
ATMOSPHERE RESORTS & SPA

In-House Services

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The Sanctuary Spa

The award-winning Sanctuary Spa at Atmosphere is set aside in a secret garden where five treatment pavilions nestle discreetly amongst running waterfalls, ponds and tropical plants. The pavilions have two massage tables and its own unique private outdoor bathroom. Also present in the Spa is a heated pool for Watsu (water shiatsu) treatments, as well as a pavilion specifically for hand and foot treatments.

The reception Shala is one of the main architectural features of our Spa, where one can relax or read a book in the seating area. The Sanctuary is open 10 am to 9:30 pm, with the last reservation at 8 pm.

The Sanctuary offers a wide range of massage therapies, spa treatments, yoga and wellness programs. Treatments include massages, facials, body scrubs and wraps, foot spa, threading, waxing, manicures and pedicures and much more. Pre-booked packages are available and any combination package booked before or upon arrival at Atmosphere will avail of a 10% discount.

The Sanctuary menu offers a mix of all-natural treatments using local indigenous ingredients as well as Algotharm therapies. Couples wishing to engage in a romantic experience can choose to have treatments run side by side and take full advantage of our two baths designed to accommodate two people. Below is a list of treatments, for more details please visit the Spa.

Massages

The Sanctuary currently has nine different full body massages, ranging from traditional Filipino or Hot Stone, to Water massage or massages so relaxing that you may fall asleep during the treatment. Be prepared to relax and unwind as most treatments start with a foot bath and finish with a tea ceremony.

Atmosphere Signature Massage

Relax the mind and body when you engage in this classic Swedish style massage with the Atmosphere touch. Full of smooth gliding strokes along with deep kneading and manipulation of the muscles, you will feel the tension slip away. Let the senses be engaged as you enjoy the massage with a choice of one of our four stimulating essential oils. Combine this with the use of firm but gentle pressure and you will feel the harmony and balance be restored to your body and mind.

Relaxation Massage

Succumb to the effect of this relaxation massage, and feel the relief of both physical and mental tension in both body and mind. Feel a sense of relaxation wash over you as the body surrenders to a massage full of long soothing strokes. Whilst relaxation is the primary focus, there are many more health benefits to

this massage. The therapist will work on flushing toxins from the muscles whilst improving the overall circulatory system. This is an ideal massage after a long journey or after a hard day's diving.

Hilot (Traditional Filipino Massage)

Originating in the Philippines, Hilot is a hands-on healing art that involves intuition and massage. This truly traditional Filipino treatment involves the therapist scanning the body to diagnose areas which are energetically imbalanced. The therapist uses a combination of banana leaves and dagdagay sticks in the massage to stimulate the nerves, improve circulation and promote overall wellness of both the body and mind. Although Hilot is a deep-tissue massage, the touch is gentle and leaves you feeling invigorated and renewed.

Hot Healing Stone Massage

Indulge; as you lie back and enjoy a massage treatment with smooth hot basalt stones penetrating heat deep into your muscles. Basalt is a type of rock that is rich in iron, so the stones retain heat. River rocks are normally used because they have been smoothed over time by the river's current. During the massage, the heated stones are placed on key points on the body, the massage therapist will also hold the stones and use them to massage certain areas of the body. The heat warms and relaxes the muscles, which allows the therapist to apply deeper pressure, if desired. The warmth of the hot stones improves circulation and calms the nervous system and it is the perfect massage to release tension and bring you into a state of quietude of both mind and body.

Bamboo Massage

Experience this unique indigenous massage performed with warm bamboo. The bamboo massage is a full body massage performed with warm bamboo sticks where your therapist will knead, roll and tap bamboo along your body, freeing you of tension and improving circulation. Depending of your preference, the massage can be anything from blissful relaxation to deep therapeutic tissue massage. A majestic Asian massage treatment.

Lava Shell Massage

Experience a massage connected to the ocean in every way. Using 100% natural Filipino tiger clam shells, this massage bears similarities to the hot stone massage as each shell is filled with a natural self-heating gel. This unique massage also stimulates many of the senses beyond that of just touch, an arrangement of shells pleases the eye, ocean breeze essential oil permeates the air whilst the whole massage is accompanied by locally composed ocean inspired music.

