



# Spa Polynesia

## The Legend of how the Moon regains her Brightness

It is said that somewhere in a serene and secret corner of Polynesia lie Te-Vai-ora-a-Tane, the Living Waters of Tane. This is the sacred spring of one of the chief gods of ancient Polynesia, Tane, the god of light and of fertility. In these divine waters the weary find renewed strength, the sick are healed. Even Marama herself, the moon, when wasted in waning, bathed and gained new brightness, entering the Living Waters as Ina-uri (Dark Moon) yet emerging as Ina-ka (Moon Glow).

Here at SpaPolynesia we embrace this inspiring ancient legend and its message of renewal and rejuvenation as we work with your own inner wellspring to revive and refresh.

### MASSAGES

#### 'Maorooro' Aromatherapy Back Massage

Great for easing muscle tension in the back, shoulders and head using a harmonious East-West combination of Japanese shiatsu and Swedish massage techniques. Choice of two special blends of essential oils: 'Iriamoe' Relaxing Blend of Ylang-ylang (Moto'oi), Lime, Lavender & Jasmine; or 'Maoro' Muscular Deep Treatment Blend of Cedarwood, Peppermint Rosemary & Lemon **NZ\$80 / 30 mins**

#### 'Vaevae-tu' Foot Reflexology Massage

Reflexology is used to unblock and release stress and congestion in the nervous system and to restore and balance energy flow throughout the body's meridians which are believed to be linked to the body's 12 vital organs, leading to stress relief, deep relaxation and improved circulation to achieve a wonderful overall feeling of wellbeing. Also known as zone therapy, various types of pressure point massage have been used for thousands of years in China and Egypt. Our therapist is a specialist in Reflexology with extensive experience. You can select to have Foot, Hand, Face or Cranial Reflexology, or a combination

**NZ\$80 / 30 mins or NZ\$120 / 1 hr**

Add a 20minute Foot Reflexology Massage to a One-Hour Massage  
**NZ\$40 / 20 mins**



### **'Mirimiri' Aromatherapy Full Body Massage**

A sensational total-body experience of deep relaxation and wellbeing to release tension, promote suppleness and help re-harmonise body and soul through a wonderful combination of Japanese shiatsu and Swedish massage techniques. Choose from 'Iriamoe' Relaxing or 'Maoro' Muscular aromatic blends to achieve the greatest therapeutic benefit for you, to leave your whole body feeling relaxed and revitalized

**NZ\$120 / 1 hr or NZ\$180 / 1.5 hrs**

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### **'Roromi' Traditional Cook Islands Full Body Massage**

Unwind. De-stress. Ease into your Rarotongan escape with an authentic traditional Cook Islands Roromi (also called, Romiromi) Massage by our therapist who first learnt the technique from her grandmother when she was just 3 years old. Uses beautiful fragrant coconut oil to feed the skin and help deeply relax tired and tense muscles and uplift your body, spirit and soul

**NZ\$140 / 1 hr or NZ\$200 / 1.5 hrs**

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### **'Nui' Pregnancy Massage**

Enjoy your pregnancy and feel relaxed and revived with this beautiful massage blending the best of traditional Roromi Cook Islands Massage with Swedish techniques to ease away tension and leave you feeling like you're walking on air

**NZ\$80 / 30 mins or NZ\$120 / 1 hr**

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### **'Ona Okoia' Couple's Massage**

What's better than enjoying a massage? Enjoying a massage together with your beloved! This is a wonderful way to harmonize your vibrations whilst on your Cook Islands vacation, a wonderful way for two to become one. Leaves you feeling wonderfully relaxed and vibrant, ready to get the most out of your couple's getaway. Perfect for the Bride & Groom who want to look and feel their best for their big day.

This is a Side-by-Side Massage with our female therapist massaging the Woman and our male therapist massaging the Man

**NZ\$260 / 1 hr for two or NZ\$390 / 1.5 hrs for two**

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**RELAX YOUR BODY • WARM YOUR HEART • REFRESH YOUR SOUL**

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SpaPolynesia's experienced therapists proudly use a beautiful range of products specially developed in the islands using our tropical plants to truly immerse you in Paradise.

A selected range of products for face and body are also available for sale at our Island Style Gift Shop.

*Please note that our female massage therapist massages women only, and our male massage therapist massages men only.*

All prices are inclusive of 15% Government VAT Tax.  
Treatments and prices are subject to change without notice.

**SpaPolynesia is situated within Sanctuary Rarotonga-on the beach,** our adults-only sister resort for guests aged 16 and over, located directly adjacent to the The Rarotongan Beach Resort & Spa.

**Open Monday – Friday, 11am to last appointment at 4pm**  
**Bookings essential – dial 8050 or visit the Front Desk**

