

# THE LEGEND OF HOW THE MOON REGAINS HER BRIGHTNESS

It is said that somewhere in a serene and secret corner of Polynesia lies Te-Vaiora-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 @ SANCTUARY RAROTONGA

SpaPolynesia @ Sanctuary is situated within our adults-only resort, Sanctuary Rarotonga-on the beach, for guests aged 16 and over. Nipura, your female massage therapist, massages women only, and Uddipan, your male massage therapist, massages men only.

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.

#### HOURS:

Monday – Friday, 11am – 5pm. Other times available by prior appointment.

# THERAPEUTIC MASSAGES

#### 1. SpaPolynesia Sanctuary Signature 'ONA OKOIA' Couple's Massage

~ 60 minutes

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~ 90 minutes

\$240 for two \$360 for two

What's better than enjoying a massage? Enjoying a glorious massage together with your beloved. Our 'Ona Okoia' Couple's Massage is a wonderful way to harmonise your vibrations whilst on your Cook Islands vacation, a beautiful way for two to become one. Leaves you feeling deeply relaxed and at the same time, energised, vibrant and 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 Nipura massaging the woman, and our male therapist Uddipan massaging the man.

## SpaPolynesia Signature 'ROROMI' Traditional Cook Islands Full Body Massage

~ 60 minutes	\$120
~ 90 minutes	\$180

Unwind. De-stress. Ease into your Rarotongan 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. Uddipan can provide an especially tailored massage experience for men. Please indicate your preference for gentle or deep tissue pressure, and whether your focus is more on relaxation, therapeutic or sports massage.

#### 3. '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.

### 4. 'TOKA VERA' Polynesian Hot Stone Massage

#### ~ 90 minutes

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.

\$195

\$80

### 5. 'MAOROORO' Back or Leg Massage

~ 30 minutes

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.

### 6. '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.

### 7. 'NUI' Pregnancy Massage

~ 30 minutes	\$80	
~ 60 minutes	\$120	

Make the most of your babymoon getaway. Enjoy your pregnancy massage with Nipura 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.

# THERAPIST PROFILES: SPAPOLYNESIA @ SANCTUARY RAROTONGA

#### NIPURA

Rarotongan local Nipura learnt ancient Rarotongan massage traditions as a child from her grandmother which today she combines with some of the world's great massage traditions such as Japanese Shiatsu and Swedish consolidated through her Diploma in Massage Therapy.

Nipura has massage experience from around the world with a wide range of clients from expectant mothers to elite athletes. As a mother herself, she brings a nurturing

approach to your relaxing or therapeutic massage experience. Nipura is especially skilled in Reflexology, Pregnancy, and Sports Massage and will be delighted to tailor your treatment to your specific needs.

### UDDIPAN

Originally from New Zealand, Uddipan brings his extensive knowledge and expertise to the unique requirements of men, for both relaxation, sports, and therapeutic massage. Uddipan combines his knowledge developed through his Diploma in Massage Therapy with



30 years extensive international experience with a wide range of clients including elite athletes.

Together for over 30 years, Nipura and Uddipan can bring their international training and experience to provide you with a unique relaxing massage or therapeutic experience. They have operated sports massage services at several well known New Zealand gyms and jointly set up therapeutic massages at The Rarotongan back in the 1990s.

In New Zealand Nipura created and operated a women-only massage service, including pregnancy massage, while Uddipan set up a male-only massage service, which they ran for 10 years. They have also both worked on numerous multi-day running ultra-marathon events in New York, New Zealand, Australia and the U.K.

# **APPOINTMENTS:** SPAPOLYNESIA @ SANCTUARY RAROTONGA

To make your appointment for SpaPolynesia @ Sanctuary Rarotonga, please:

- Call 0 from your room within our Resort to connect with the Front Desk; or
- Call 600 from your room within our Resort to connect with the Spa directly; or
- Call Nipura on 70-894; or
- Visit us at Suite 600; or
- Call 25-900 from outside our Resort; or
- E-mail info@SanctuaryRarotonga.com and/or SpaPolynesia@SanctuaryRarotonga.com

# SPAPOLYNESIA @ THE RAROTONGAN

SpaPolynesia @ The Rarotongan is in Suite 500 and offers a range of stand-alone treatments and rejuvenation, relaxation and indulgence packages including therapeutic massages, body treatments, facials, spa manicures, spa pedicures, waxing, threading and hair braiding.

We welcome guests of all ages, including those aged under 16 when accompanied by a parent or guardian.

### HOURS:

Sunday – Friday, 9am – 5pm. Other times may be arranged by appointment.

# THERAPEUTIC MASSAGE

#### 🤔 8. 🛛 SpaPolynesia Signature 'RIMARIMA' Four-hand Massage

~ 45 minutes

The ultimate indulgence! Two therapists performing a synchronised massage in tandem. This Four-hand Massage soothes, and calms stressed and painful muscles, deeply relaxing the body, mind and soul, promoting greater healing and harmony.

