

RELAX | REFRESH | RENEW



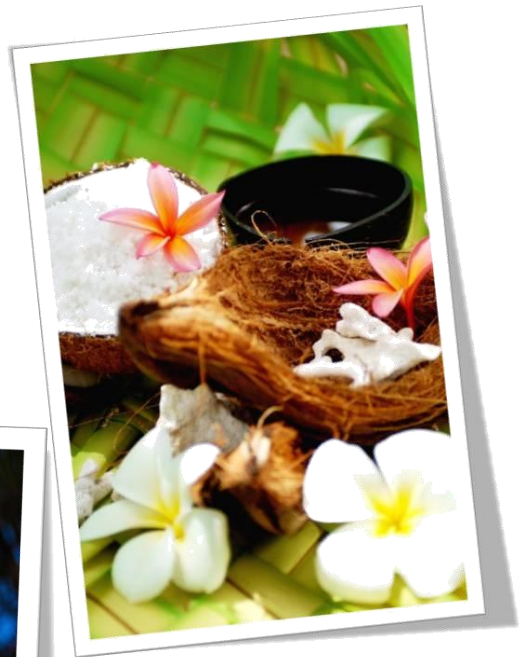
RELAX YOUR MIND | REFRESH YOUR SOUL | RENEW YOUR BODY

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).

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.



SPAPOLYNESIA @ AITUTAKI LAGOON PRIVATE ISLAND RESORT

SpaPolynesia @ Aitutaki is situated within our adults-only resort, Aitutaki Lagoon Private Island Resort, for guests aged 16 and over.

Our experienced SpaPolynesia therapist proudly uses a beautiful range of products specially developed in the islands using our tropical plants to truly immerse you in Paradise.

APPOINTMENTS

To make your appointment for **SpaPolynesia @ Aitutaki Lagoon**, please call 0 from your room to connect with the Front Desk; or pop down to the Front Desk and make your reservation in person.

THERAPIST PROFILE

MERE

Mere combines Polynesian relaxation and therapeutic massage practices, learnt from many of the great massage traditions of the World such as Shiatsu, Swedish and Neuromuscular and has further enhanced her massage skills by earning a Diploma in Beauty Therapy & Aromatherapy Body Massage.

Mere 's strong and caring hands, acquired through over 18 years of experience in International Resort Spa's, can discern areas in the body needing gentle attention to the muscles and creates a sense of deep relaxation and well-being.

Mere delights in seeing her clients experience deep relaxation and enhancing their natural beauty in a holistic way.

"Best, gentle, thoughtful, perceptive and very strong. Her hands were great and skills excellent." *Catherine & Kent*

"Thank you for a wonderful massage." *Sharon*

"You are a great beauty therapist." *Deb*



THERAPEUTIC MESSAGES



1. **SpaPolynesia Signature 'ROROMI' Traditional Cook Islands Full Body Massage**

~ 60 minutes

\$120

~ 90 minutes

\$180

Unwind. De-stress. Ease into your Aitutaki escape with an authentic traditional Cook Islands Roromi (also called, Romi Romi) massage. We use beautiful fragrant coconut oil to feed the skin and help deeply relax tired and tense muscles and uplift your body, spirit and soul. Please indicate your preference for gentle or deep tissue pressure, and whether your focus is more on relaxation, therapeutic or sports massage.

2. **'MIRIMIRI' Full Body Massage**

~ 60 minutes

\$120

~ 90 minutes

\$180

A sensational total-body experience of deep relaxation and wellbeing to release tension, promote suppleness and help re-harmonise body and soul with pure Coconut Massage Oil infused with the uplifting scents and essences of tropical fruits.

3. **'TOKA VERA' Polynesian Hot Stone Massage**

~ 90 minutes

\$195

Hot stone treatments alternate warm and cool, in turn using relaxing warmth and refreshing coolness to encourage the body to detox and come into better balance. The stones are coated in fragrant oil which is smoothed gently onto your body, and each stone is worked by your therapist's hands to ease away tension and stress.

