



— **alphaland** —
— BALESIN ISLAND CLUB —

HORSEBACK RIDING

Saddle up and enjoy a relaxing horseback ride with our instructors!

Open daily between 9:00 AM to 11:00 AM and 1:30 PM to 5:30 PM
Reservations are required

30 minutes	Php 2,200
1 hour	Php 3,300
1 ½ hours	Php 5,500



VAT-Inclusive

For inquiries and reservations, please proceed to the Sports and Recreation desk or Sports Center or call the Sports Center hotline at **+63.917.704.9332**



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ARCHERY

Master your skills one shot at a time at our outdoor range

Open daily between 9:00 AM to 11:30 AM and 1:00 PM to 4:30 PM
Reservations are required

Bow with 25 arrows, with instructor
Php 1,200

Extra bucket of 25 arrows
Php 600



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ISLAND BIKES

Explore the island with our Island Bikes,
available for rent at the Sports Center

Available for rent between 7:00 AM to 5:30 PM only,
unless rented for more than one day
Reservations are required

Half-day (4 hours or less) Php 700
Whole day Php 1,200



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SPORTS CENTER ACTIVITIES

Whether you're looking for a friendly match, a new sport to try, or just want to stick to your fitness regimen, there's always something for you in our well-equipped Sports Center

Open daily from 7:00 AM to 7:00 PM
Reservations are required

BASKETBALL

Court & ball use Free of charge

BILLIARDS & TABLE TENNIS

Equipment use Free of charge

BADMINTON

Court use Free of charge
Shuttlecock & racket set Php 250
Instructor / playing partner Php 350/hour
Additional shuttlecock Php 150/pc

TENNIS

Court use Free of charge
Tennis ball & racket set Php 300
Instructor / playing partner Php 350/hour
Additional tennis ball Php 150/ball
Ball boy Php 120/hour

GYM & FITNESS CENTER

Work out, get fit, and stay healthy at our fully equipped gym and fitness center
Gym, MMA & boxing gear use Free of charge

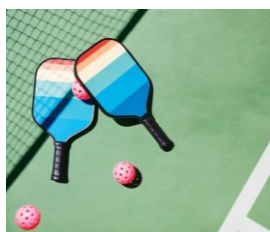
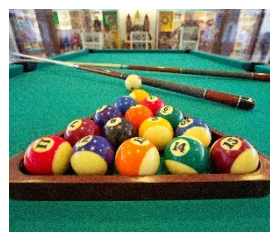
WALL CLIMBING

Wall use with harness & belayer Php 350/head

OTHER SPORTS

Pickleball, Spikeball, American Football, Soccer, Boomerang

All available at the Sports Center, free of charge, but can only be used either at our courts or at the Balesin Football Center



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WINDSURFING

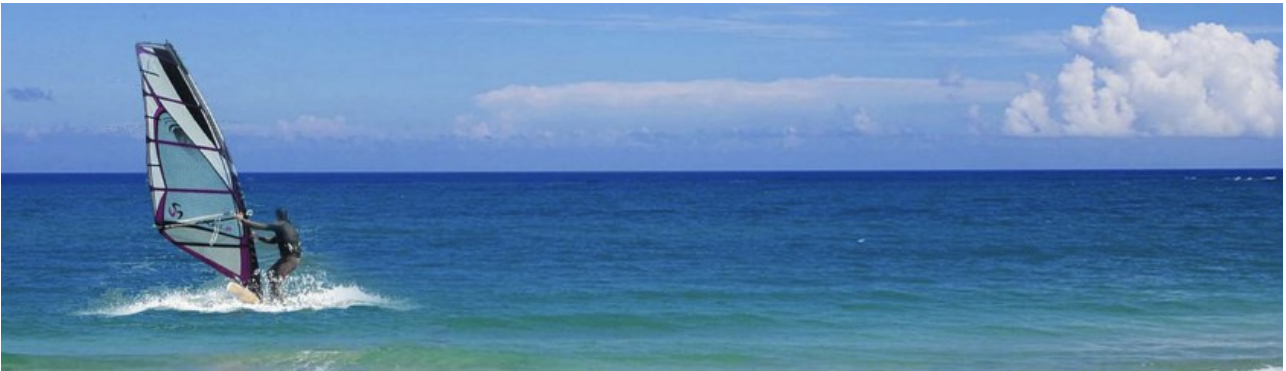
Learn how to skim over Balesin's pristine waters with our professional instructor, Jon Silverio. We have sessions for beginners, as well as intermediate and advanced riders.