Watsu®

This treatment is based on the founding principles of water shiatsu, a soothing massage that takes place

in our purpose built warm water pool. Surrender to the water as this unique treatment combines elements of massage, shiatsu, muscle stretching and dance. A deeply relaxing experience where you will be supported and floated over the water's surface, gliding through rhythmical flowing movements, freeing the body and mind of stress and tension. An unforgettable experience. For Water Massage Therapy, please make your reservation 24 hours in advance.

Yin Assisted Yoga

A wonderful massage-like, passive approach to yoga. Lie back, listen to the music and relax as the yoga teacher moves your body through a variety of postures. Strongly mimicking Thai yoga massage moves, you will feel stretched, relaxed but strangely rejuvenated after the unique treatment.

Thai Massage

Experience the therapeutic benefits of our classic massage from our neighboring country Thailand. Our traditional Thai massage is a non-oily dry massage full of deep stretches with the concentration on various pressure points. This is an invigorating massage that leaves you feeling subtle, agile and free of tension.

We also offer Indian Head Massage, Face Massage, Hand Massage, Foot Massage and Executive Back Massage.

Body scrubs

We have three natural body scrubs and two Algothem marine and sea salt scrubs, perfect for rejuvenating and hydrating the skin. Choose between Coffee and Carrot Scrub, Coconut and Ginger Scrub, Oatmeal and mint scrub, Algothem Marine Body Scrub and Algothem Sea Salt Scrub.

Body wraps

Our body wraps are conducted in a traditional way using banana leaves to lock in the moisture and minerals of the treatment. All wraps promote cooling and rehydration of the skin. Choose between Papaya & Pineapple Wrap, Coconut Wrap, Aloe Vera and Cucumber Wrap, All Natural Body Scrub with All Natural Wrap, After Sun Care, Algothem Marine Wrap, Algothem Body Scrub with Algothem Wrap and Fangotherapy.

Facials

Choose between either an all-natural fruit extract or a plant extract facial, or treat skin to an anti-aging or oxygenating Algothem treatment. All facials can be combined with scrubs, wraps and massages.

Add-on treatments

Healing or romantic baths can be taken in our private spa bathrooms, with a choice between Cleopatra style milk bath, Floral bath, Red Wine bath and Thalasso style marine salt and seaweed bath. Face Masks, Foot Masks and Hair Masks are also available.

Additional Treatments

The Spa also offers Foot Spa, Pedicures, Manicures, Nail Art, Ear candling, Threading and All Natural Waxing. Do not be shy to ask for our Romance Packages in the Sanctuary. There is nothing like a couple's massage followed by a flower bath and a bottle of wine after a day of diving or exploring.

Other Wellness Services and Detox

Although Yoga (the next section) makes up a big part of our wellness services, we also offer relaxation and meditation. Complete wellness programs, including exercise and dietary consultations are also available as well as Detox treatments and programs. Please ask the Sanctuary Manager for details.

Spa Etiquette

Reservations

- To ensure that we can accommodate your needs, it is highly recommended that you pre-book treatments.
- Please arrive 10 minutes ahead of your scheduled appointment so that you have adequate time to complete the necessary paperwork before your treatment begins.
- Please understand that if you arrive late, your treatment time may be reduced accordingly.

Cancellations

- If you need to change or cancel your appointment, please let us know two hours prior to your scheduled time, otherwise a cancellation fee of 50% of the treatment will apply.
- Pre-booked packages and pre-paid treatments are non-refundable.

General

- The spa is pregnancy-friendly. Please let us know if you are pregnant when you make your reservation so we can assure your comfort and wellness.
- We highly recommend for safety reasons that all scuba divers wait a minimum surface interval of two hours prior to engaging in a massage treatment.

- Please respect the quiet ambiance of the spa and its surroundings.
- Please ensure that your cell phone is left behind or on silent mode.
- We reserve the right to refuse treatments to guests who are intoxicated. Our therapists are trained professionals and any inappropriate behaviour will end your treatment.

Yoga

Yoga is the essence of The Sanctuary Spa's approach to health and wellbeing. Embraced by many, it can be practiced on a simple level for fitness and mental relaxation or on a deeper level to penetrate all aspects of life. Yoga at whatever level is the key to good healthy living and a full appreciation of both the mind and body.

At Atmosphere, both open and private yoga classes are held daily, from beginners to intermediate and advanced level. Present in the grounds is an outdoor yoga platform set in the treetops by the beach which can accommodate up to 10 people. There is a yoga schedule on a blackboard by the Sanctuary entrance, which changes daily. Our in-house professional yoga teachers will guide you through the classes. Private classes are also offered, allowing you to choose your own personal location.

