

# SPA MENU



# Where Paradise Embraces Healing

Embrace a haven of bliss at Namale's Spa – your indigenous island sanctuary. We honor your spirit and offer a tapestry of healing arts woven from ancient wisdom. It's our mission to awaken and restore the natural healing forces within you, guiding you on a journey toward perfect health and radiant beauty. At Namale Spa & Sanctuary, your well-being is our privilege. Let us guide you on a transformative journey, where ancient wisdom whispers secrets of healing and paradise paints your spirit with radiant vibrancy.

## Prepare for Pampering

Hydration is key: Drink plenty of water before and after your spa visit. It's the elixir of cellular cleansing and well-being.

Unwind and slow down: This is your time for self-care. Kindly arrive 10 minutes before your appointment to change and prepare for pampering.

Embrace comfort: A robe, towel, and locker with key will be provided. Undress to your level of comfort for the treatment. Our therapists are experts in ensuring a relaxing experience.

Communicate your needs, Inform us of any medical conditions or special requests. Some treatments may not be suitable if you're pregnant or have certain conditions. While we are here to guide you, please note that we are not doctors and we cannot make medical decisions on your behalf.

## Immerse Yourself in Paradise

Step into paradise at our complimentary hydrotherapy sanctuary (9am - 5pm), where worries melt away and water renews. Sink into the soothing embrace of the hot soaking tub, or awaken your senses in one of our four aromatic aromatherapy pools, each scented for invigorate or calm. For the daring, the cold plunge invigorates, while the cascades of tranquility waterfall massage kneads away stress. Seek deeper into purification in the sauna's gentle heat, then rinse off in the showers. This hydro haven is your gift for complete rejuvenation, where paradise touches body and soul.

# SIGNATURE MASSAGES AT NAMALE SPA

## WHERE HEALING TRADITIONS EMBRACE PARADISE

Each Namale signature massage is an invitation to escape the ordinary and dive into a sensory symphony of relaxation. Let us whisk you away on a journey of pure bliss, where ancient wisdom meets the caress of paradise.

All signature massages begin with a foot bath ritual.

### **DEEP TISSUE** (75 MINUTES)

Nestled amidst the Fijian rainforest canopy, inhale the earthy fragrance of rejuvenation. Escape into a deep tissue massage customized to your needs. Our therapists become your guides, expertly navigating knots and tension, releasing them like vines clinging to sun drenched branches. Emerge renewed, lighter and ready to explore paradise with newfound freedom.

### **ULTIMATE FUSION** (75 MINUTES)

Indulge in a symphony of relaxation blending the best elements of a Deep Tissue and Swedish massage. Warm volcanic stones, smooth as the pebbles lining the shore, become extensions of your therapist's hands. Deep Tissue massage will melt away muscle tension, while Swedish strokes, gentle as the caress of the waves, coax away lactic acid and travel fatigue. This is not just a massage; it's a journey to wholeness, serenaded by the rhythm of the ocean.

### **ABHYANGA** (75 MINUTES)

Immerse yourself in the revitalizing experience of Abhyanga, a full-body massage that employs a distinctive wave-like motion to enrich your skin with warm oil. This ancient technique not only nurtures the skin but also boosts circulation throughout the body with its rhythmic, flowing movements. Embrace the sensation of renewed energy and a radiant glow as this unique massage stimulates vitality from head to toe.

### **TRUE SWEDISH** (75 MINUTES)

Experience the zen-like embrace of a Swedish massage, a gentle dance of nurturing strokes that soothe your mind and body. Feel the loving touch ("au lomani iko") ease your blood pressure, stimulate circulation, and melt away fatigue. This is a sanctuary for those seeking pure tranquility and stress relief, offering a tender approach.

### **HEAVEN & EARTH TENSION TAMER** (75 MINUTES)

This focused ritual begins with a symphony of hot stones and reflexology on your feet, unlocking hidden stress. The massage then focuses on your hands, arms, neck, and shoulders, areas where stress collects will surrender to pure bliss. This treatment is a respite for those seeking targeted relaxation, rather than a full-body experience.

