

# Namale Resort and Spa

## Valeni Sasauni Spa Menu



Experience





Namale



Resort & Spa



# Spa Menu

Ancient Wisdoms... Sacred Space

Open daily from 8am - 5pm

## Our Commitment to You

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Namale Spa & Sanctuary is a place of love and bliss – an indigenous island sanctuary that honors your spirit and offers you a diverse array of healing arts from around the world. It is our mission to awaken and restore the natural healing forces of your mind, body and spirit. As students of the world's healing traditions, we have merged these ancient wisdoms with the knowledge of modern medical sciences & research to create an integrated and effective path toward perfect health and beauty. We are devoted to your well-being and it is our privilege to serve you on your journey to greater wellness and balance.

## Your Spa Experience

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### *Drink Water*

It's crucial to drink plenty of it before, during and after your visit. Water hydrates the body's tissues on a cellular level, prompting the system to cleanse itself and function with fluidity.

### *Take Your Time*

Visiting a spa means you're taking time out for yourself. Even if you're going with a friend or lover, the therapy is yours alone. Taking the time to unwind and slow down before your appointment will make your visit more pleasant (mind) and more beneficial (body).

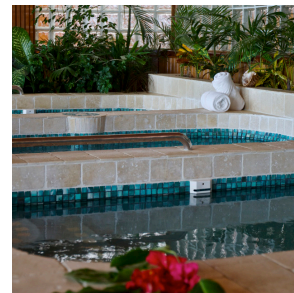
We suggest that you arrive to the Spa at least 15 minutes before your scheduled appointment, providing you with sufficient time to change, shower and use the sauna room. A robe, towel and locker will be provided upon your arrival to the Spa. If you choose, undergarments may be worn during treatments. However, all our therapists are skilled in proper draping procedures to ensure your complete comfort and privacy.

### *Medical*

Kindly inform us of any special or medical needs that require additional attention. If you are pregnant, or have certain medical conditions, some treatments are not recommended. If you are unsure, just ask. We're here to help.

### *Hydrotherapy Room*

Enjoy unlimited use of our Hydrotherapy Room and the sensations of pampering yourself with water. Feel your everyday stress melt away in the sauna, or feel the warmth of the hot tub freeing your mind of worries. Know the experience of being rejuvenated by the waterfall or just indulge in the pleasure of our aromatherapy baths. Open daily from 8am-5pm.



Enhance

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"Namale is an ultimate escape...experience its bliss!"

—Donna Karan,

World Renowned Fashion Designer



# Sacred Massage Specialties

Relish the Ancient Wisdoms of the World

Relaxation



## Signature Massage

Our massage team combines the talents of our Fijian hosts and those therapies from around the world whose intent and experience bring together the healing histories of Fiji, India, Japan, Sweden, Thailand, Bali and Native American cultures.

### True Swedish

A gentle, nurturing massage that creates a Zen-like state of mind through its soothing nature. Experience the loving, caring touch (*au lomani iko*) of Swedish massage which decreases blood pressure, stimulates circulation and lymph flow and ultimately facilitates enhanced removal of toxins from your body.

75 minute treatment      \$285 FJD

### Fijian Bobo (*bom-boh*) - The Spirit of Fiji

The therapists of Namale's Spa created a unique flow based on traditional Fijian bobo massage. Unlike other treatments, we have a special room for this massage including ceiling bars and massage tables on the floor. Your therapist will perform these ancient massage techniques with their feet; compressing and gliding over your body, whisking you away into another realm of relaxation.

75 minute treatment      \$285 FJD

### Total Release - An Experience of Deep Tissue/Sports Massage

Give your body the gift of finally letting go of its tension through this deep tissue massage. Tailor the pressure to your preference for the ultimate release and enjoyment that will last long after your treatment concludes.

75 minute treatment      \$285 FJD

### Ultimate Fusion Massage

Indulge in the decadent combination of soft Swedish, deep tissue and hot stone massages. Allow the stones to ground you and heat to penetrate your muscles, giving them permission to release and give you complete relaxation. Swedish massage will move any lactic acid from exercise and swollen areas you may have after a long journey while the deep tissue will melt away tension.