Yoga Classes

- General Yoga - perfect for the beginner yogi or for someone who desires a gently paced class.
- Intermediate - classes for yogis with more experience who wish for the challenge of a more dynamic class.
- Private Yoga - ideal for aspiring yogis. Private yoga is a good way to introduce yourself to yoga or deepen your practice with one-on-one tuition where many different styles can be explored.

General yoga classes are offered every day, please enquire at the spa reception desk for a current yoga schedule. All classes are between 1-1,5 hours long.

Our Yoga Styles

Our certified ERYT-200 yoga teacher Rae Collins has a background in Sivananda, Ashtanga, Vinyasa Flow and Yin yoga. One of her preferred classes is 'yoga flow', where she creates a continuous flow of yoga postures, gliding from one posture to the next. Whether the class is a gentle flow, to facilitate stretching and deep relaxation, or more fast paced with work on building strength, flexibility and cardiovascular fitness, all classes are personalized to the class or individual students' needs. Each class is rooted in Hatha yoga principals and includes breathing exercises, yoga postures and relaxation. Also on offer are Yin classes and gentle introductory Hatha classes. For the more acknowledged yogi, private classes can be conducted, the choice is yours.

Yoga Retreats

Atmosphere offers yoga retreats to provide ample time for guests to indulge in a yogic lifestyle and healthy living. Our Yoga retreats include many different yoga related activities including asana practice, relaxation, meditation, Sanskrit chanting, yoga philosophy and nutrition workshops. They also allow for ample time

to integrate daily spa treatments as well as other activities including hiking, snorkeling, diving and excursions. Yoga retreats are the perfect way to combine a beach side vacation with a holistic approach to well-being. Contact The Sanctuary Spa for more information and dates.

Fitness

Warrior Gym

Our Warrior Gym is located next to the Fitness center reception, near the resort entrance. It is an outdoor gym with a variety of obstacles and apparatus perfect for a good workout. We also offer daily fitness classes (exception Sunday) conducted by our certified personal trainer in TRX, circuit training, crossfit and body conditioning. Private classes offering more personalized workout sessions are also available. The Fitness center is complete with shower facilities, juice bar and a comfortable seating area for post workout relaxation.

Mountain Biking

With nature and beautiful scenery on our doorstep, mountain biking is sometimes the best way to experience the surrounding area. We run daily guided mountain biking experiences from the Fitness center, where our experienced guide will take you on one of the many local trails. We have biking trails ranging from novice, perfect for beginners or families, to more technical and challenging adventures for the more experienced rider. Each excursion combines exercise with scenic views of neighboring Islands, visit to local landmarks and information on the local habitat.

Scuba diving

Atmosphere is ideally located to take full advantage of some of the planet's best scuba diving. The world renowned Apo Island with its walls and schooling fish, and a myriad of dive sites in the marine sanctuaries along the Dauin coastline are regarded as some of the best in the world for macro photography. The area is often frequented by photographers in search of exquisitely rare shots.

Our PADI 5 star Career Development Centre is at the heart of the resort. We are offering a full range of PADI courses from beginner to professional training, specialty courses and underwater photo workshops. The dive staff comprises of Atmosphere's Dive Centre Manager, our resident PADI Course Directors, as well as an experienced team of multilingual Instructors and Dive Masters.

Languages available at the dive centre: English, German, Mandarin, French, Spanish, Swedish and Tagalog.

Dive Facilities

Atmosphere understands the need for space, personalized service and technological requirements. With this in mind, diving guests enjoy private dive equipment storage spaces, wireless internet, optional nitrox, a camera/video room with private work space for each diver, a retail boutique, a classroom with flat screen television, full equipment rental and a spacious briefing lobby. The use of Nitrox is complimentary for all Nitrox certified guests.

Dive Packages

Atmosphere offers a variety of dive packages where divers can chose from courses, single boat and shore dives, night or dusk "Mandarin Fish" dives, dive packages of 10 dives or more, unlimited diving (per day - minimum 3 days) and privately guided dives, as well as dive day trips and nitrox packages. A complete price list can be found in the dive centre reception.

