



OCEANFRONT BAMBOO SPA

Pamper yourself in Paradise, release tension and rejuvenate your body, mind and soul, remember this time is for you!

The healing properties of touch combined with local Fijian techniques will ease stress and relax the body.

We use Taveuni organic virgin coconut oils and Pure Fiji products to nourish and feed your skin during all of our luxurious treatments.

Our Spa Therapists are trained in Swedish massage and offer you're a choice of relaxation or deep tissue massage—designed to suit everyone.

We will ask you to complete a health checklist prior to your treatment to ensure our therapists can treat you to their best ability, please let our Spa Therapists know if you have any special requests. We ask that you kindly shower prior to all body treatments and meet our Manager at the Tour Desk at the time you booked your treatment, you will then be escorted to the Serenity Spa for you to enjoy your Spa experience.

We use Fiji made **Pure Fiji** products and the local Taveuni **Organic Coconut Oil** in our Body Treatments.

Surprise her on her Birthday with our Spa & Pearl Package!

2 hours in the Serenity Spa with any treatments of choice and completed with the presentation of a Fiji Freshwater Pearl gift and personalized card from you. \$250

Did you enjoy your Welcome Foot Rub?

Experience another one for just \$30 on your private deck. Get one every day of your stay – you deserve it!

Try one or more of our very popular Spa Packages during your stay...

Luxury Spa Package \$240 per person

Indulge yourself. You know you deserve it! 4 days of 1 hour Spa Treatments of your choice, anytime during your stay

Jet Lag Package \$240 per person

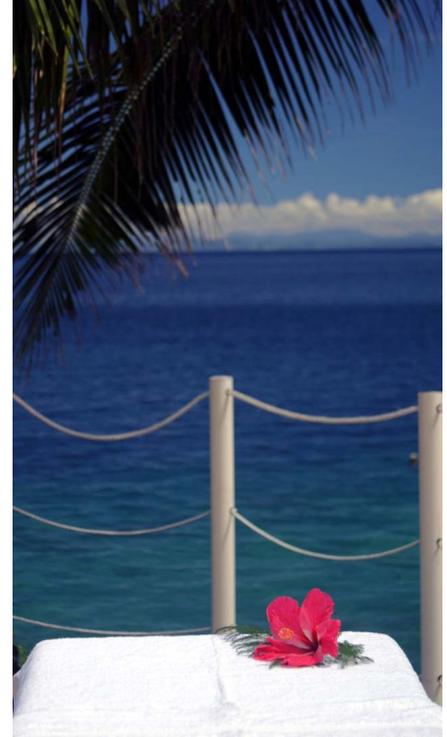
4 x 1 hour Jet Lag Massages to enjoy anytime during your stay

Relaxation Spa Package \$220 per person

2 x Jet Lag Massages + 2 x Wrap Treatments to enjoy anytime during your stay

3 Day Family Spa Package \$340 for 2

Enjoy a Jet Lag Massage together. Enjoy a Pedicure together. Mum enjoys as Pure Facial with Daughter enjoys Hair Braiding. These treatments should be experienced together so that you can spend some well-deserved time in each other's company.





P A R A D I S E
T A V E U N I - F I J I



We use Pure Fiji products in the Serenity Spa and you can purchase most of the items used in our Spa after your treatment from our Gift Shop. You will find the Paradise Pure Fiji prices are comparable, if not better than the Duty Free prices at the airport. Pure Fiji is the ideal gift for someone special back home!

Honeymoon Treatments – Couple Spa Treatments

Bring on the romance with our couple spa treatments and packages. You can enjoy all of our Treatments as a couple.

Swedish Massage

Based on our serene natural and organic environment we call Paradise, our massages renew body, mind and spirit. Using a gentle yet firm relaxing full body massage which flows like day into night, season into season, while keeping rhythm with the waves against the cliffs of our Paradise lagoon.

Please advise our trained Spa Professionals if you prefer a relaxing touch or a firmer massage.

Paradise Massage 30 minutes - \$55

The perfect way to begin your Paradise stay! Enjoy our de-stressing upper back and shoulder massage.

Island Massage 45 minutes - \$65

Enjoy an upper body massage. We work on your glutes, back and shoulders, then we gently turn you over to work on your scalp and neck. Divine!

Jet Lag Massage 60 minutes - \$80

Perfect after your long journey or to prepare yourself for leaving... drift off with a full body massage.

Serenity Massage 90 minutes - \$115

The Serenity Massage offers a full body massage with extra dedicated time to problem areas. Advise our Spa Professionals on your problem areas and they will concentrate on these during your treatment. Serenity now!

Pregnancy Massage – prices as above

For our lovely mothers-to-be in their second and third trimesters only.