75 minute treatment      \$285 FJD



# Sacred Massage Specialties

Blissful 75 Minute Healing and Relaxation Treatments

## Signature Massage

### Abhyanga Massage

A full body warm oil massage that acts as a powerful recharger and rejuvenator of the mind and body. Maintain a healthy body by stimulating arterial and lymphatic circulation through this massage's unique rhythmic flow and warm ayurvedic oil. A blissfully comforting practice and wonderful daily ritual for overall health and wellbeing.

75 minute treatment      \$285 FJD



### Heaven and Earth Tension Tamer

Slip into deep relaxation and release the tension gathered in the body and mind daily. Your therapist will start by focusing on your feet, using a combination of hot stones and reflexology pressure point stimulation. Delve into even deeper relaxation while your therapist massages your hands, arms, neck, and shoulders, allowing your body to loosen and let go of all stress.

75 minute treatment      \$285 FJD



### Thai Yoga Bodywork

Based on a 2,500 year old bodywork practice, this unique healing massage combines gentle stretching and acupressure to help improve posture, breathing, and free the flow of vital energy in the body. Through deep assisted stretches you will improve your flexibility and range of motion, while acupressure applied along your body's energy lines work to release muscular tension and create balance throughout the body.

\*Please wear comfortable clothing.

75 minute treatment      \$285 FJD



Healing



# Namale Couple's Experiences

Complete Bliss and Total Release, Performed with Unconditional Love

## Massage

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### Namale Couple's Massage

Dive into romance by making any of our 7 Signature Massages a couple's massage. Each of you will receive the treatment of your choosing, in a shared treatment room

75 minute treatment      \$570 FJD

(Price does not include Tandem Massage)



### Sunset Bliss

What better way to enjoy a Fijian sunset than to have a private room, overlooking the Koro Sea, reserved for you and your partner at our world renown spa? Start off on your private balcony with a glass of champagne and a foot soak, followed by your choice of any of our 75 minute Signature Massage Specialties. Your massage will end just before the sun sets, allowing you and your partner to enjoy a bottle of champagne, and hors d'oeuvres on your private deck.

(\*Start time will vary based on sunset times please ask for more information)

90 minute treatment      \$780 FJD



### The Ultimate Indulgence: Moonlight Magic

Your evening will commence with a coconut milk bath foot soak followed by your choice of any of our Signature Massage Specialties, performed with sensual oils in a majestic room adorned by candlelight and showered with flowers. Upon completion of your 90 minute massage you will be honored with the full private use of our hydrotherapy room.

105 minute treatment, plus 1 hour Hydro Room use      \$1040 FJD



### Namale Tandem Massage

To ensure you surrender to supreme relaxation, we offer the option to add a second therapist to any massage, body treatment, or wellness therapy to enhance your experience. Four hands perfectly synchronized for the journey of a lifetime.

Add \$200 FJD per person to the cost of any of our treatments

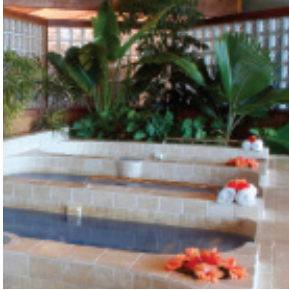
Sacred



# Body Treatments

Ancient Wisdoms... Sacred Space

Rejuvenate



## Body Wraps & Masks

### Anti-Aging Cocoa Wrap

Cocoa is a powerful little bean that highlights this anti-aging treatment. In order to properly replenish your body's minerals and deliver the anti-oxidants, we begin with a full body Swedish massage followed by a freshly made cocoa and coconut milk mask for your whole body. You'll be enveloped in warm towels to allow the mask to sink in to your skin. In the mean time, you will be treated to a neck, shoulder and signature scalp massage. This wrap will promote blood flow, boost your energy, fight free radicals and act as a powerful euphoric stimulator.  
90 minute treatment      \$340 FJD