Dive rules and recommendations

Atmosphere may have anything from 1 to 4 dive boats going out per day, doing approximately 3-4 dives each depending on demand. Shore dives are always available and we do day trips to Apo Island and several times per week weather permitting. Dive groups reach a maximum of four with one dive guide and the local conditions require that all dive groups stay together at any time. A typical dive is between 45-60 minutes depending on NDL and air consumption. Maximum depth is 30 meters/95 feet or 18 meters/60 feet depending on your certification level.

Respect for the marine life is a must with good buoyancy control at all times and – photographer or not

– no touching or moving of marine life for any reason. Gloves are not allowed in the marine sanctuaries.

Night dives

Night dives are excellent in the Dauin area and we offer night dives every night, weather permitting. The local marine sanctuary rules state that any dive after 5pm is considered a night dive and all divers have to be out of the water by 7pm. There is an additional marine sanctuary fee for night dives.

Mandarin fish dives – nearby Atmosphere we are lucky to have a big community of the colourful but shy mandarin fish who only come out of the coral at dusk. We schedule mandarin fish dives most evenings around dusk and they finish off as night dives.

Fluoro dives – with the help of a special fluorescent light and a visor for your mask, you can experience the coral fluorescence that takes place under water. Corals and fish glowing in bright green, orange and yellow comes from some specific proteins in the corals and other aquatic life. Those protein-produced light-waves are usually not strong enough that our human eye can see it, so we need to emphasize that activity to make it visible for the human eye. Let us know if you are interested in seeing it for yourself, as we have the equipment for rent.

PADI Courses

If you are an absolute beginner and about to take your first few breaths underwater, don't worry. We offer all PADI sanctioned courses from a Discover Scuba Diving experience through to the professional levels of PADI Dive Master and above.

For those of you that are already qualified divers, we offer a range of PADI Specialty and continuing education courses, such as Nitrox Diver, Deep Diver, Digital Underwater Photographer and so on.

If you wish to make scuba diving a family event, PADI Bubble Maker or the Seal Team Programs are a great introduction to the underwater world for children between the ages of 8-10.

Please refer to the price list in the dive centre for current course rates.

For kids age 8 and up

Bubble Maker (half day)

Seal Team (3 days)

Beginner courses from age 10 and up

Discover Scuba Diving (half day)

Scuba Diver (2 days)

Open Water Diver (3-4 days)

Continuing courses

Adventure Diver (1 day)

Advanced Open Water Diver (2 days)

Rescue Diver (4 days)

Recreational Specialty Courses

Deep Diver (4 dives)

Drift Diver (2 dives)

Eanx (Nitrox) Diver (no dives)

Multilevel Diver (2 dives)

Night Diver (3 dives)

Peak Performance Buoyancy Diver (2 dives)

Naturalist Diver (2 dives)

Navigation Diver (2 dives)

Digital Underwater Imaging (2 dives)

Wreck Diver (4 dives)

Frogfish Specialist (2 dives)

Professional level courses

Dive Master (minimum 2 weeks)

Open Water Scuba Instructor (2 weeks)

Refresher Courses

Scuba Reactivate (1/2 day)

Non Diving Courses

Emergency First Response

Aware Coral Reef Conservation

Nitrox EANx Diver

Underwater Photo Workshops

Do you take photos underwater and wish they came out a little better? Would you like some help with Photoshop editing or learn how to make the most out of your camera? Instead of taking a regular PADI course, let our photo instructor set up a workshop that helps you with just what you want. Diving or non-diving, ask the Dive Centre Manager or our photo instructors for details. We can cater to anything from small compact cameras to DSLR systems and we also have cameras for rent.

Marine Biology

We are fortunate at Atmosphere to have our own in-house marine biologist who dives and photographs. For a small fee, he will dive exclusively with you and share his knowledge. He conducts marine life presentations in the evenings and is also available for our very popular Kid's Marine Club – where kids can learn and experience marine life in a fun way tailored to what they are interested in. Turtles and Finding Nemo are two favourites!

Instructor Development Courses (IDC's)

Atmosphere is a 5 Star Career Development Center with our own resident PADI Course Directors and we conduct IDC's 6-7 times per year. At Atmosphere, we can train you to change people's lives for the better. Maybe your future students have dreamt of scuba diving their whole life? Maybe they just need someone to help them take the first step and they will one day end up instructors, just like you. Whether you are on a year's break from university or wanting to leave the office world, as a PADI Instructor you have one of the most rewarding careers in the world. Contact the dive centre for more details.

