



Tatadra Spa

'HOUSE OF DREAMS'

MASSAGE

AROMATIC MASSAGE

allow 30 min - \$77 FJD (\$42 AUD)
60 min - \$133 FJD (\$73 AUD)

A combination of swedish and relaxation massage techniques are used to release tired muscles, improve circulation and relax body and mind. A complete healing experience enhanced with aromatic massage oils.

PREGNANCY MASSAGE

allow 30 min - \$77 FJD (\$42 AUD)
60 min - \$133 FJD (\$73 AUD)

A soothing massage for the expectant mother. Please note, strictly for women 12 weeks pregnant and over.

RELAX AND RESTORE MASSAGE

allow 30 min - \$77 FJD (\$42 AUD)
60 min - \$133 FJD (\$73 AUD)

A therapeutic massage that focuses on areas of tension and soreness. By applying deeper corrective massage techniques, we can activate the body's natural healing process to relax and restore the body so it can function at its optimum.

REFLEXOLOGY

allow 45 min - \$101 FJD (\$55 AUD)

A unique method to treat the foot, addressing acupressure points that relate to various areas of the body. The session ends with a calming foot massage.

TRADITIONAL NECK & SCALP MASSAGE

allow 25 min - \$66 FJD (\$36 AUD)

A coconut shell is used to slowly drizzle warm oil hair & scalp. The head, neck and shoulders are then massaged to restore balance. Leaves hair shiny and healthy.

PACKAGES

EXOTIC HEAD & FOOT TREATMENT

allow 70 min \$133 FJD (\$73 AUD)

A pampering foot wrap followed by a luxurious neck and scalp massage. Treat your extremities.

REVITALIZE

allow 90 min \$192 FJD (\$106 AUD)

This superb treatment blends the healing properties of an aromatic massage with a restorative spa facial.

LOMALAGI (HEAVEN)

allow 120 min \$243 FJD (\$133 AUD)

A tropical exfoliation complemented by a lavish aromatic massage. This treatment truly lives up to its name.

TATADRA

allow 180 min \$435 FJD (\$239 AUD)

Treat yourself to our signature spa experience. A sugar body glow followed by a blissful stone massage and rejuvenating facial.

COUPLES INDULGENCE

Share a spa experience together as you retreat to your own private treatment room. Choose from the packaged treatments below, or select your own combination of spa rituals offered at Tatadra Spa.

AROMATIC MASSAGE \$233 FJD (\$128 AUD) per couple

BLISSFUL STONE MASSAGE \$276 FJD (\$152 AUD) per couple

REJUVENATING SPA FACIAL \$264 FJD (\$145 AUD) per couple

SERENITY - allow - 120 MIN \$496 FJD (\$272 AUD) per couple
(An aromatic massage followed by a rejuvenating facial).

MARAU (ETERNAL HAPPINESS) -

WEDDING PACKAGE

allow 120 min \$496 FJD (\$272 AUD) per couple

A luxurious treatment for the bride and groom to be. The bride will enjoy a Sugar body glow followed by an Island foot wrap. Meanwhile, the groom will experience a Healing stone massage and Island foot wrap.



Tatadra Spa

'HOUSE OF DREAMS'

Discover Tatadra Spa where the forest meets the ocean. Tatadra, (pronounced Tatundra) means House of Dreams . Choose from a range of spa rituals combining traditional indigenous techniques with proven methods from around the world. Pure Fiji natural body care products have been selected for use in all of our spa rituals to access the many therapeutic benefits derived from drift nut oils and botanical extracts.

All treatments are available for individuals or couples. Bookings can be made at the front office reception desk. Hours of operation are 10am - 7pm. In room massage is available, a \$95 surcharge applies.

Spa treatment times include a brief consultation and 5 minutes relaxation time at the end of the treatment.



Conversion rates for AUD (Australian dollars) are approximate. Please check exchange rates for exact conversions.