### **FIJIAN BOBO (BOM-BOH)** (75 MINUTES)

Whispered down through generations of Fijian healers, this sacred skill is performed by gifted therapists in a dedicated room with ceiling bars and floor tables. Feel the ancient rhythm of "au lomani iko" (loving, caring touch) as your barefoot therapist glides and compresses over your body. Their skilled feet knead and release tension, not with raw power, but with the ebb and flow of Pacific tides. Layer by layer, muscles soften, surrendering to the ancient rhythm of healing.

# NAMALE COUPLES EXPERIENCE

## WHERE PARADISE WHISPERS SECRETS OF LOVE

Let the rhythm of the Fijian Islands set the tempo for your romantic escape. Our couples' experiences invite you to dive deeper into love and connection, bathed in the serenity of our world-renowned spa.

### **SIGNATURE COUPLE'S MASSAGE** (75 MINUTES)

Indulge in any of our Signature Massages side-by-side. Choose your individual haven of relaxation from our menu of six unique journeys, each a symphony of touch and rejuvenation.

### **SUNSET BLISS** (90 MINUTES)

Raise a glass to paradise on your private spa balcony, overlooking the Koro Sea. Savor a foot soak and champagne as the sun paints the sky with fiery hues. Then, surrender to your choice of any of our six Signature Massages, orchestrated by expert hands. As twilight descends, indulge in more Champagne and hors d'oeuvres, basking in the afterglow with your loved one. (Start time based on sunset, please inquire for details.)

### **MOONLIGHT MAGIC** (105 MINUTES)

Embrace the romance of candlelight and fragrant flowers. Immerse yourselves in a coconut milk bath foot soak, a prelude to your choice of Signature Massages. Sensual oils dance on your skin as expert hands weave tranquility under the soft glow of candlelight. After your bliss-filled 105 minutes, reignite the spark with exclusive access to our hydrotherapy room – your private sanctuary for the evening.

*At Namale Spa, your love story finds its perfect verse. Let our expert therapists guide you on a journey of shared serenity, leaving you and your partner forever enchanted by the magic of paradise*



# BODY WRAPS & MASKS

## AWAKEN & STIMULATE YOUR SKIN IN PARADISE

Let our nourishing masks and wraps unveil the radiant beauty locked within. Each invigorating treatment is designed to awaken your skin, stimulating its natural repair and leaving you bathed in a youthful, healthy glow.

### **ANTI-AGING COCOA WRAP** (90 MINUTES)

Embrace the euphoric power of the humble cocoa bean. Experience the ultimate age defying ritual as a full-body Swedish massage preps your skin for nourishment. Then, surrender to a freshly made mask of velvety cocoa and creamy coconut milk, enveloping your entire body in warm towels. As the mask works its chocolate-scented magic, indulge in a blissful neck, shoulder, and signature scalp massage. This potent potion boosts blood flow, ignites your energy, combats free radicals, and leaves you feeling exhilarated and renewed.

### **REJUVENATING COCONUT BUTTER WRAP** (90 MINUTES)

Immerse yourself in the healing whispers of Namale's gardens through this nourishing ritual. Two bundles of locally roasted coconut and aromatic herbs, woven into "suluwaki" (sacred percussion instruments), rhythmically awaken your senses. Followed by a full-body relaxation massage, 100% pure homemade coconut butter is lovingly applied and enveloped in a cooling wrap. This tropical treasure soothes sun-kissed skin, calms irritations, and infuses your body with the restorative power of nature's bounty.

### **SWEDANA STEAM THERAPY MASSAGE** (90 MINUTES)

Unleash your body's natural detox power with this invigorating ritual. Begin with a full-body exfoliation, releasing the surface layer of worries. Then, surrender to the warm embrace of a full body Swedish Style massage, coaxing hidden tensions to the surface. Finally, let the gentle touch of a full-body steam envelop you, carrying away toxins and leaving you renewed.

### **BALI SPICE RITUAL** (90 MINUTES)

Dance a fiery tango with Balinese spices. Embark on a sensory journey with a stimulating dry massage, followed by a warm oil massage that melts away tension. Let your skin tingle with the exotic warmth of a traditional Balinese village blended mask - a spicy melody of fresh ginger, clove, and other secret ingredients. While the mask works its magic, dive into the bliss of our signature neck and scalp massage. Emerge with skin that's invigorated, revitalized, and radiating a fiery touch of the tropics.