\$195

\$120

### 9. SpaPolynesia Signature 'ROROMI' Traditional Cook Islands Full Body Massage

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### 14. 'NUI' Pregnancy Massage

~ 30 minutes ~ 60 minutes

Make the most of your babymoon getaway. Enjoy your pregnancy massage with either Jiu or Shelly, 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.



\$80

\$195

\$80 \$120

# **BODY TREATMENTS**

# FROM THE LAND

# n 15. SpaPolynesia Signature 'NITA' Tropical Fresh Fruit Body Wrap

~ 60 minutes

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

### 16. 'AKARI' Coconut Sugar Body Scrub

~ 45 minutes

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

## 17. 'TAMA' Coconut Crème Body Scrub

~ 45 minutes

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.

### 18. 'U-RANGO' Milk & Honey Body Wrap

~ 60 minutes

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

### 19. 'MOANA TAU' Aqua Marine Sea Salt Scrub

~ 45 minutes

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.

### 20. 'MOANA ORA' Thalasso Algae Wrap

~ 60 minutes

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.



\$95

\$95

\$120

\$95

# FROM THE SUN

#### 21. 'RA' After-Sun Cooling Wrap

~ 45 minutes

After a day in the sun, nourish and help rejuvenate your skin with this organic, coldpressed Dilo Rescue Gel with its ancient, unique capacity to enhance the skin's own repair mechanism. 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.

#### 22. 'RAVARAVA' Spray Tan

~ 45 minutes

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

# 23. SpaPolynesia Signature 'PUROTU' Facial + Hair Treatment

#### ~ 60 minutes

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.

### 24. 'PAI' Hydrating Facial Treatment

~ 60 minutes

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.

### 25. 'PATEKA' Deep Cleansing Facial

~ 60 minutes

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.

### 26. 'MATA MANEA' Express Facial

#### ~ 30 minutes

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.

\$85

\$155

\$120

\$95

\$130

# HAND + FOOT INDULGENCE

#### 27. 'RIMA TAU' Express Manicure

~ 30 minutes

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

#### 28. 'RIMA ORA' Deluxe Spa Manicure

~ 50 minutes

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 polish colour.

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

### 29. 'VAEVAE TAU' Express Pedicure

#### ~ 30 minutes

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

#### 30. 'VAEVAE ORA' Deluxe Spa Pedicure

#### ~ 50 minutes

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 fruitinfused 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 polish colour.

30.a	With French Polish finish	60 minutes	\$105
30.b	With Gel Polish finish	70 minutes	\$115
Nail Art Design		Starting from \$10 extra p	er nail

# **REJUVENATION + RELAXATION PACKAGES**

### 31. 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 vou deserve it.



\$75

\$65

# 🐉 🛛 32. 🛛 SpaPolynesia Signature 'KAKARA' Body Rub + Body Wrap

~ 105 minutes

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.

#### 33. 'INANGARO' Massage + Facial

~ 90 minutes

~ 60 minutes

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

### 34. 'RERERERE' Massage + Manicure or Pedicure

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

### 35. 'TAKAVE' Body Scrub + Massage

~ 105 minutes

~ 60 minutes

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

### 36. 'TAEAKE' Facial + Manicure or Pedicure

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.

#### 37. 'REKAREKA' Massage + Facial + Manicure or Pedicure

~ 120 minutes

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.





\$185

\$120

\$195

\$125

\$125

### RELAX | REFRESH | RENEW

WAXING		
<b>38.a</b> Brow Shape (20 minutes)	\$20	<b>38.f</b> Underarm (30 minutes) \$25
<b>38.b</b> Lip / Chin (15 minutes)	\$20	<b>38.g</b> Forearm (20 minutes) \$25
<b>38.c</b> Bikini (30 minutes)	\$35	<b>38.h</b> Back/Chest (30 minutes) \$40
<b>38.d</b> Half Leg (30 minutes)	\$50	<b>38.i</b> Brazilian (45 minutes) \$85
<b>38.e</b> Full Leg (45 minutes)	\$75	<b>38.j</b> Threading brow or lip or chin \$20

# TINTING

<b>39.a</b> Brow (20 minutes)	\$30
<b>39.b</b> Lashes (20 minutes)	\$35
<b>39.c</b> Brow & Lashes (25 minutes)	\$55

# NAIL ART

(only available in combination with manicure / pedicure)

