



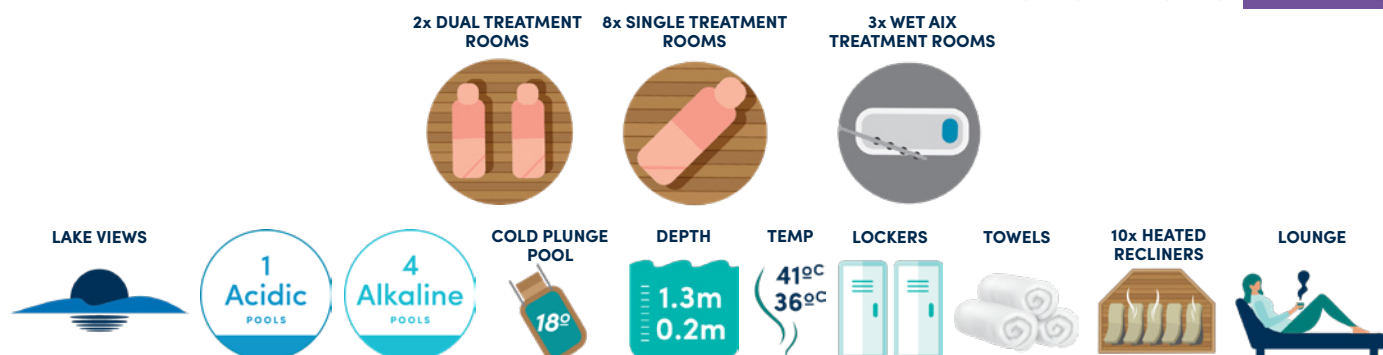
POLYNESIAN SPA

GEOHERMAL HOT SPRINGS  
AND THERAPIES

## RETREAT DAY SPA



## RETREAT DAY SPA Experience Overview



### QUICK FACTS

- 2 Dual treatment rooms with dual showers and a private relaxation lounge, ideal for couples or friends and family.
- 8 Single treatment rooms, consisting of 3 Wet (AIX) treatment rooms where therapy is delivered under jets of water, and 5 dry rooms.
- Complimentary access to the lakeside Deluxe Lake Spa hot pools for a pre-therapy soak with any treatment bookings.
- Post therapy relaxation lounge overlooking Sulphur Bay Wildlife Reserve with complimentary herbal teas for guests.
- 12 Yrs+ must be accompanied by a parent or guardian in a dual room facility, 16+ may be unaccompanied.