Honeymoon Massages

Share the experience together in our Oceanfront Serenity Spa. We will offer all of our treatments as a couple's experience, so please enjoy together:

Paradise Honeymoon Massage: 30 minute couple massage - \$110

Island Honeymoon Massage: 45 minute couple massage - \$130

Jet Lag Honeymoon Massage: 60 minute couple massage - \$160

Serenity Honeymoon Massage: 90 minute couple massage - \$230



P A R A D I S E
T A V E U N I - F I J I

Body Treatments

Paradise Pure Facial 60 minutes \$80

We are proud to use Pure Fiji products for our deep cleansing and hydrating signature facial, enjoy a relaxing scalp, face, shoulder, arm and hand massage as part of this treatment. Please advise our Spa Professionals if you have sensitive skin, as we also offer a non-allergenic product.

Paradise Signature Banana Leaf Wrap. 45 minutes \$65

A must do for all of our Guests, relax and enjoy while your therapist applies organic freshly made coconut milk harvested from the coconuts grown right here in Paradise, this fresh, soothing coconut milk is applied, you will then relax whilst being wrapped in banana leaves that have been cut especially for your treatment, whilst you relax a heavenly scalp massage ensures you slip away, into Paradise bliss. You will then be asked to rinse off in the spa shower. We highly recommend following this with a full body massage for total relaxation.

After Sun Wrap. 45 mins. \$65

The perfect treatment for hot sun damaged skin, cooling Pure Fiji Dilo Nut Gel is compressed into your skin, then cool organic river stones are massaged over your face while you are loosely wrapped in a light sulu. No need to shower afterward, as the longer the Dilo Gel is on, the better the results!

Paradise Sugar Scrub 45 mins. \$65

Relax as your body is exfoliated with aromatic oils and a light scrub that is suitable for all skin types. We use Pure Fiji Sugar Scrub to exfoliate and polish your skin, a refreshing shower after application will rinse your cares away leaving your skin clean and refreshed.

Papaya Body Polish 45 mins. \$65

Tropical organic Papaya has natural softening agents and is perfect for skin of all ages and those with sensitive skin or suffering from sunburn, recharge as the cool treatment is applied to the body and relax while the Papaya melts into your skin and rinse off under a cool shower.

Paradise Pedicure 60 mins. \$65

Relax and refresh tired foot muscles in a warm coconut milk foot soak, a firm foot and lower leg exfoliation with our Sugar Scrub is followed by a massage with Pure Fiji lotion. Then sit back as your nails are cleaned and tidied, cuticles trimmed and polish added. Should you not want polish, you'll get an extra-long leg and foot massage. Enjoy!

Mini Pedi 30 mins. \$40

Sit back and enjoy the view while your feet are soaked, nails are cleaned and tidied, cuticles trimmed and your choice of polish added.

Hair Braiding \$3 per braid

Our Fijian girls braid your hair and place pretty coloured beads at the ends of each strand. Always a great look for your Fiji Holiday - island style. Min of 10 braids.





P A R A D I S E
T A V E U N I - F I J I

Paradise Specialty Treatment

Hopi Ear Candling 45 minutes \$120

Hopi (meaning peaceful) Ear Candles are excellent in the treatment of ear, nose and throat problems and the following conditions are treated effectively:

- Difficulty in equalising while scuba diving
- Water logged in the ear canal
- Neuralgia and any pain in ears after flying
- Excessive wax build up
- Travel sickness
- Stress or anxiety symptoms
- Headaches and migraines
- Snoring

BioSun Ear Candles are chemical-free and ingredients are 100% pure beeswax, Honey extracts, Organic flax and Beta-caratene. The herbs in the Ear Candles have been used for centuries by the American Indians for their healing properties.

How the Candles Work:

Firstly the slight under pressure chimney effect inside the ear candle and the vibration of the rising air column serve to gently massage the eardrum and promote secretion in the front and paranasal sinuses. This has the immediate effect of regulating ear pressure. Often our Guests describe a soothing, light sensation in the ear / head area.

Secondly the locally applied warmth stimulates the peripheral blood circulation, intensifies the immune system and strengthens the cleansing circulation of the lymph glands. In addition high energy light from the flame penetrates through the candle tunnel like a headlamp, transporting a vital spectral frequency inwards to important energy centres.

Each candle takes approximately 15 minutes. After this treatment, our trained therapists massage your face and particularly your sinus area to release tension and drain fluids. After this treatment you may find running nose and eyes symptoms while your body continues to drain unwanted toxins from your body. This is a normal reaction to this treatment.

Our Spa Team will set this up in your room for your own privacy and we recommend that you rest immediately after this treatment for at least 30 minutes, if possible.

Please note: Hopi Ear Candles are not a medication, though are supported by the experience over many years of doctors and naturopathic practitioners. They do not constitute a guarantee of medical efficiency, so if symptoms do persist, a doctor should be consulted.

The rates advised on this document are in Fiji dollars and includes Fiji taxes.