### Rejuvenating Coconut Butter Wrap

Get introduced to our native Fijian healing herbs through this treatment. In two bundles of local roasted coconut and herbs from Namale's Gardens (called a *Suluwaki* (*Sal-ah -wah - key*)), we will apply a rhythm of percussion all over your body, followed by a full body relaxation massage. Our 100% homemade pure coconut butter is then applied to your full body and enveloped in a cooling wrap to intensify the healing effects, helping to soothe sun damaged skin and calm skin irritations. The coconut, herbs, and oils used are essential for Fiji's tropical environment.  
90 minute treatment      \$340 FJD

### Bali Spice Ritual

Using the traditional blend of Balinese villages, a recipe of fresh ginger, clove and other spices is applied to your body as a mask. This mask will aid in detoxification by stimulating digestion, along with easing congestion in aching joints and muscles by promoting circulation. While your body is warmed with the mask, you will receive a Balinese style massage.  
90 minute treatment      \$340 FJD





# Body Treatments

Ancient Wisdoms... Sacred Space

## Body Therapies

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### Balinese Massage

This is a meditative massage combining Hindu, Chinese and European influences to create a relaxing, rhythmic and energizing experience. This Asian experience offers varying techniques of acupressure, rolling motion, long strokes and percussion to invigorate the muscles and significantly increase overall wellness. This therapy ends with your choice of the Nuku Back Buff or Swedana Steam Therapy.

90 minute treatment      \$340 FJD

### Chakra Balancing Hot and Cold Stone Therapy

Enjoy this journey inward to find your center. Basalt stones are known for their geomagnetic healing qualities, and these stones will be used, both hot and cold, throughout your massage to remove energy blockages in the body and stimulate circulation. Seven healing chakra stones will be placed along key meridians to help generate and re-balance depleted energy, while the contrast of hot and cold dialates the muscles and promotes lymphatic functions. A powerful detoxifying and invigorating treatment.

90 minute treatment      \$340 FJD



Wellness

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“You literally can’t resist Namale. The idyllic setting, the sincere warmth of the people and the atmosphere of reflection...it all conspires to start draining tension out of your body and mind as soon as you set foot there.”

—Edward Norton  
Actor and Director





# Wellness Therapies

Ancient Wisdoms... Sacred Space

## Balancing Treatments

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### *Cagi* (Than-ee) "Air" Balancing Treatment

If you feel scattered, this treatment can lend a sense of grounding to the body and spirit. This *Cagi* starts with gentle exfoliation and soft body brushing. Hot stone therapy follows along with an Abhyanga style massage. Finally, your body will be painted with a warm mask of local honey, and enveloped in an herbal steam treatment.

2 hour treatment \$525 FJD

### *Vuravura* (Voor-ah Voor-ah) "Earth" Balancing Treatment

Designed for those feeling heavy and stagnated, this treatment stimulates and detoxifies the body. *Vuravura* begins with vigorous exfoliation and Abhyanga style massage, followed by a detoxifying local herbal body mask. You will conclude your experience with a relaxing steam therapy and cooling face treatment.

2 hour treatment \$525 FJD

### *YameYame* (Yah-mee yah-mee) "Fire" Balancing Treatment

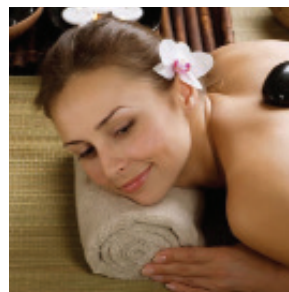
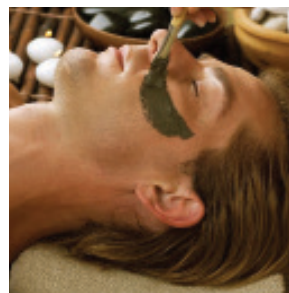
For those finding difficulty in escaping their thoughts, this treatment assists in calming the mind and turning off the intellect. In *Yameyame*, the body is introduced to a myriad of textures and sensations including a cooling aloe body mask, banana leaf wrap, foot reflexology and wave-like massage.