4. **'MAOROORO' Back or Leg Massage**

~ 30 minutes

\$80

Great for easing muscle tension in the scalp, neck and back using a harmonious East-West combination of Japanese shiatsu, Swedish and neuromuscular massage techniques using pure Coconut Massage Oil infused with the uplifting scents and essence of tropical fruits.



5. 'VAEVAE MATAORA' Reflexology

~ 30 minutes

\$80

~ 60 minutes

\$120

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, as well as Polynesia. You can select to have foot, hand, face or cranial reflexology, or a combination.

6. 'NUI' Pregnancy Massage

~ 30 minutes

\$80

~ 60 minutes

\$120

Make the most of your babymoon getaway. Enjoy your pregnancy massage with your spa therapist, 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.

BODY TREATMENTS

FROM THE LAND



7. SpaPolynesia Signature 'NITA' Seasonal Fresh Fruit Tropical Body Wrap

~ 60 minutes

\$130

A nourishing and moisturizing wrap to feed the skin, utilising the lush bounty of fresh tropical seasonal fruits, such as ripe Papaya, Coconut or Starfruit found on our Island Paradise.

8. 'AKARI' Coconut Sugar Body Scrub

~ 45 minutes

\$95

Bursting with tropical Sugarcane Crystals to gently buff the skin using natural alpha hydroxy. An invigorating body exfoliation leaving you feeling refreshed and renewed.

9. 'TAMA' Coconut Crème Body Scrub

~ 45 minutes

\$95

A tropical treat for your body. The scrub creates a gentle exfoliation removing dry surface skin cells, and the rich blend of Coconut leaves your skin feeling silky smooth.

10. 'U-RANGO' Milk & Honey Body Wrap

~ 60 minutes

\$120

A highly nourishing, gentle formulation to restore balance and harmony to dry, sensitive skins. Ideal to soothe and calm sun-burnt skin or skin which has been exposed to the elements. The perfect skin food leaving you in love with the skin you're in.

FROM THE SEA**11. 'MOANA TAU' Aqua Marine Sea Salt Scrub**

~ 45 minutes

\$95

A stunning combination of body peeling and intensive moisturising, all-in-one. The fine Sea Salt granules gently exfoliate, removing surface flakes and polishing your skin. A truly superb whole-body experience for the skin and senses.

12. 'MOANA ORA' ThalassoAlgae Wrap

~ 60 minutes

\$120

Sea minerals and seaweed are combined with earth's finest essential plant and flower oils to achieve an exceptional body wrap which stimulates the skin's natural metabolism and de-toxification processes, and helps to rebalance both body and mind. Here at SpaPolynesia we combine this with our superb contouring oil to achieve maximum skin elasticity and circulation. A sensational multi-active elixir for the whole body.

FROM THE SUN**13. 'RA' After-Sun Cooling Wrap**

~ 45 minutes

\$95

After a day in the sun, rescue and help repair your skin with this nurturing Dilo Rescue Gel. This treatment will instantly calm, rehydrate and replenish irritated skin affected by sunburn, dryness, insect bites, rashes or post-shaving irritations. As the gel does its work, lie back and relax with a soothing head and scalp massage.

14. 'RAVARAVA' Spray Tan

~ 45 minutes

\$120

Just arrived on your island escape? Give your body a warm tropical glow by getting an instant suntan with an application of Jojoba-based eco-friendly tanning spray.



FACIALS



15. SpaPolynesia Signature ‘PUROTU’ Facial + Hair Treatment

~ 60 minutes \$155

Deeply relax with a soothing face massage and mask of your choice from hydrating, firming or nourishing, whilst a deeply conditioning hair treatment is massaged through your hair and scalp. Face treatment includes cleanse, mask and moisturise. An ideal complement to one of SpaPolynesia’s invigorating body wraps.

16. ‘PAI’ Hydrating Facial Treatment

~ 60 minutes \$140

A highly concentrated Active-Ingredient Cocktail, ideal for dry and mature skin. An infusion of serums delivers outstanding moisturising and conditioning properties for even the thirstiest of skins.

