Massage

The Mana Bliss – Signature Massage *
Our signature full body massage is specially customized for your needs, using various modalities to reduce tension, soothe sore muscles and increase circulation to promote total relaxation.
60minutes F$126 / 80minutes F$147

Fijian Bobo Massage *
A truly traditional massage that has been proudly passed through generations. This unique massage technique consists of long fluid strokes from the hands and elbows of your therapist. Using special oil this massage brings you the touch and scent of Fiji, also enhances deep relaxation.
60minutes F$126 / 80minutes F$147

Aromatherapy Massage *
A deep relaxing body massage. Experience the ancient art of combining the sense with touch essential oils of plants and flowers. A gentle effective massage to reduce stress, energy and induce relaxation.
60minutes F$126 / 80minutes F$147

Simple Back Massage
Ease away tension using a harmonious combination of shiatsu, Swedish and neuromuscular massage technique. This treatment specifically concentrates on relieving tight and stressed muscles of the scalp, neck, back and shoulders.
30minutes F$75

Reflexology Foot Massage *
Firm pressure is used to stimulate the reflex points in the feet. Float off into deep relaxation for a divine sense of balance and well being.
45minutes F$95
60minutes F$115

Va Na Liga-Tandem Ritual *
“Va na liga” in Fijian means four hand massage. You’ll be floating high above the clouds during and after this incredible massage. This outstanding treatment and experience is a sophisticated, soothing and indulgent massage with the use of two therapists side by side to give you total relaxation.
50minutes F$168

All prices are quoted in Fijian dollars and inclusive of tax and service charge. Prices are subject to charge without prior notice.
Mana SPA TREATMENT MENU

Hot Stone Therapy*
Warm stones anointed with relaxation oils are placed the chakras and massaged over the body and face to melt stress and tension. The heated stones promoted to deep state of relaxation.

90minutes F$180

Fijian Style Head Massage
A definite answer to rejuvenate and nourish each pieces of your hair with Pure Fiji virgin coconut oil. Also includes head, neck, shoulders massage to improve blood circulation and revitalize your mind. Gives shiny healthy hair and refreshes your mind.

30minutes F$75

*Complemented with Coconut Milk Foot Bath and Foot Scrub

BODY SCRUBS & WRAPS

Sugar Glow*
This extraordinary product from Fiji’s pristine environment, gently buffs away dead skin cells, cleans and unclogs pores and restores skin to a fresh, healthy glow. With naturally occurring alpha hydroxyl agents found in raw sugar cane and the deep moisturizing and nourishing properties of cold pressed virgin coconut oil, this natural body polishing treatment enhances your skins own rejuvenation process for glowing beautiful skin. This is followed by a relaxing massage.

Choose from Mango/ Frangipani/ Star Fruits/Mana Ia fragrances.

60minutes F$137

Tropical Cream Scrub *
This wonderfully gentle and soothing cream scrub is made from Coconut milk. Superb for sensitive or sunburn skin as the coconut milk penetrate and nourish while gently cleansing. After exfoliation, follow massage with hydrating body lotion.

Choose from Mango/ Frangipani/ Star Fruits fragrances.

60minutes F$137

Dilo Rescue Wrap
Instantly soothe, moisturize and replenish irritated skin affected by sunburn, dehydration from jet travel, insect bites, rashes or shaving. A blend of cold pressed Dilo and Virgin coconut oils with the added benefits of aloe Vera and passion flower extract to promote healing and revitalize your skin. Finish with rehydrating Dilo massage.

60minutes with Scalp massage F$137 / with Dilo Facial Mask F$147

(Complemented with Dilo Rescue Foot Ritual)

All prices are quoted in Fijian dollars and inclusive of tax and service charge. Prices are subject to charge without prior notice.
Island Wrap*
Experience the exotic with the ultimate in relaxation. This begins with a Pure Fiji oil massage for over the body. A foot and hand mask is applied while the body is cocooned in warm towel. Finish with a hot oil hair and scalp treatment. Real escapism.

*Complemented with Coconut Milk Foot Bath and Foot Scrub

60minutes F$147

Honey Ritual *
Fiji Honey contains enzymes and amino acids, making it a powerful antibacterial ingredient as well as reducing redness and inflammation. Rich in antioxidants, Fiji honey also helps regenerate damaged tissue, deflect free radicals and improve skin tone and elasticity enormously. This begins with a Pure Fiji honey sugar scrub to exfoliate the skin. Then followed with honey masque to soften scar tissue and encourage the growth of new skin. We finish with honey hydrating massage. This rituals will transport you to paradise.