2 hour treatment \$525 FJD

### *KauKauwa* (Kow kow wah) "Energy" Therapy Treatment

If you're feeling tired and in need of rejuvenation, this invigorating treatment will stimulate your body and promote relaxation. Enjoy a vigorous, full body salt elixir exfoliation, deep tissue massage, followed by a swedana steam therapy to reduce tension and release impurities from the body.

2 hour treatment \$525 FJD



Revitalize





# Skin Care

Ancient Wisdoms... Sacred Space

## Facials

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Namale's healing skin therapies restore the radiant balance to your complexion while calming the mind & lifting the spirit. We combine ancient universal techniques with state of the art technology to envelop all of your senses.

### Savasava Facial Deep-Cleansing

This quick, in-depth cleanse of the face is designed to release impurities. The *Savasava* is a more clinical treatment including exfoliation and light extractions to assist the skin in returning to its natural state of balance: clean and renewed. (Major extractions are not recommended in this climate because of slow healing)

45 minute treatment      \$175 FJD

### *Yanuyanu* Island Facial

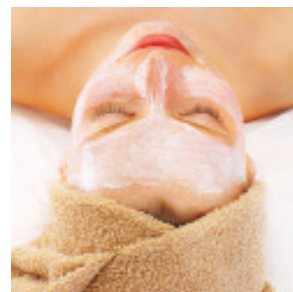
The *Yanuyanu* facial uses fresh ingredients from Namale and around Fiji to gently exfoliate, cleanse and moisturize the skin. It also includes a neck and shoulder massage, as well as the Namale Scalp Treatment to release stress. During your masking, your hands and feet will enjoy the benefits of a Reflexology massage.

90 minute treatment      \$300 FJD

### *Meke Totoka* Tandem Facial (Dance of Beauty)

Four hands and two hearts dance together to nurture the spirit during your tandem facial. Two therapists will begin your journey toward bliss with a Sea Salt back exfoliation and massage, a full facial with our Namale Scalp Treatment and a synchronistic toning leg massage treatment. This truly is decadence.

90 minute treatment      \$599 FJD



Beauty





PURE FIJI  
nourishing  
exotic oil  
Vanilla  
100% Pure  
100% Natural

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nourishing  
exotic oil  
Vanilla  
100% Pure  
100% Natural

PURE FIJI  
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EXOTIC OIL  
GUAVA  
100% Pure  
100% Natural

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FRAGRANT  
100% Pure  
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# Blissful Add Ons

Relish the Ancient Wisdoms of the World

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## Foot Bliss

Your feet will never feel better! This foot and calf treatment begins with a coconut milk bath soak, followed by a coconut scrub, a wrap in warm towels, and then finishes with a hot stone reflexology.

45 minute treatment      \$175 FJD

## Dilo Wrap

The extract of the Dilo nut is believed to possess a unique capacity to enhance the skins' own repair mechanism, thereby accelerating the healing of wounds to the skin.

In this treatment you are painted with Dilo Gel and wrapped in warm towels for 45 minutes. While the Dilo Oil works its' magic you will receive the Namale scalp massage as well as a hand and foot massage.

This therapy is perfect after a day of fun in the sun and will sooth skin irritation.

45 minute treatment      \$175 FJD

## Sugar Glow

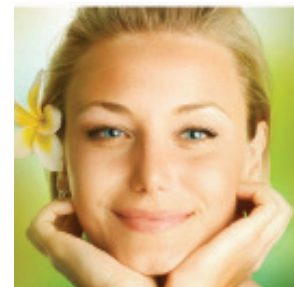
Relax and enjoy as coconut milk and oils are gently massaged into your skin. Followed by an application of pure cane sugar and a mixture of coconut and dilo oil - which rid the body of impurities, revealing new, healthy skin and ultimate vital glow.

45 minute treatment    \$175FJD

## Nuku (noo koo) Back Rub

This treatment is excellent for the hard to reach back area, concentrating on the entire back and neck region. The back buff includes cleansing, a purifying exfoliation, steam for hydrating and removal of impurities, and a detoxifying masque. This will leave your skin feeling refreshed and renewed.