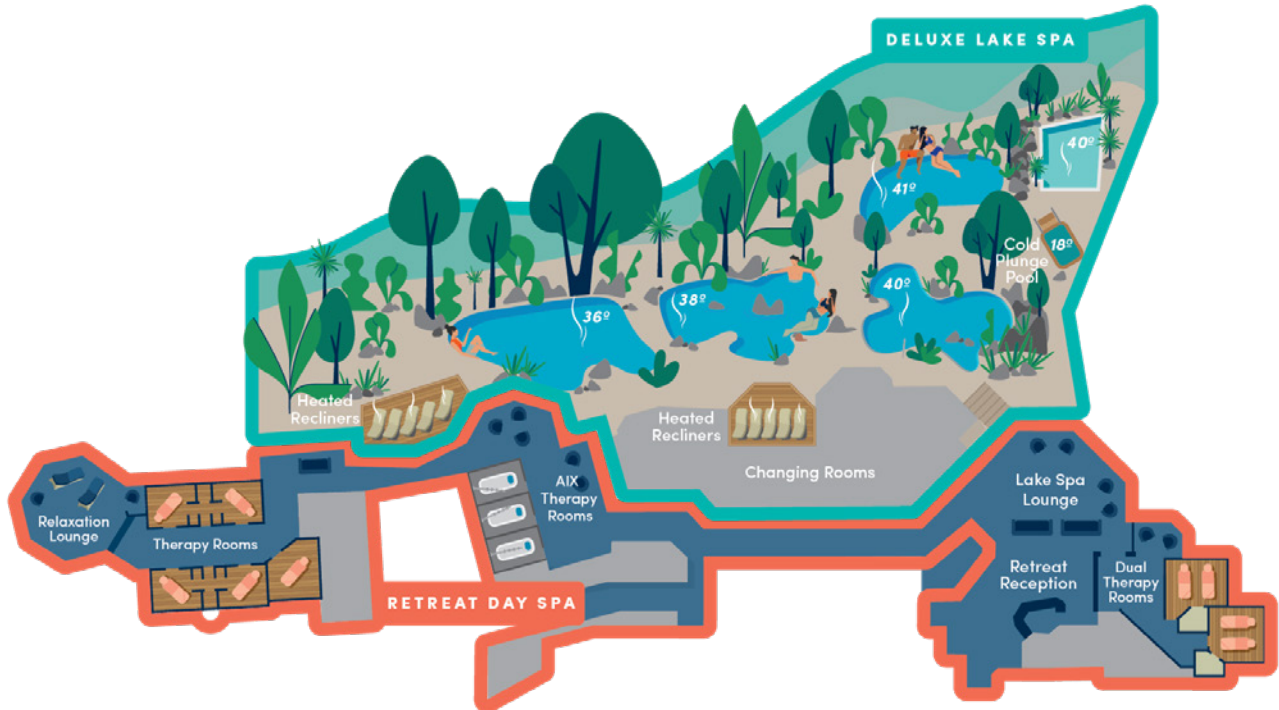
### SERVICES

- AIX (water jet therapy)
- Signature Geothermal Mud Massages and Treatments
- Rejuvenating Facial Treatments
- Body Brushing and Stress Therapy Massages
- Sensory Aromatherapy Oil Massages
- Body Polishes & Mud Wrap Treatments
- Restorative Swedish Full Body Massage
- Packages available with private pools, lunches & spa gifts





## RETREAT DAY SPA Complex Map





## SIGNATURE SERVICE



### Signature Geothermal Mud Wrap *60 min*

Restore and relax with a full body exfoliation followed by a full body mud mask, while letting go completely with a scalp massage. Afterwards enjoy a warm shower to cleanse, before your choice of moisturiser is applied to replenish the skin. Choice of four body polish/moisturiser combinations.

## GEO THERMAL MUD THERAPIES

### Mud Wrap and Massage *90 min*

Enhance our lovely Signature Mud Wrap with 30 minutes or relaxation massage.

## MASSAGE THERAPIES

### Relax Your Body Aromatherapy Massage *60 min*

A restorative Swedish full body massage to relax tense, aching muscles with an active blend of essential oils using rosemary, ginger and lavender.

### Relax Your Mind Aromatherapy Massage *60 min*

This relaxing full body aromatherapy massage uses gentle rhythmic strokes focusing on the nervous and lymphatic systems, helping to slow a busy mind and unwind tension. Choice of six aromatherapy oil blends to relax, de-stress or revive.

### Swedish Massage *60 min*

This Swedish full body massage can help relieve physical and emotional stress for complete relaxation.

### Mud or Manuka Honey Massage *60 min*

Enjoy a gentle body brushing followed by a warm Mud or Manuka honey mask being placed on your back while your legs are massaged. Afterwards a Swedish style neck, shoulder and back massage will leave you in a world of bliss. Choice of mud or honey mask.

## Rose Pregnancy Massage

60 min

Feel nurtured and supported in a time of constant change with a full body massage using Rose Renew blend to nourish and care for expanding skin, while relieving stress and tension.

## Spa Stress Therapy

60 min

Stress will melt away with the therapeutic benefits of body brushing and massage on the main areas tension builds – the back of the legs, back, shoulders and neck, finishing with a relaxing scalp massage.



## BODY POLISH

### Himalayan Salt Polish & Herbal Oil Massage

60 min

Experience the rejuvenating power of our Himalayan salt scrub followed by a relaxing 30-minute back massage using our herbal oil blend, inspired by traditional remedies for soothing and strengthening natural immunity.

### JUARA Candlenut Body Polish & Massage

60 min

Experience the rejuvenating power of traditional Jamu beauty secrets with a full-body polish, a 30-minute back massage, and Candlenut body crème, leaving your skin beautifully hydrated and smooth.

### Pure Fiji Body Glow

60 min

Sugar Cane harvested from the sun drenched plantations of Fiji combined with exotic tropical nut oils and fruit enzymes nourish skin with vitamins A, B, C & E to create the ultimate healthy glow. Relax and enjoy as milk from the coconut combined with macadamia and coconut oil are gently massaged into the skin followed by an application of pure cane sugar and tropical nut oils ridding the body of dead skin, revealing new healthy skin as well as strengthening the skin's elasticity and replenishing moisture loss.



# FACIALS



## Nellie Tier Body Polish & Mini Facial

60 min

Revive with a full body Maychang & Mandarin Body Polish, and application of Maychang & Mandarin Body Creme, before the attention shifts to a 30 minute mini- facial (cleanse, exfoliation, massage & moisturiser).