*Complemented with Coconut Milk Foot Bath

80minutes F$168

FACE

Exfoliating Facial
Exfoliate skin, naturally, with this fruit enzyme masque using highly effective papaya and pineapple enzymes. A natural alternative to a chemical peel, this high performance masque will effectively and gently remove the build up of dead skin cells and brighten and even out skin tone.

60minutes F$147

Firming Facial
Firm, smooth and condition skin with this effective masque. Beach Almond, Totodro and sugar cane extracts work in synch to firm and tighten the skin while dilo and ngi grass hydrate and nourish cells. Skin will look noticeably firmer and rejuvenated.

60minutes F$147

Purifying Facial
Harness the power of nature to revive, deep cleanse and purify your skin. Firstly pore-clogging impurities are removed by the cleansing power of line clay, then tropical fruit enzymes remove dead skin cells, minimize pore appearance, while evening out skin tone. Hibiscus Extract and Beach Almond strengthens the elasticity of skin, smoothing out wrinkles and restoring youthful tone and vigour.

60minutes F$147

All prices are quoted in Fijian dollars and inclusive of tax and service charge. Prices are subject to change without prior notice.
Mana SPA TREATMENT MENU

Hydra-Lift Facial
Deliver a powerful hydration boost to skin with high performance, plant derived naturals – rich in Dilo oil and Ngi grass, which will rejuvenate skin and reduce the appearance of fine lines. Skin is deeply nourished and repaired, hydration of the epidermis significantly improved which results in firmer, hydrated skin.

60minutes F$147

Pure Fiji Refresher Facial
This facial includes cleansing and exfoliating to refresh the skin. A face mask it used to hydrate the skin and a light moisturizer will be applied to finish.

45minutes F$105

Bath Therapy

Tropical Milk Bath
Luxuriate in a tropical flower float on coconut milk bath while you enjoy a glass of herbal tea.

60minutes for Two Guest F$126

Dilo Bath Therapy
Rehydrates your skin, release tension in muscles to restore balance and calm and revitalizes your body with essential oils.
Herbal Tea is served.

60minutes for Two Guest F$126

Love Bath
Sparkling Wine is included with this romantic candle lit bath for two filled with flowers and laced with "love potion"

60minutes for Two Guest F$168

All prices are quoted in Fijian dollars and inclusive of tax and service charge. Prices are subject to charge without prior notice.
Mana SPA TREATMENT MENU

Package

“Vacegu” Mana Escape

*Foot Ritual
*Stress Relief Back Massage
*Pure Fiji Refresher Facial
*Scalp Massage
75 minutes F$168

“Kamica” Mana Harmony

*Foot Ritual
*Choice of Massage - The Mana Bliss / Fijian Bobo / Aromatherapy
*Choice of Facial - Exfoliating / Firming / Purifying / Hydra-Lift
*Scalp Massage
*Hand and Foot Stone Wrap
2 hours F$252

“Vakabula” Mana Ritual

*Coconut Milk Foot Bath
*Choice of Scrub - Sugar Scrub / Cream Scrub
*Choice of Massage - The Mana Bliss / Fijian Bobo / Aromatherapy
*Choice of Facial - Exfoliating / Firming / Purifying / Hydra-Lift
*Hand and Foot Stone Wrap
2 hours 45 minutes F$336

“Totoka” Romantic Retreat For Two Guests
Ideal for couples who like to indulge together.

*Foot Ritual
*Choice of Massage - The Mana Bliss / Fijian Bobo / Aromatherapy
*Choice of Facial - Exfoliating / Firming / Purifying / Hydra-Lift
*Hand and Foot Stone Wrap
* Flower Coconut Milk Bath with Sparkling Wine
3 hours F$630 for two guests

All prices are quoted in Fijian dollars and inclusive of tax and service charge. Prices are subject to charge without prior notice.
Happy Bridal

A Package will bright you up on a special day

*Wax: Lip / Chin / Eyebrow or Eyelash & Eyebrow Tint
*Mini Manicure
*Mini Pedicure
75 minutes F$137

Mana Blissful Journey

Soothe away life’s daily stress, restoring balance and calm. This treatment with Lavender, Mandarin and Patchouli essential oils.....let your journey begin

*Foot Soak
*Sugar Grow or Cream Scrub
*Back Massage
*Head Massage
120 minutes F$240

Herbal Fusion Detox

Lighten the load of stress begin with gently massage with a warm Fijian herbal ball.
A ginger root masque is then applied to boost metabolism, stimulating circulation and ridding the body of harmful toxins.
Finish with herbal Facial treatment.