Dive Equipment

If you do not have your own equipment, Atmosphere has a full range of dive equipment available, including dive computers and underwater cameras. Atmosphere also sells a range of masks and snorkels, rash guards, dive computers and other dive accessories in the boutique. Please contact one of our dive team if you need any advice or assistance.

Our Boats

Victoria is a beautiful 88 foot/26 meter long, local Bangka-style boat that was designed and built specifically for Atmosphere's day trips and diving. She can hold up to 20 divers and snorkelers at one time. Our two speedboats are fast 30 feet/9 meter long covered speed boats that will take you diving or snorkelling anywhere along the Dauin coastline within 15 minutes. Our boats can also be used for sunset cruises, island hopping or any other private trips.

Day Trips to Neighbouring Islands

Atmosphere runs trips to the stunning **Apo Island**, which is only 25 minutes away. On a trip, we offer diving and snorkelling as well as drinks and snacks. You can also choose to come along to swim or just to experience the stunning views and the picturesque Apo Island with its white beaches, spectacular corals and sea turtles.

Dive sites

Dauin's Marine Sanctuaries line the coast and can easily be accessed from the shore or by boat. The boundaries are clearly identified by the semicircle of buoys immediately off shore. All the dive sites are a

short boat or car ride away from Atmosphere, except from the Atmosphere House Reef which is right outside the resort and can be reached by foot. Most of the Dauin dive sites are characterized by brown volcanic sand and a multitude of rare critters.

Apo Island is a short 25 minute boat ride from Atmosphere, and has been a well-preserved marine sanctuary for the past 20 years. Apart from having stunning sub-aquatic views, the warm waters provide an outstanding diving experience all year round. With an international reputation for having the largest and most diverse collection of corals in Asia Pacific, Apo Island is undoubtedly a scuba diver's heaven and remains a number one diving destination in the Philippines, with an extremely friendly turtle population.

For a complete list and description of our dive sites and what to find there, find the laminated dive site folder in the dive centre or speak to a member of our dive staff.

Dining

Atmosphere places the utmost importance on the quality of our food and beverages and are proud that our name is synonymous with excellent food and dining. A flexible approach to dining has been created to cater for your personal requirements, whether you wish for a romantic dinner in the treehouse, a chef to cook for you in your residence, eating at '**Blue**', our signature fine dining restaurant, or a light lunch around the pool, we will be happy to oblige. If you have specific dietary needs or desires, please let us know while you are here. Don't feel too shy to ask for your favourite dish or a special dessert. We are more than happy to oblige.

Breakfast

We serve a sumptuous combined breakfast buffet and cooked breakfast every morning between 6 am and 9.30 am. The breakfast is complimentary for in-house guests, as is tea and the local brewed coffee.

Lunch and dinner

Blue is our signature fine dining restaurant, situated at the beach side to take full advantage of the view over neighbouring islands. The emphasis in Blue is on a personal fine dining experience, from a sumptuous roast rib eye carved at your table, a soft soufflé to dazzle your taste buds or the freshest of daily seafood delicacies. Lunch and dinner can be enjoyed in the restaurant, pool side or at the bar anytime between 10:30 am and 10:00 pm. Our **All Day Dining Menu** has a wide variety of dishes ranging from crispy pizzas and pastas to Asian favourites and fresh salads. There are also many vegetarian dishes as well as sandwiches and desserts. The **Healthy Living Menu** is focused on clean healthy living with many low fat, low carb, high protein, vegan and raw options.

Children's Menus are available, as well as a **Bar Menu** with smaller snacks throughout the day. In addition to the All Day Menu, we offer fine dining – with an emphasis on seafood and grill - from our **Signature Dishes Menu** every evening between 6 pm and 10 pm. The restaurant blackboards have **Daily Specials** that change daily for both lunch and dinner, consult them for a complete choice of dishes.

Al Fresco Dining

Beach barbecues are held regularly on the beach, weather permitting. Seafood and meats are barbecued in the open air and it is a great opportunity to stick your toes in the sand, enjoy the flaming torches and pick and choose from the grill.

Let us know if you have a reason to celebrate – whether it is a birthday, an anniversary or a business deal gone well – we will do our best to make it as special as it should be. Candle-lit dinners on the beach, in the tree top terrace or on your private balcony can be set up to celebrate or to just add a touch of romance.

