of booking cancellation, this must be made at least three hours prior to the scheduled time; otherwise, full service fee will be charged.

7739 8888 | VERTIS@SEDAHOTELS.COM
SEDA VERTIS NORTH [f](#) SEDAHOTELS [@](#) SEDAHOTELS.COM [globe](#)

Sola corner Lux Drives, Vertis North
Quezon City 1105, Philippines