*Each body wrap and mask is a love letter to your skin. Let us guide you on a journey of transformation, where nature's secrets unveil your inner radiance, leaving you glowing with the timeless beauty of paradise.*



# BODY THERAPIES

## WHERE HARMONY EMBRACES HEALING

Dive deeper into wellness with our transformative body therapies, designed to awaken your inner energy and restore balance to your being.

### **BALINESE MASSAGE** (90 MINUTES)

Embrace the dance of Asian healing traditions. This meditative journey blends Hindu, Chinese, and European influences, weaving a symphony of relaxation, rhythm, and rejuvenation. Experience acupressure, rolling motions, long strokes, and invigorating percussion, designed to stimulate your muscles and elevate your overall well-being. This Asian odyssey culminates in your choice of the Nuku Back Buff – a revitalizing back scrub with coconut crème scrub and beach sand – or the Swedana Steam Therapy – a detoxifying ritual of steam and aromatherapy.

### **CHAKRA BALANCING HOT & COLD STONE THERAPY** (90 MINUTES)

Embark on a sacred journey inward. Rediscover your center with this powerful treatment that unlocks the wisdom of your chakras. Basalt stones, imbued with geomagnetic healing energies, dance across your body – warm to melt away blockages, cold to stimulate circulation. Seven chakra stones, placed along key meridians, harmoniously rebalance your energy flow, while the contrast of hot and cold your muscles and awakens your lymphatic system. This potent blend of detoxification and invigoration leaves you renewed, balanced, and brimming with life force.

*At Namale Spa, body therapies are more than just treatments – they are doorways to inner harmony. Let our expert therapists guide you on a transformative journey, where ancient wisdom meets modern luxury, leaving you feeling whole, centered, and radiant.*



# WELLNESS THERAPIES

## WHERE BALANCE BLOOMS IN PARADISE

Embark on a transformative journey towards wholeness. Our two-hour wellness therapies awaken the natural healing forces within you, blending local wisdom with global massage techniques. Escape the whirlwind of thoughts and rediscover true harmony of mind, body, and spirit.

### **CAGI (THAN-EE) (120 MINUTES)** **AIR BALANCING TREATMENT**

Find your center where the wind whispers. Let gentle exfoliation and soft body brushing melt away tensions. Feel the soothing embrace of hot stone therapy followed by a full-body massage that guides you to profound relaxation. Finally, surrender to a warm honey mask, infused with the essence of local hives, as an herbal steam envelops you, restoring inner peace and serenity.

### **VURAVURA (VOOR-AH VOOR-AH) (120 MINUTES)** **EARTH BALANCING TREATMENT**

For those seeking deep cleansing and energetic renewal, shake off the stagnation and embrace vibrant energy. Designed for those feeling heavy and sluggish, this invigorating treatment awakens your senses and detoxifies your body. A warm oil Abhyanga-style massage begins the journey, leaving you feeling renewed and revitalized. Vigorous exfoliation removes blockages, followed by a detoxifying herbal body mask that draws out impurities. Finish your treatment with a relaxing steam therapy with a cooling face treatment helps you find your center.

### **YAMEYAME (YAH-MEE, YAH-MEE) (120 MINUTES)** **FIRE BALANCING TREATMENT**

Squelch the roar of your mind and find stillness. Let go of incessant thoughts and rediscover inner quietude with this calming ritual. Be captivated by a myriad of textures and sensations – a cooling aloe mask, a banana leaf wrap, soothing foot reflexology, and mesmerizing wave-like massage that lull your body into deep tranquility.

### **KAUKAUWA (KOW KOW WAH) (120 MINUTES)** **ENERGY BALANCING TREATMENT**

Ignite your vitality and dance with renewed vigor. Unleash your inner spark with this invigorating journey. Surrender to a deep tissue massage that melts away tension and rejuvenates your being. Feel the energizing tingle of a full-body salt elixir exfoliation as it awakens your senses. Finally, let the Swedana steam therapy wash away impurities, leaving you revitalized and brimming with renewed energy.