Treatment Policy: Your treatment time has been reserved especially for you, however we understand that plans change. To change or cancel your appointment, we require 3 hours notice or a 50% charge will apply. Failure to arrive will result in the full payment being charged.



Likuliku
LAGOON
FIJI



Stone Therapy

BLISSFUL STONE MASSAGE

allow 60 min \$150 FJD (\$82 AUD)

Warmed basalt stones combined with exotic oils are used to massage away tension, restore balance and boost positive energy flow. Increasing circulation, the stones encourage sore muscles to relax and surrender to bring about a greater sense of well being and harmony.

HEALING STONE MASSAGE

allow 90 min

\$178 FJD (\$98 AUD)

This truly therapeutic massage incorporates the soothing touch of warm stones with the refreshing effect of cold stones. Accelerates the body's natural ability to heal itself.



Facials

REJUVENATING SPA FACIAL

allow 60 min \$150 FJD (\$82 AUD)

Provides a relaxing experience whilst restoring the vitality of the skin. This indulgent facial treatment leaves your complexion visibly smoother and more radiant. It includes a cleanse, exfoliation, facial neck & shoulder massage, mask and hydration.

ULTIMATE SPA FACIAL

allow 90 min \$192 FJD (\$106 AUD)

This firming facial includes, 2 masques, a cleanse, hydration massage, hand and foot wrap. Refreshes and tones.

Body Elements

SUN SOOTHER

allow 45 min \$121 FJD (\$66 AUD)

Soothe sun kissed skin with the gentle application of Dilo rescue gel. Helps calm redness and provides an amazing cooling effect.

PARADISE SUGAR BODY GLOW

allow 80 min \$177 FJD (\$97 AUD)

Coconut milk and exotic nut oils are gently massaged into the skin in preparation for an invigorating pure cane sugar & nourishing oil exfoliation. Rids the body of dead skin cells revealing a new healthy layer of skin. Strengthens and improves elasticity whilst replenishing moisture loss.

COCONUT BODY GLOW

allow 45 min \$126 FJD (\$69 AUD)

Cleanse, polish and protect your skin. Coconut & Pineapple extracts gently buff away dull skin cells and unclog pores rejuvenating your skin. Followed by an application of Hydrating lotion to rapidly moisturize the skin.

NOURISHING ISLAND WRAP

allow 60 min \$143 FJD (\$79 AUD)

Restore your skin's balance with our tropical body wrap. A drybrush exfoliation is followed by a body masque & wrap, creating a cocoon for maximum absorption and hydration. After a luxurious facial massage, the body is moisturized leaving you nourished and renewed.

FIJI ISLAND RITUAL

allow 90 min \$249 FJD (\$136 AUD)

Your ritual begins with a deep pore cleansing exfoliation followed by a detoxifying dilo banana leaf wrap. After a relaxing scalp treatment, the body is massaged promoting hydration, nourishing and repairing the deepest layers of the skin.

Hand & Foot Bliss

ISLAND FOOT WRAP

allow 45 min \$95 FJD (\$52 AUD)

Treat your feet to a ritual cleansing followed by a cane sugar exfoliation. A warm foot masque & wrap is then applied as your legs are massaged with exotic massage oils.

(Reflexology upgrade available 15 min - \$26 FJD (\$14 AUD))

ISLAND HAND WRAP

allow 45 min \$94 FJD (\$52 AUD)

Indulge your hands with an exfoliating coconut scrub followed by a warm hand wrap and soothing arm massage using rich hydrating body butter.

DILO FOOT RESCUE

allow 45 min \$94 FJD (\$52 AUD)

Soothe tired feet and reduce swelling with Dilo, a traditional Fijian remedy. A ritual cleansing with dilo foot soak is followed by a reviving pore cleansing exfoliation. Your feet are cocooned in a soothing dilo foot masque. Concludes with a refreshing dilo gel leg and foot massage.

Ideal for hikers, snorkellers or those suffering from jetlag. (Ask about a reflexology upgrade).