		Standard Polish Nail Art	
43.a	One nail	allow 5 minutes	simple short nail \$10
43.b	One nail	allow 5 minutes	simple long nail \$15
43.c	One nail	allow 10 minutes	detailed short nail \$15
43.d	One nail	allow 10 minutes	detailed long nail \$20
<b>44</b> .a	Ten nails	allow 30 minutes	simple short nail \$85
<b>44</b> .b	Ten nails	allow 30 minutes	simple long nail \$125
44.c	Ten nails	allow 45 minutes	detailed short nail \$125
44.d	Ten nails	allow 45 minutes	detailed long nail \$175
		Gel Polish Nail Art	
45.a	One nail	allow 5 minutes	simple short nail \$15
45.b	One nail	allow 5 minutes	simple long nail \$20
45.c	One nail	allow 10 minutes	detailed short nail \$20
45.d	One nail	allow 10 minutes	detailed long nail \$25
46.a	Ten nails	allow 30 minutes	simple short nail \$125
46.b	Ten nails	allow 30 minutes	simple long nail \$150
46.c	Ten nails	allow 45 minutes	detailed short nail \$150
46.d	Ten nails	allow 45 minutes	detailed long nail \$195

# BRAIDING

(Prices based on average hair. Please consult your stylist as to whether the allocated appointment time is sufficient to meet your requirements.)

	Braiding			
40.a	Half head	allow 30 minutes	shoulder length hair \$80	
40.b	Half head	allow 45 minutes	long hair \$100	
40.c	Full head	allow 45 minutes	shoulder length hair \$100	
40.d	Full head	allow 75 minutes	long hair \$150	
Corn Rows				
41.a	Half head	allow 30 minutes	shoulder length hair \$80	
<b>4</b> 1.b	Half head	allow 45 minutes	long hair \$100	
41.c	Full head	allow 45 minutes	shoulder length hair \$100	
41.d	Full head	allow 75 minutes	long hair \$150	
	French Plaiting			
42.a	Single plait	allow 15 minutes	shoulder length hair \$30	
42.b	Single plait	allow 30 minutes	long hair \$60	
42.c	Double plait	allow 30 minutes	shoulder length hair \$60	
42.d	Double plait	allow 45 minutes	long hair \$90	

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- Call 0 from your room within our Resort to connect with the Front Desk; or
- Call 500 from your room within our Resort to connect with the Spa directly; or
- Visit us at Suite 500; or
- Call 25-800 from outside our Resort; or
- E-mail info@TheRarotongan.com and/or SpaPolynesia@Rarotongan.co.ck



# THERAPIST PROFILES: SPAPOLYNESIA @ THE RAROTONGAN

#### JIU

Jiu holds a Diploma in Spa & Beauty Therapy. She combines ancient Fijian relaxation and therapeutic massage traditions learnt as a child from her mother and grandfather, with many of the great massage traditions of the world such as Japanese Shiatsu, Hawaiian Lomi Lomi, Swedish, Thai and Balinese. Jiu's intuitive healing hands, developed through more than 15 years' experience in international resort spas, can identify areas in the body needing special attention to relax the muscles and create a sense of deep relaxation and well-being.



Jiu gets immense personal and professional satisfaction from helping her clients feel their very best and finds that a Full Body Treatment offers the best opportunity to help clients achieve this.

#### "Perfect! Best massage I've had! Jiu was exceptional!" Rachael

"Enjoyed the whole experience. Jiu had a calm presence about her, very soothing." Anne "Jiu is very intuitive and uses the right pressure. Lovely therapist, lovely massage." Maggie

#### SHELLY

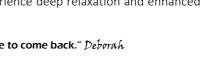
Shelly has a special passion for beauty treatments, especially nail art. Professionally qualified with a Diploma in Spa & Beauty Therapy, Shelly has over 15 years' experience in international resort spas.

She learnt the ancient techniques of Indian Ayurvedic massage from her grandmother, and through her training and experience has since blended these with other leading styles of

therapeutic and relaxation massage from around the world such as Hawaiian Lomi Lomi, Balinese, Swedish, and Japanese Shiatsu.

Shelly enjoys delivering loves seeing her clients experience deep relaxation and enhanced natural beauty.

"Shelly was lovely, friendly and professional. I would love to come back." Deborah "Love Shelly, very professional caring person." Joanna "Shelly was so professional and made my holiday complete." Erin



# **SPAPOLYNESIA ETIQUETTE**

#### PAYMENT

Treatments can be charged to your room or paid for at the time of booking by Mastercard, Visa or cash at the Front Desk. 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 15 minutes prior to your scheduled appointment time to allow for a pretreatment consultation. Arriving late may limit your treatment time, and as a courtesy to the next guest, your treatment will end at the schedule time.

#### 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 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.

#### MINIMUM AGE REQUIREMENTS

Children under 16 years of age must be accompanied by an adult when using SpaPolynesia @ The Rarotongan.

Guests aged 16 years and over are welcome at our adults-only SpaPolynesia @ Sanctuary.

#### **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 with 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.

Rito products are available for purchase through SpaPolynesia @ The Rarotongan, SpaPolynesia @ Sanctuary, and our Raro Style Gift Shop.





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.