*Each wellness therapy is a curated symphony of touch, tradition, and island magic. Let our expert therapists guide you on a journey to rediscover your inherent balance, leaving you feeling whole, grounded, and radiant with the spirit of paradise.*

# NAMALE FACIALS

WHERE RADIANCE BLOSSOMS AND INNER SERENITY TAKES FLIGHT

Unveil your skin's inherent luminescence and awaken your spirit with our transformative facials. We weave ancient wisdom into crafting sensory journeys that nurture both your complexion and your well-being.

## **SAVASAVA DEEP-CLEANSING FACIAL** (45 MINUTES)

A quick yet potent reset for your skin. Wash away impurities and restore balance with this focused cleansing ritual. The Savasava is your clinical haven, combining invigorating exfoliation and gentle extractions to guide your skin back to its natural equilibrium – clean, fresh, and renewed. Major extractions are not recommended in this climate because of slow healing.

## **VITAMIN C BRIGHTENING FACIAL** (90 MINUTES)

Kiss dullness goodbye and embrace a luminous complexion. Infuse your skin with the radiant power of Vitamin C from the first caress of the cleanser to the final touch of hydration. This luxurious journey begins with deep pore cleansing, followed by a gentle exfoliating scrub. Witness your skin's transformation as a nourishing face oil massage and a potent Vitamin C mask work their magic. While the mask bathes your skin in revitalizing energy, surrender to a blissful hand and foot massage.

## **YANUYANU ISLAND FACIAL** (90 MINUTES)

Immerse yourself in the island's ancient secrets of beauty. Experience the exquisite dance of ancient dilo nut oils and powerful botanicals. This transformative ritual gently exfoliates, cleanses, and deeply moisturizes, leaving your skin refreshed and radiant. Let go of tension with a soothing neck and shoulder massage, and indulge in the Namale scalp treatment – a haven of tranquility. As your hydrating mask works its magic, your hands and feet will be embraced by the invigorating rhythm of a reflexology massage.

## **MEKE TOTOKĀ FACIAL** (90 MINUTES TANDEM)

A symphony of four hands and two hearts, weaving a tapestry of pure bliss. This decadent experience is where luxury meets connection. Two expert therapists embark on your journey together, beginning with a revitalizing sea salt back exfoliation and massage. As your facial unfolds with the nourishing touch of the Namale scalp treatment, your legs surrender to the synchronized rhythm of a toning massage. This is pure indulgence, a celebration of shared rejuvenation and radiant beauty.

*Each Namale facial is more than just a skin treatment – it's a doorway to inner sanctuary. Let our expert therapists guide you on a journey where ancient wisdom whispers secrets of radiance, leaving you glowing with renewed confidence and a spirit that soars with the serenity of paradise.*





# NAMALE MANICURES

WHERE HANDS EMBRACE A TOUCH OF MAGIC

Let your hands embrace the luxury of our transformative manicures. We believe in pampering them not just cosmetically, but holistically, leaving them smooth, silky, and radiating with newfound well-being.

## **MINI MANICURE** (30 MINUTES)

The quick touch of beauty. This express service keeps your nails neat and polished, with expert filing, shaping, and a dazzling coat of color to refresh your look.

## **SPA MANICURE** (60 MINUTES)

A symphony of care for your hands. Indulge in a complete nail transformation. We'll clean, file, buff, and shape your nails to your desired style. Gentle sugar exfoliation removes roughness, leaving your skin feeling luxuriously smooth. Surrender to a soothing hand massage, and let the final flourish of nail polish elevate your hands to radiant perfection.

## **NAMALE SIGNATURE MANICURE** (75 MINUTES)

An island indulgence for your fingertips. This pampering ritual is where nature's magic meets meticulous care. We'll clean, file, buff, and shape your nails to your liking. Then, our signature homemade blend of local honey, virgin coconut oil, and pure cane sugar gently polishes away rough edges, leaving your hands feeling like silk. Dive into the tropical bliss of our secret Namale Coconut Jaina Masque, crafted with ripe bananas, local honey, and fresh coconut cream. This deeply nourishing treat infuses your skin with revitalizing island energy. As your hands bask in this luxurious cocoon, a soothing hand massage that melts away tension. Finally, a touch of vibrant nail polish completes your transformation, leaving your hands and nails radiantly beautiful and utterly pampered.