45 minute treatment \$175FJD



Nourish



# Nail Care

Ancient Wisdoms...Sacred Space

Renewal



## Manicures

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### Mini Manicure

The Mini Manicure is a quick tidy up for your hands that includes filing, shaping and an application of Nail polish on your fingernails.

20 minute treatment \$65 FJD

### Spa Manicure

Your nails will be cleaned, filed, buffed and shaped to your style of choice. We will then gently exfoliate your hands with a sugar rub leaving them with a smooth silky feeling. A soothing hand massage and an application of nail polish will leave them looking radiant.

60 minute treatment \$125 FJD

### Namale Signature Manicure

The Signature Manicure is a pampering experience ideal for any skin type. Your nails will be cleaned, filed, buffed and shaped to your liking. We will then gently exfoliate your hands with our homemade mixture of local honey, virgin coconut oil and pure cane sugar. This is followed by our secret Namale Coconut Jaina masque, made from our bananas, local honey and fresh coconut cream. This relaxing treatment ends with a hand massage and a nail polish application - the ultimate indulgence for your hands and nails!

75 minute treatment \$155 FJD



# Nail Care

Ancient Wisdoms... Sacred Space

## Pedicures

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### Mini Pedicure

The Mini Pedicure is an express service that includes nail clipping, filing and shaping of your toe nails. Complete with an application of nail polish. 30 minute treatment \$85 FJD

### Spa Pedicure

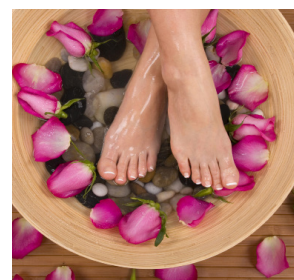
Indulge your feet by soaking them in a warm milk bath followed by an exfoliation and foot massage to allow your mind to drift away. Complete with an application of nail polish. Your feet will surely thank you! 75 minute treatment \$175 FJD

### Namale Citrus Soother Pedicure

This rejuvenating pedicure starts off with a coconut milk foot soak infused with fresh cut citrus to moisturize your skin. Followed by an exfoliating pure cane sugar scrub, and freshly made masque of papaya and local honey for the ultimate experience. The Papaya will moisturize, exfoliate and heal while the honey has natural cleansing and anti aging benefits creating a powerful combination! Following this nails will be shaped, buffed and cut to your liking, then you will indulge in a body butter massage to improve circulation in your legs and feet. A nail polish application finishes off this decadent experience. 90 minute treatment \$210 FJD

### Namale's Mavo Cucumber Liliwa Pedicure

This nourishing treatment will soothe and moisturize your tired feet with the cooling sensation of our homemade cucumber masque. This experience starts out with our warm coconut milk foot soak followed by cleaning, filing, buffing and shaping the nail to your liking. Our beach sand scrub and coconut creme scrub offer intense exfoliation leaving your skin smooth and glowing. Namale's signature local honey and yogurt masque will be applied for a complete healing experience. To finish, you will enjoy a body butter foot and calf massage to increase circulation and a nail polish application of your choice. This is the epitome of relaxation! 90 minute treatment \$210 FJD



Tranquility





# Accolades

Ancient Wisdoms... Sacred Space

## Accolades

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"The #1 Spa In Fiji."

—Luxury Spa Finder Magazine

"One of the top 50 most romantic places on earth."

—Luxury Magazine

"Best spa and most spectacular setting."

—Vacations & Travel Magazine

"All-time winner of the resorts and great hotels of the world connoisseur choice award."

—As seen on the cover of Architectural Digest

"The #1 ultimate honeymoon suite in fiji, #5 in the world."

—Modern Bride Magazine

"#1 Most Romantic Resort in South Pacific"

—TripAdvisor Traveler's Choice Awards

"Best Unique Accommodations"

— Fiji Excellence in Tourism Awards

"Fiji's Leading Spa Resort 2010"

— World Travel Awards

"Best Spa – Fiji Islands"

— Spa Finder Reader's Awards



Indulge







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