*Seasonal and dependent on the availability of the instructor
Reservations are required*

Equipment rental only; without instructor
Php 1,800/hour

Equipment rental with instructor for 1 person
Php 2,300/hour

Equipment rental with instructor for 2 persons
Php 3,000/hour



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— BALE SIN ISLAND CLUB —

UNDERWATER ACTIVITIES

With the help of our team of guides and instructors, you can see first-hand why Balesin's beauty is more than just skin deep

*Availability of dives are subject to weather conditions and availability of dive pro
Reservations are required*

FUN DIVE

Php 2,200

If you're already a certified SCUBA diver, then you shouldn't miss the chance to explore Balesin's exclusive dive sites. Talk to any of our dive masters and book a dive now!

Duration	1-2 hours
Number of dives	1 dive
Minimum age	8 years old
Maximum guest-to-instructor ratio	2:1

DSD(DISCOVER SCUBA DIVING)Php 5,000

Go on an actual dive in 3 easy lessons—no previous diving experience required! Start with a short lesson on SCUBA diving fundamentals with our experienced dive instructors, then practice basic skills in our training pool. And finally, go on a guided SCUBA diving tour of one of Balesin's many coral reefs.

Duration	3 hours
Number of dives	1 dive
Minimum age	10 years old
Maximum guest-to-instructor ratio	4:1

BUBBLE MAKER

Php 5,000

Make this vacation memorable for the kids by introducing them to the thrill of SCUBA diving! Youngsters get a taste of SCUBA diving in our six-foot-deep training pool under the direct supervision of our instructors. Here, they will learn how to breathe underwater with SCUBA diving equipment made especially for kids.

Duration	1-2 hours
Number of dives	1 dive
Minimum age	8 years old
Maximum guest-to-instructor ratio	2:1



VAT-Inclusive

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DIVE COURSES

Add a whole new dimension to your vacation by getting certified as a diver right here in Balesin Island!

SCUBA diving is safe, easy, and fun. Our Aquatic Sports Center offers courses from entry-level to more advanced certifications. Our experienced instructors follow standards established by PADI (Professional Association of Diving Instructors), the most respected diver training organization in the world, so you can be sure you're learning from the best.

*Availability of activities are subject to weather conditions
Reservations are required*

SCUBA DIVER **Php 23,400**
Consists of knowledge development, confined water sessions, and 2 open water dives.

Duration 2-3 days
Number of dives 2 dives
Minimum age 10 years old
Maximum student-to-master ratio 4:1

OPEN WATER DIVER **Php 32,000**
Consists of knowledge development, confined water sessions, and 4 open water dives.

Duration 3-4 days
Number of dives 4 dives
Minimum age 10 years old
Maximum student-to-master ratio 4:1

ADVENTURE DIVER **Php 20,500**
Duration 1-2 days
Number of dives 3 dives
Minimum age 10 years old
Maximum student-to-master ratio 6:1

ADVANCED OPEN WATER DIVER **Php 28,000**
Duration 2 days
Number of dives 5 dives
Minimum age 12 years old
Maximum student-to-master ratio 6:1
Prerequisite certification Open Water Certification

RESCUE DIVER **Php 30,500**
Consists of knowledge development, confined water and open water sessions.