17. ‘PATEKA’ Deep Cleansing Facial

~ 60 minutes \$130

A thorough Cleansing and Purifying Mask, leaving your skin feeling refreshed and moisturised. This vitamin-rich anti-oxidant mask is suitable for normal, oily and combination skins.

18. ‘MATA MANEA’ Express Facial

~ 30 minutes \$85

A 30 minute Express Facial using tropical skincare products featuring a cleanse, scrub and mask, finishing with a hydrating moisturise. Includes a relaxing hand massage.

HAND + FOOT INDULGENCE

19. ‘RIMA TAU’ Express Manicure

~ 30 minutes \$45

Including nail filing and shaping, and application of your choice of nail polish colour.

20. ‘RIMA ORA’ Deluxe Manicure

~ 50 minutes \$75

Get your hands looking their best. Includes your choice of Coconut Crème Scrub or Coconut Sugar Scrub, followed by a soothing massage of the hand’s pressure points using handmade, softly-fragrant pure and natural tropical lotions. Your choice of nail polish colour.

20.a	With French Polish finish	60 minutes	\$90
20.b	With Gel Polish finish	70 minutes	\$100

21. 'VAEVAE TAU' Express Pedicure

~ 30 minutes \$55

Including nail filing and shaping, and application of your choice of nail polish colour.

22. 'VAEVAE ORA' Deluxe Spa Pedicure

~ 50 minutes \$85

The ultimate treat for your feet. Enjoy a foot soak milk bath, followed by a vigorous buff with our Sugar Scrub to remove dead skin cells. A Shiatsu Massage with pure tropical fruit-infused Coconut Oil of the feet and calves gently works the pressure points to relax muscles and help you feel stress-free on your holiday. Finish with your choice of nail polish colour.

22.a	With French Polish finish	60 minutes	\$105
22.b	With Gel Polish finish	70 minutes	\$115

REJUVENATION + RELAXATION PACKAGES



23. SpaPolynesia Signature 'NAVENAVE' Body Scrub + Massage + Facial + Manicure or Pedicure

~ 195 minutes \$330

Cherish yourself with our exquisite package of total rejuvenation for body and soul. A 45 minute 'Tama' Coconut Crème Body Scrub followed by a 60 minute 'Mirimiri' Full Body massage, a 60 minute 'Pai' Hydrating Facial and your choice of 30 minute Express Manicure or Pedicure. Because you deserve it.



24. SpaPolynesia Signature 'KAKARA' Body Rub + Body Wrap

~ 105 minutes \$205

A 45 minute 'Akari' Coconut Sugar Body Scrub followed by a 60 minute luxurious 'Nita' Signature Wrap using fresh seasonal fruits to achieve a supreme combination of gentle exfoliation followed by deeply nourishing vitamins and minerals.

25. 'INANGARO' Massage + Facial

~ 90 minutes \$185

Indulge in a 60 minute 'Mirimiri' Full Body Massage followed by a 30 minute 'Mata Manea' Express Facial.

26. 'RERERERE' Massage + Manicure or Pedicure

~ 60 minutes \$120

A 30 minute 'Maorooro' Back or Leg Massage, and either a 30 minute Express Manicure or Express Pedicure for a radiant you.

27. 'TAKAVE' Body Scrub + Massage

~ 105 minutes

\$195

Receive a 45 minute 'Akari' Coconut Sugar Scrub followed by a 60 minute 'Mirimiri' Full Body Massage. Embrace the moment.

28. 'TAEAKE' Facial + Manicure or Pedicure

~ 60 minutes

\$125

Enjoy a 30 minute 'Mata Manea' Express Facial with cucumber eye pad. Then sit back and relax with a 30 minute Express Manicure or Pedicure treatment. A great way to ease into the holiday vibe.

29. 'REKAREKA' Massage + Facial + Manicure or Pedicure

~ 120 minutes

\$250

A 30 minute 'Maorooro' Massage, followed by a 60 minute 'Pai' Hydrating Facial, finishing with 30 minute Express Manicure or Pedicure will ensure you feel totally pampered.



SPAPOLYNESIA ETIQUETTE

PAYMENT

Treatments can be charged to your room or paid for at the time of booking by Mastercard, Visa or cash. Full payment at time of booking is required please.

