



# Tatadra Spa

"HOUSE OF DREAMS"

## MASSAGE

### AROMATIC MASSAGE

**ALLOW** 30 min - \$70 60 min - \$120

A combination of Swedish and relaxation massage techniques are used to release tired muscles, improve circulation and relax body and mind. A complete healing experience enhanced with aromatic massage oils.

### PREGNANCY MASSAGE

**ALLOW** 30 min - \$70 60 min - \$120

A soothing massage for the expectant mother. Please note, strictly for women 12 weeks pregnant and over.

### RELAX AND RESTORE MASSAGE

**ALLOW** 30 min - \$70 60 min - \$120

A therapeutic massage that focuses on areas of tension and soreness. By applying deeper corrective massage techniques, we can activate the body's natural healing process to relax and restore the body so it can function at its optimum. (ideal for the tired overworked traveler).

### REFLEXOLOGY

**ALLOW** 45 min - \$88

A unique method to treat the foot, addressing acupressure points that relate to various areas of the body. The session ends with a calming foot massage.

### TRADITIONAL NECK & SCALP MASSAGE

**ALLOW** 25 min - \$57

A coconut shell is used to slowly drizzle warm exotic nut oil into the hair & scalp. The head neck and shoulders are then massaged to restore balance. Leaves hair shining and healthy.

## PACKAGES

### EXOTIC HEAD & FOOT TREATMENT

**ALLOW** 70 min \$120

A pampering foot wrap followed by a luxurious neck and scalp massage. Treat your extremities.

### REVITALIZE

**ALLOW** 90 min \$171

This superb treatment blends the healing properties of an aromatic massage with a restorative spa facial.

### LOMALAGI (HEAVEN)

**ALLOW** 120 min \$215

A tropical exfoliation complemented by a lavish aromatic massage. This treatment truly lives up to its name.

### TATADRA

**ALLOW** 180 min \$385

Treat yourself to our signature spa experience. A sugar body glow followed by a blissful stone massage and rejuvenating facial.

### COUPLES INDULGENCE

Share a spa experience together as you retreat to your own private treatment room. Choose from the packaged treatments below, or select your own combination of spa rituals offered at Tatadra Spa.

**AROMATIC MASSAGE** \$208 PER COUPLE

**BISSFUL STONE MASSAGE** \$247 PER COUPLE

**SPA FACIAL** \$335 PER COUPLE

**SERENITY** ALLOW 120 MIN \$441 PER COUPLE

(An aromatic massage followed by a rejuvenating facial).

### MARAU (ETERNAL HAPPINESS) - WEDDING PACKAGE

**ALLOW** 120 min \$441 PER COUPLE

A luxurious treatment for the bride and groom to be. The bride will enjoy a Sugar body glow followed by an Island foot wrap. Meanwhile, the groom will experience a Healing stone massage and Island foot wrap.



# Tatadra Spa

"HOUSE OF DREAMS"

Discover Tatadra Spa where the forest meets the ocean. Tatadra (pronounced Tātādrah) means House of Dreams. Choose from a range of spa rituals combining traditional, indigenous techniques with proven methods from around the world. Pure Fiji natural body care products have been selected for use in all of our spa rituals to access the many therapeutic benefits derived from drift nut oils and botanical extracts.

All treatments are available for individuals or couples. Bookings can be made at the front office reception desk. Hours of operation are 10am-7pm. In-room massages available, a \$90 surcharge applies. Spa treatment times include a brief consultation and 5 minutes relaxation time at the end of the treatment.



Treatment Policy: Your treatment time has been reserved especially for you, however we understand that plans change. To change or cancel your appointment, we require 4 hours notice or a 50% charge will apply. Failure to arrive will result in the full payment being charged.



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## Stone Therapy

### BLISSFUL STONE MASSAGE

allow 60 min \$133

Warm basalt stones combined with exotic oils are used to massage away tension, restore balance and boost positive energy flow. Increasing circulation, the stones encourage sore muscles to relax and surrender to bring about a greater sense of well being and harmony.

### HEALING STONE MASSAGE

allow 90 min \$158

This truly therapeutic massage incorporates the soothing touch of warm stones with the refreshing effect of cold stones. Accelerates the body's natural ability to heal itself.



## Facials

### REJUVENATING SPA FACIAL

allow 60 min \$133

Provides a relaxing experience whilst restoring the vitality of the skin. This indulgent facial treatment leaves your complexion visibly smoother and more radiant. It includes a cleanse, exfoliation, facial neck & shoulder massage, mask and hydration.

### ULTIMATE SPA FACIAL

allow 90 min \$171

This firming facial includes, 2 masques, a cleanse, hydration, massage, hand & foot wrap. Refreshes and tones.

## Body Elements

### SUN SOOTHER

allow 45 min \$108

Soothe sun kissed skin with the gentle application of Dilo rescue gel. Helps calm redness and provides an amazing cooling effect.

### PARADISE SUGAR BODY GLOW

allow 80 min \$157

Coconut milk and exotic nut oils are gently massaged into the skin in preparation for an invigorating pure cane sugar & nourishing oil exfoliation. Rids the body of dead skin cells revealing a new healthy layer of skin. Strengthens and improves elasticity whilst replenishing moisture loss.

### COCONUT BODY GLOW

allow 45 min \$112

Cleanse, polish and protect your skin. Coconut & Pineapple extracts gently buff away dull skin cells and unclog pores rejuvenating your skin. Followed by an application of Hydrating lotion to rapidly moisturize the skin.

### NOURISHING ISLAND WRAP

allow 60 min \$128

Restore your skin's balance with our tropical body wrap. A dry brush exfoliation is followed by a body massage & wrap, creating a cocoon for maximum absorption and hydration. After a luxurious facial massage, the body is moisturized leaving you nourished and renewed.

### FIJI ISLAND RITUAL

allow 90 min \$221

Your ritual begins with a deep pore cleansing exfoliation followed by a detoxifying dilo banana leaf wrap. After a relaxing scalp treatment, the body is massaged promoting hydration, nourishing and repairing the deepest layers of the skin.

## Hand & Foot Bliss

### ISLAND FOOT WRAP

allow 45 min \$84

Treat your feet to a ritual cleansing followed by a cane sugar exfoliation. A warm foot massage & wrap is then applied as your legs are massaged with exotic massage oils. (Reflexology upgrade available 15 min - \$20)

### ISLAND HAND WRAP

allow 45 min \$84

Indulge your hands with an exfoliating coconut scrub followed by a warm hand wrap and soothing arm massage using rich hydrating body butter.

### DILO FOOT RESCUE

allow 45 min \$84

Soothe tired feet and reduce swelling with Dilo, a traditional Fijian remedy. A ritual cleansing with dilo foot soak is followed by a reviving pore cleansing exfoliation. Your feet are cocooned in a soothing dilo foot massage. Concludes with a refreshing dilo gel leg & foot massage. Ideal for hikers, snorkellers or those suffering from jetlag. (Ask about a reflexology upgrade.)

### HYDRATING MILK BATH

allow 30 min \$84

Drift away as you soak in a bath of pure coconut milk rich in vitamins. Hydrates and nourishes your skin.