The Bar

Placed at the top of the pool, the bar is a real meeting place for guests and friends. Sample a large selection of international drinks, cocktails, freshly brewed Italian coffees and snacks whilst you unwind after a long day of diving, exploring the area or relaxing by the pool. Avail yourself of our happy hour between 5 and 6 pm where selected drinks are two for the price of one (see the backboard for the daily specials). Also, feel free to take your meal at the bar, or ask for the Bar Menu, which has a small selection of tasty snacks.

The Bakery

By the smaller pools, our bakery and coffee shop serve elegant cakes, crispy cookies and decadent desserts to go with our delicious cafe lattes, cocktails and other mouthwatering drinks.

Wines

All our wines are handpicked by our Sommelier on a yearly basis to guarantee top quality throughout our diverse range. Our concept is to give the guests a unique wine experience, one where you can try various regions, grapes and bottles to find a wine that you enjoy.

Whether you are drinking our house wine or our finest Bordeaux, we have a wine for you. Ask our Maitre d' for the current wine menu. Our wine cellar is open to visitors and situated in connection with the Boutique. Ask the Boutique or the front desk and they will be happy to show you our wines. We also have a wine tasting room in the restaurant, open for tasting with guests.

A Day with the Chef

Would you like to learn to cook with our superb chefs at Atmosphere? During “A Day with the Chef”, you will go with one of our chefs to the local market, pick out fresh produce for the menu of your choice (we thoroughly recommend the Filipino menu!) and cook it together in the privacy of one of our apartments or penthouses. The recipes will be available for you to bring home.

Culinary Presentation

Experience the Filipino kitchen at its best with one of our local executive chefs. Begin with a hands-on preparation of some of the most iconic Filipino dishes: Kinilaw, based on raw fresh fish, and the dessert Mango Float are two favorites. Then watch and learn as our chef will showcase a couple of other popular items from our Atmosphere menus and tell you a little about the Filipino cuisine. Finally – let's enjoy the result!

Atmosphere gives forward

Gives Forward is Atmosphere Resort's outreach into the local community where we participate in sustainable solutions to social and environmental issues. We have several different programs and always have fun things going on. Here is a quick look at our two main programs:

Atmosphere Soup Kitchen (ASK)

Atmosphere Soup Kitchen (ASK) began in June 2011. We provide 80 children with a balanced lunch, five days a week, year round. ASK is located in the community that surrounds the Dumaguete dump site, and is considered one of the most impoverished areas. The aim is direct and simple: Provide one nutritional balanced meal per day to school children between the ages of 6-12 so they will stay in school. This also offers the parents an alternative way to provide for their children as the program runs on volunteer duties. Through generous donations we have been able to provide birthday presents to all ASK children, have a yearly beach party and reward the ASK students with the highest honors. We visit ASK every week - please inquire at the front desk if you would like to join us.

Livelihood Programs

Our livelihood program offers three alternative income generating activities for the parents of ASK, many of whom scavenge through the dump as their main source of income. They are designed to be diverse and depend on a variety of reliable markets. Proceeds of these products flow back into our Give Forward one-off projects. Our livelihood program includes jewelry making, livestock micro-loaning and a sewing co-operative.

Environmental policy

Atmosphere cares for a better environment, and we hope that you will join us in our environmental efforts.

What we do

- Avoid disposable plastic: No plastic water bottles, no disposable containers on the breakfast buffet, we only provide toothbrushes on request and our drinking straws are compostable.
- Heat all hot water with solar units
- Launder only towels which are left on the floor and change bedding every three days
- Refill our shampoo, shower gel and lotion bottles
- Provide dual flush toilets and no water urinals
- Segregate all our waste
- Provide power cut-off switches for the rooms.
- Use local and recycled material when possible and sell local and recycled products in the boutique - even t-shirts are hand-printed in Dumaguete.
- Use recycled paper for much of our printing
- Provide recycling bins on the beach

What you can do

- Minimize water consumption
- Leave towels on the floor if you want them changed
- Use the dual flush toilets correctly and dispose of sanitary items in the bins provided.
- Only change the towels and bed sheets when necessary
- Shower before entering the pool
- Use AC only when necessary and try to limit your temperature to 24 degrees Celsius
- Turn off main switch upon leaving the room, which leaves only the refrigerator on
- Use the provided shampoo, shower gel and lotion carefully.
- For guests staying in apartments and penthouses, please use the 5 environmental bins and dispose of your rubbish accordingly.
- Only use straws if necessary.
- Only use one beach/pool towel per day.
- Drop trash from the beach into the bins provided.