Duration 3-4 days
Minimum age 12 years old
Maximum student-to-master ratio 8:1
Prerequisite certification Advanced Certification

SCUBA REVIEW **Php 5,000**
Consists of confined water and open water sessions.
Duration 3 hours
Number of dives 1 dive
Minimum age 10 years old
Maximum student-to-master ratio 4:1
Prerequisite certification Open Water Certification



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BEACH AND AQUATIC ACTIVITIES

Looking to frolic in the sun, sand, and sea? Whether you're a beach bum or a board-sports enthusiast, we have a full complement of activities to suit your fancy.

Open daily from 7:30 AM to 5:30 PM

Reservations are required

Availability of activities are subject to weather conditions

Available at the Aquatic Sports Center

BEACH ACTIVITIES

Football, volleyball, frisbee, inflatables,
beach tennis Free of charge

AQUA BIKES

30 minutes Php 700
1 hour Php 900

KAYAKING

Single-seater kayak Php 350/hour
2-seater kayak Php 550/hour
2-seater transparent kayak Php 900/1 hour
Php 1,400/2 hours

STAND-UP PADDLE BOARDING

1 hour Php 800
2 hours Php 1,200

SNORKELING

Gear rental (per day) Php 350

Full day rentals for Private & Regency Villas Only

Single-seater kayak Php 1,700/day
2-seater kayak Php 2,800/day
2-seater transparent kayak Php 4,000/day

SURFING

Surfboard rental (soft-tops)
1 hour Php 550

*Seasonal and dependent on weather
and swell forecast*



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BEACH AND AQUATIC ACTIVITIES

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*Availability of activities are subject to weather conditions
Reservations are required*

SAILING

“PARAW”

Sit back and relax while you enjoy a peaceful cruise on Lamon Bay on board a Classic Filipino outrigger sailboat with our expert operators

30 minutes	Php 700
1 hour	Php 1,300
2 hours	Php 2,600

HOBIE BRAVO

Learn, practice, and enjoy the relaxing sport of sailing on our 2- to 4-seater Hobie Cats

1 hour	Php 900
2 hours	Php 1,600



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BOAT RENTAL AND PACKAGES

Rent one of our sea-going vessels and go on a trip around the island to see Balesin from a different perspective out at sea, catch your own fish fresh from our waters, or simply take a relaxing cruise on Lamón Bay and enjoy our amazing sunsets.

Available daily between 7:30 AM to 5:30 PM

Reservations are required

Subject to weather and sea conditions



ALPHA FOUR

(Motorized bangka)

1 hour	Php 4,500
2 hours	Php 6,800
Maximum guests on board	12 pax

DEEP SEA FISHING

Take one of our boats out to sea with your family and friends and try your hand (and luck) at fishing to bring back the catch of the day!

Inclusive of fishing tackle, bait, and guide

2 hours	Php 5,600
4 hours	Php 9,000

SNORKELING TOUR

Grab some snorkeling gear, get on a boat with your friends and family, and visit some of our nearby snorkeling sites in Lamón Bay and have a fun time swimming and feeding the fish!

Inclusive of 6 snorkeling sets, with guide

2 hours	Php 5,000
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VAT-Inclusive

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THE LEEA SPA

SERVICES & TREATMENTS

Open daily from 10 AM - 10 PM
(Last appointment at 9 PM)

ISLAND SIGNATURE MESSAGES

Balesin Signature

1 hour

Php 3,880

1 ½ hours

Php 5,680

Warmed, hollow, organically treated bamboo canes relax your body, preparing it for a deep, kneading massage. Set your mind free and be filled with serenity with this massage that's unique to The Leea Spa.

Balesin Balance

1 hour

Php 3,300

1 ½ hours

Php 4,880

This massage brings together elements of the classic western and Lomi massages while using the therapeutic qualities of massage oils and a stretching routine. It restores vital energy and relaxes the body using firm but gentle pressure to restore balance, the Balesin way.