## Aromatherapy Associates Age Refine Facial

60 min

Feel your skin moisturised, soothed and refined. Hydration is maximised with highly nourishing botanicals and moisture boosting essential oil blends.



## Skin Deep Timeless Facial

60 min

Choose the cleansing and nourishing benefits of a Pure Source Mud Mask or a Skin Deep Manuka Honey Mask with Active UMF 12+ to soften, hydrate and rebalance your skin.



## Pure Fiji Moisture Drench Facial

60 min

Enjoy this moisturising facial that delivers a powerful hydration boost to skin ensuring maximum absorption in every layer of the skin for visible results. Enhance with pure plant actives and collagen to smooth fine lines and plump skin leaving it with a dewy glow.



## Waterlily Triple Berry Facial

60 min

An antioxidant berry blend of raspberry, strawberry and blueberry combined with a multi-B vitamin infusion to correct and regenerate the complexion. Brightening for pigmentation. Hydrating and nourishing for all skin.

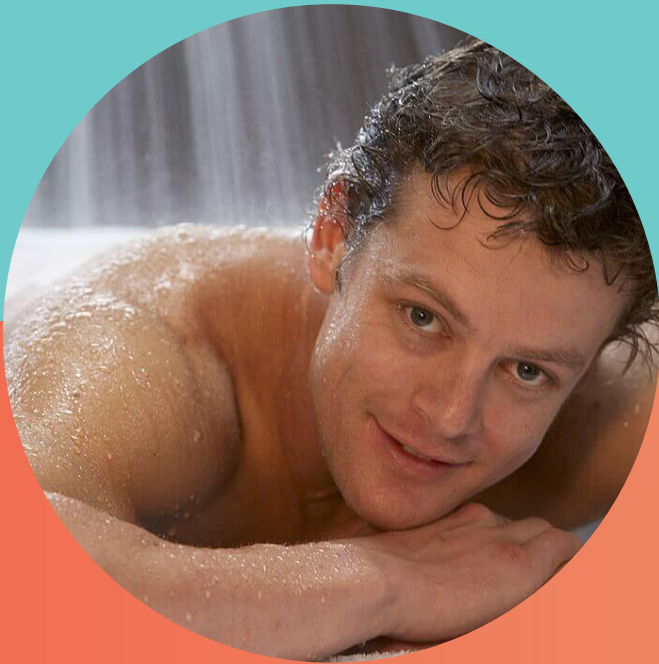
WATERLILY

## AIX SPA THERAPIES

### Body Polish & Aix Massage

60 min

A full body exfoliation that will gently buff away dry skin cells, followed by a massage with organic coconut oil. Choose from the following scrubs to tailor your service: Rotorua Thermal Mud Polish, Manuka Honey Walnut Polish, Coconut or Mango Sugar Rub, Maychang & Mandarin body scrub.



### Body Polish & Aix Massage

60 min

Unwind with this complete nurturing experience. First energise and nourish with a gentle full body exfoliation. Then calm and nourish the body, cocooned in a warm Geothermal Mud Mask which cleanses and delivers essential nutrients to the skin, whilst you experience a relaxing La Gaia Pearl Mask scalp treatment massaged into your hair. Refresh with the Aix Water Therapy to rinse away the Mud mask. A truly blissful sensory escape.



## PACKAGES

### Family Massage & Facial Package

- Deluxe Lake Spa mineral pool bathing
- 30 min Mud Massage
- 30 min Timeless Facial
- Enjoy this treatment especially created for parents and their children aged 12-15 years (Only available in dual room)
- Allow two hours

### Deluxe Romantic Package

- Deluxe Lake Spa mineral pool bathing
- 60 min Spa Stress Therapy
- Glass of Sparkling Wine (can be substituted for freshly squeezed juice)
- Meal (from the menu)
- Lake View Deluxe 30 min Private Pool private (min 2 persons)
- Spa Essentials Store Gift
- Allow three hours

### Aix Mud Wrap & Relaxation Massage Package

- Deluxe Lake Spa mineral pool bathing
- 60 min Aix Mud Wrap
- 60 min Relaxation Massage
- Lake View Deluxe 30 min Private Pool private (min 2 persons)
- Spa Essentials Store Gift
- Allow four hours

### Massage, Lunch & Private Bathing Package

- Deluxe Lake Spa mineral pool bathing
- 60 min Relaxation Massage
- Meal (from the menu)
- Sky View 30 min Private Pool (min 2 persons)
- Spa Essentials Store Gift
- Allow three hours