*Foot Soak
*Detox Scrub
*Detox Wrap
*Lymphatic
1 hour 30 minutes F$240

All prices are quoted in Fijian dollars and inclusive of tax and service charge. Prices are subject to charge without prior notice.
Mana SPA TREATMENT MENU

Mana Dream

Escape to the SPA restoring balance and harmony to the body and mind and beauty into the Dream Time.

*Foot Soak
*Cream Scrub
*Milk Bath
*Choice of Massage - The Mana Bliss / Fijian Bobo / Aromatherapy
*Choice of Facial - Exfoliating / Firming / Purifying / Hydra-Lift
*Island Bliss SPA Pedicure
*Island Bliss SPA Manicure
*Light meal / fruits, Sweets, tea, fruits juice
*Pure Fiji gift

300 minutes for one person F$578 for couples F$1,050

Nails

Mini Manicure
The Mini Manicure includes complete with filing, soaking, cuticle care and buffing followed by an Enamel coat.
30 minutes with color polish F$ 63 (Kids under 12 year · F$32)

Mini Pedicure
The Mini Pedicure includes Coconut milk foot bath, filing, cuticle care and buffing followed by an Enamel coat.
30 minutes with color polish F$ 74 Kids under 12 year · F$37

Island Bliss Spa Manicure
Restore tired hand and nails with this refreshing treatment. Complete with full nail and cuticle care, a hand soak, relaxing hand massage and polish of your choice.
60 minutes F$84

Island Bliss Spa Pedicure
Relieve heavy feet and refresh your reflexes from tips of your toes to the heart of your sole. Featuring full nail and cuticle care, Coconut milk foot bath, scrub, sole care, relaxing massage and polish of your choice.
60 minutes F$95

All prices are quoted in Fijian dollars and inclusive of tax and service charge. Prices are subject to charge without prior notice.
Mana SPA TREATMENT MENU

Waxing

All waxing treatments are followed by a Dilo Rescue lotion treatment.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lip/Chin/Eyebrow</td>
<td>F$10</td>
</tr>
<tr>
<td>Underarm</td>
<td>F$30</td>
</tr>
<tr>
<td>Back</td>
<td>F$30</td>
</tr>
<tr>
<td>Chest</td>
<td>F$30</td>
</tr>
<tr>
<td>Bikini</td>
<td>F$30</td>
</tr>
<tr>
<td>1/2 Leg</td>
<td>F$50</td>
</tr>
<tr>
<td>Full Leg</td>
<td>F$80</td>
</tr>
<tr>
<td>1/2 Arm</td>
<td>F$30</td>
</tr>
<tr>
<td>Full Arm</td>
<td>F$50</td>
</tr>
<tr>
<td>Brazilian</td>
<td>F$70</td>
</tr>
</tbody>
</table>

Tinting

<table>
<thead>
<tr>
<th>Tinting</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eyelash Tint</td>
<td>$16</td>
</tr>
<tr>
<td>Eyebrow Tint</td>
<td>$21</td>
</tr>
<tr>
<td>Eyelash and Eyebrow Tint</td>
<td>$42</td>
</tr>
</tbody>
</table>

HAIR BRAIDING

Professional hair braiding is an island favorite and art form in itself. Services listed below reflect a starting price.

Per French single braid or Per Cornrows:
- Short F$2
- Medium and long F$3
- Half Full Cornrows (with beads) F$75
- Full head Braids F$120

HAIR CUT & STYLING

<table>
<thead>
<tr>
<th>Style</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Cut</td>
<td>F$32</td>
</tr>
<tr>
<td>Men’s Cut with Shampoo and Scalp</td>
<td>F$42</td>
</tr>
<tr>
<td>Ladies Cut</td>
<td>F$37</td>
</tr>
<tr>
<td>Ladies Cut with Shampoo and Scalp</td>
<td>F$47</td>
</tr>
<tr>
<td>Ladies Shampoo and Dry</td>
<td>F$32</td>
</tr>
</tbody>
</table>

All prices are quoted in Fijian dollars and inclusive of tax and service charge. Prices are subject to charge without prior notice.