(Please allow additional time for gel polish removal.

Regular polish is used for the mini manicure. Regular or gel polish are available on the spa manicures. Gel polish is available for an additional cost.)

*At Namale Spa, manicures are more than just beauty treatments – they are rituals of self-love and island indulgence. Let us guide you on a journey where every touch whispers the story of paradise, leaving your hands and feet glowing with newfound elegance and a spirit that soars with the rhythm of the Fijian sunshine.*



# NAMALE PEDICURES

WHERE STEPS DANCE ON SOFT SAND AND SOULS FIND SOLACE

Your feet carry you on life's journey, therefore they deserve a haven of rejuvenation – a sanctuary sculpted from the whispers of tropical paradise. Let our transformative pedicures unveil the hidden beauty and boundless bliss within your steps.

## **MINI PEDICURE** (30 MINUTES)

A quick touch of perfection for busy soles. This express service trims, files, and shapes your toenails to polished perfection, complete with a splash of vibrant color to refresh your look.

## **SPA PEDICURE** (75 MINUTES)

Immerse your feet in a symphony of pampering. Surrender to the warm embrace of a milky soak, followed by gentle exfoliation and a soothing foot massage that melts away tension and transports your mind to tranquil shores. Finally, a touch of color elevates your toes to radiant elegance.

## **NAMALE CITRUS SOOTHE PEDICURE** (90 MINUTES)

A burst of island sunshine for thirsty soles. This invigorating ritual begins with a citrus-infused coconut milk soak, infusing your skin with tropical zest. A pure cane sugar scrub buffs away dryness, followed by a papaya and honey masque – a potent blend of moisturizing, exfoliating, and anti-aging magic. As your nails are meticulously shaped and buffed, a revitalizing body butter massage stimulates circulation, leaving your legs and feet tingling with renewed energy. A final flourish of vibrant color completes this decadent journey.

## **CUCUMBER LILIWA PEDICURE** (90 MINUTES)

A cool embrace for parched feet. This nourishing treatment envelops your tired soles in the soothing serenity of a homemade cucumber masque. Warm coconut milk melts away tension, while your nails receive expert care. Beach sand and coconut creme scrubs slough away roughness, leaving your skin smooth and radiant. Namale's signature honey and yogurt masque wraps your feet in a final layer of healing indulgence. A body butter massage pampers your legs and calves, and a touch of color completes this epitome of relaxation.

(Please allow additional time for gel polish removal. Regular polish is used for the mini pedicure. Regular or gel polish are available on the spa pedicures. Gel polish is available for an additional cost.)

*At Namale Spa, pedicures are more than just beauty rituals – they are journeys of rediscovery. Let our expert therapists guide you on a barefoot path to bliss, where every touch whispers the secrets of the Fijian breeze, leaving your steps dancing with newfound lightness and your soul bathed in the golden glow of serenity.*



# BLISSFUL ADD-ONS

## WHERE PARADISE WHISPERS SECRETS OF REJUVENATION

Elevate your Namale Spa journey with these exquisite add-ons, meticulously crafted to awaken your senses and nourish your well-being. Each experience is a tapestry woven from nature's wisdom and ancient traditions, leaving you sparkling with newfound vitality and inner peace.



### **NAMALE TANDEM MASSAGE**

Double the relaxation, double the bliss. Elevate any massage (except Fijian Bobo), body treatment, or wellness therapy to new heights with a second therapist. Two sets of skilled hands move in perfect harmony, amplifying the journey of rejuvenation for both of you.

### **FOOT BLISS (45 MINUTES)**

Surrender your tired soles to paradise. This heavenly treatment begins with a warm coconut milk soak, softening and soothing every inch of your feet. Gentle coconut scrubs whisk away dryness, followed by a cozy cocoon of warm towels. Finally, hot stone reflexology dances across your soles, unlocking pressure points and sending waves of relaxation throughout your being.