Island Hot Stone

1 hour

Php 3,980

1 ½ hours

Php 5,880

This specialty massage uses volcanic healing stones to warm up tight muscles. Combined with all the benefits of thermotherapy and gliding massage strokes, it eases muscle tension and reinvigorates the body.

WELLNESS MESSAGES

Aromatherapy Massage

1 hour

Php 3,380

1 ½ hours

Php 4,960

Aromatherapy incorporates the use of your chosen scented essential oil into your massage. You can choose the specific blend to be applied, depending on your needs at the moment. Not only will your body benefit from the direct contact with the essential oil, but the oils will apply their specific healing properties upon inhalation even after exposure.

- Bergamot: lowers stress levels and inflammation; diminishes skin sensitivities
- Ginger: boosts focus and muscle relief; renews skin radiance
- Basil: energizes and uplifts your mood; soothes headaches, relieves respiratory discomforts
- Eucalyptus: soothes, decongests, and relieves respiratory issues and muscle aches; enhances mental clarity

Shiatsu Body Massage

1 hour

Php 2,980

1 ½ hours

Php 4,380

Shiatsu translates as "finger pressure"—although therapists today also use palms, elbows, and sometimes feet—to apply pressure along energy paths to relieve pain and tension in the body. Originating in Japan, Shiatsu is a modified form of acupressure and a dry massage that reduces tension and fatigue by improving blood and lymphatic circulation.

Swedish Body Massage

1 hour

Php 2,980

1 ½ hours

Php 4,380

This is the classic go-to massage after a long day where massage oil is used along with kneading, rolling, and vibration motions. Your masseuse manipulates your muscles, tendons, ligaments, and blood vessels using strokes that flow toward your heart, thus improving blood circulation. This massage is a mood booster, a nerve stimulator, and a tension reliever. Truly a perfect choice for overall wellness!

WELLNESS MESSAGES

Combination Body Massage

1 hour

Php 2,980

1 ½ hours

Php 4,380

This therapy combines the techniques of shiatsu and Swedish massage, merged into a single session. You will experience the Swedish's long, kneading strokes applied with the rhythmic tapping and movement of the joints, along with the shiatsu's application of direct pressure on different parts of the body. This well-structured process results in optimum relaxation, tension release, pain relief, and energy flow throughout your body.

OTHER SERVICES

Full-body Scrub With Massage

1 hour

Php 3,300

1 ½ hours

Php 4,880

A massage combined with a full-body exfoliating scrub that removes the toughest grime and toxins, leaving your body cleansed and invigorated. This treatment allows your skin to absorb moisture better, clears your pores, and eliminates dead skin cells.

Dagdagay Foot Therapy

1 hour

Php 3,300

1 ½ hours

Php 4,880

Dagdagay is a traditional Filipino foot massage (part of hilot), characterized by the use of bamboo sticks in the application of pressure in acupoints. This treatment releases tension and stimulates relaxation, while scrubbing away corns, calluses, and rough and flaky skin. You will leave this therapy relaxed, with your feet feeling baby-soft and smooth.

QUICK FIXES

Relaxation Massage

30 minutes

Php 1,580

Your choice of a quick 30-minute massage: either a Shiatsu or a Swedish massage, in your preferred area: your back, your legs, or your neck and shoulders.

Foot Massage

30 minutes

Php 1,580

Conventional foot massage that manipulates the superficial and deeper layers of muscle and connective tissues of the feet. This therapy results in whole-body relaxation, helping you to sleep better and improving circulation.

- *To ensure that all of our spa guests are able to receive treatment in a timely manner, we ask that you provide at least 24 hours' notice if you need to change, reschedule, or cancel your appointment*
- *Our special Aromatherapy Oils may be used during your treatment for an additional charge of Php 200*

*Prices are inclusive of 12% VAT
and subject to 10% service charge*