CANCELLATION POLICY

Treatments you select are held in reserve for you. Failure to notify SpaPolynesia via the Front Desk 24 hours prior, or 'not showing' to your appointment, incurs a 100% cancellation fee. Please provide a minimum of 24 hours notice if you need to change or cancel your appointment, to receive a 100% refund.

ARRIVAL

Please arrive 10 minutes prior to your scheduled appointment time to allow for a pre-treatment consultation. Arriving late will limit your treatment time, and as a courtesy to the next guest, your treatment will end on time regardless of when your service begins.

PERSONAL MASSAGE PREFERENCES

Please indicate your preference for gentle or deep tissue pressure, and whether your focus is more on relaxation, therapeutic or sports massage. During your spa treatment your therapist will address your needs based on your pre-treatment consultation. If you are uncomfortable with your treatment for any reason, please let your therapist know immediately.

MEDICAL CONDITIONS

Please inform us if you are pregnant or have any medical or special conditions when booking your appointment, and during your pre-treatment consultation. This will prepare our therapists to provide you with the best possible treatment. Some treatments are not recommended if you are pregnant or have certain medical conditions. Please feel free to ask if unsure.

WHAT TO WEAR

Massage and body treatments are done whilst you are wearing your underwear. For privacy, our therapists are trained in professional draping techniques for all treatments.

MOBILE PHONES

To preserve an ambience of peace and tranquility in the spa, and as a courtesy to other SpaPolynesia guests, please switch off mobile phones prior to arriving for your appointment.

Looking forward to taking good care of you @ SpaPolynesia. Kia Manuia!



Taste and Feel the Health Benefits of the Organic Tree of Life at Rito

The beauty and health products from the Cook Islands are such a great things to bring home as island souvenir. Rito products are made with cold-pressed virgin coconut oil, which is locally produced in the Rarotonga village of Tikioki. Rito products whose ingredients are sourced from coconut trees, come with purity and simplicity of the tropical island paradise. The Rito products include cold-pressed virgin coconut oil, tamanu oil, soaps and skincare products.

The health benefits of coconut oil and some other coconut-based products have been known by the Cook islanders for centuries. These locally-made health and beauty products in the Cook Islands come from the cold-pressed virgin coconut oil. These beauty and health products include culinary oils and naturally-active skincare products.

It has been over a millennium since South Pacific Islanders sailed their open canoes across the Pacific, using stars, wind, wave rolls, and the warm Pacific ocean currents to move from one island to the next. Prior to civilisation of the Pacific, these liquid currents were also a sea-lane for a flotilla of drift nuts and flowering plants that travelled the South Seas until they were washed ashore on our sandy beaches. Famed for their beauty, Pacific Islanders discovered early on the power of these exotic nuts which were used to cleanse, soften and protect their skin and hair.



Pure Fiji brings you the best of these ancient traditions combined with advanced technology for today's natural body care. We are proud to offer you a complete line of natural beauty therapies containing uniquely Fijian plant extracts - hand selected to guarantee their highest quality.

Untouched tropical flora and the warm Pacific Ocean offer up exotic drift nut oils and powerful plant actives. Sugar cane, pineapple, papaya, passionflower and green coconut are freshly harvested and processed within hours to preserve their fresh bounty of naturally occurring nutrients.

Our blend of cold pressed coconut, dilo, macadamia and sikeci nuts revered for their medicinal and beautifying properties contribute pure, unadulterated nourishment, moisturising, nutrition and protection.

Deep-sea plants provide protection from the inevitable aging effects of the sun and the inimitable Ngi grass – living within reach of the ocean spray – contribute to the formula for enhanced hydration and drastically improved moisturising.

Land and Sea providing all that is needed for good health with pure and natural body care. This is the Pacific way - the way body care should be - naturally. We involve as many communities as possible in the production of our items, and without this network of human interaction, we would be unable to survive and grow.

Rito and Pure Fiji products are available for sale in SpaPolynesia and our Gift Shop.



AITUTAKI LAGOON

PRIVATE ISLAND RESORT

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