### **DILO WRAP (45 MINUTES)**

Embrace the secrets of the tropical nut. Immerse yourself in the restorative magic of the Dilo oil, revered for its skin-healing properties. Feel the warmth of a creamy Dilo gel as it paints your skin, then surrender to the gentle embrace of warm towels. As the Dilo works its magic, let the rhythmic touch of the Namale scalp massage and hand and foot massages lull you into a state of tranquility. This is the perfect antidote to a sun-kissed day, leaving your skin soothed and rejuvenated.

# BLISSFUL ADD-ONS

WHERE PARADISE WHISPERS SECRETS OF REJUVENATION

## **SUGAR GLOW** (45 MINUTES)

Reveal your skin's natural brilliance with this full-body exfoliation, uniquely utilizing pure cane sugar. Immerse yourself in the rich fusion of coconut oil, setting the stage for a transformative scrub. The fine grains of cane sugar, enriched with the hydrating properties of coconut and Dilo oils, work gently to exfoliate your body, removing impurities and unveiling smooth, refreshed skin. This luxurious treatment culminates in a luminous glow, reminiscent of the serene embrace of paradise.

## **NUKU BACK RUB** (45 MINUTES)

Pamper the often-neglected haven of your back. This dedicated treatment focuses on those hard-to-reach areas, enveloping your entire back and neck region in a symphony of pampering. A cleansing ritual followed by a purifying exfoliation prepares your skin for the magic of steam, drawing out impurities and leaving you feeling deeply hydrated. Finally, a detoxifying masque completes the transformation, leaving your skin refreshed and renewed, as if kissed by the Fijian sunshine.

## **BOBO LAI LAI** (45 MINUTES)

Unwind in an ancient Fijian tradition. Bobo Lailai, meaning "gentle steps," is a massage passed down through generations, performed solely by foot. Therapists, trained in this unique technique, adjust pressure to your comfort, kneading away stress like the tide erasing footprints on the sand. Unlike deep tissue, Bobo Lailai offers a broader, deeply relaxing experience. Improved circulation, increased flexibility, and released muscles leave you feeling rejuvenated.

## **VAKAMALUMU** (45 MINUTES)

This back, neck and scalp massage will loosen the knots and improve flexibility to your upper body. It will help relieve headaches by stimulating the nerves on your scalp and the blood circulation within your head. This treatment will leave you feeling relaxed and re-energized.



# BLISSFUL ADD-ONS

WHERE PARADISE WHISPERS SECRETS OF REJUVENATION

## **STEAM THERAPY** (20 MINUTES)

Indulge in the ultimate sensory experience by complementing any of our luxurious treatments or signature massages with our exclusive steam treatment. Envelope yourself in a cocoon of warmth as the steam gently unfurls your pores, preparing them to drink in the nourishing essence of our virgin coconut oil or the rich goodness of our masks.

## **REFRESHER FACIAL** (20 MINUTES)

Experience a revitalising facial refreshment, a cherished option often chosen during our luxurious steam treatments or as the perfect conclusion to one of our signature massages. This enchanting cleanse, infused with the essence of renewal, bestows upon your skin a radiant glow, evoking the sensation of a fresh breeze sweeping across our tropical paradise.

## **SCALP MASSAGE** (20 MINUTES)

Imagine a delicate dance between the fingertips and the terrain of your scalp. With each gentle touch, tension melts away, leaving you feeling relaxed and rejuvenated, letting go of stress and embracing pure bliss.

*At Namale Spa, every add-on is a brushstroke on your canvas of well-being. Let these exquisite experiences weave their magic into your spa journey, whispering secrets of rejuvenation and leaving you radiant with the spirit of paradise.*



# ACCOLADES

"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"  
**TRIP ADVISOR TRAVELERS' CHOICE AWARDS**

"Best unique accommodations"  
**FIJI EXCELLENCE IN TOURISM AWARDS**

"Namale is an ultimate escape...experience its bliss!"  
**DONNA KARAN, WORLD RENOWNED FASHION DESIGNER**

"You cannot 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**



