

The background of the entire page is a soft-focus photograph of a spa setting. It features a mound of light-colored sand in the foreground, with two white plumeria flowers resting on it. In the background, a warm, glowing light source, possibly a candle or a lamp, is visible, creating a serene and relaxing atmosphere.

THE MANA SPA TREATMENT MENU

Mana Island Resort & Spa - Fiji

All prices are quoted in Fijian dollars and are inclusive of taxes.

Prices are subject to change without prior notice.



MASSAGE

The Mana Bliss **signature treatment & most popular*

FJ\$ 220 (90minutes) / FJ\$ 190 (60minutes)

Experience the ultimate in personalized relaxation with our Signature massage. This customized treatment blends various massage techniques to meet your unique needs and preferences. Whether your seeking stress relief, muscle recovery, or simply a moment of calm. Let your body and mind unwind with our one-of-a-kind Signature experience.

Fijian Bobo Massage **signature treatment & most popular*

FJ\$ 220 (90minutes) / FJ\$ 190 (60minutes)

A truly traditional massage that has been proudly passed through generations. Discover the time tested benefits of this unique massage. A unique blend of cold pressed nut oils infused with tropical flowers that will rejuvenate, replenish, hydrate and nourish your skin. A special massage that brings you the touch and scent of Fiji.

Warm seashell massage **featured treatment*

FJ\$ 265 (90minutes)

Drift away while enjoying a relaxing massage with warm sea shells and relaxing blends of aromatherapy oils. Tension is relieved and balance is restored with the unique massage experience.

Hot Stone Massage

FJ\$ 265 (90minutes)

Melt away tension and stress with our Hot stone massage. Smooth, heated stones are gently placed on key points of the body and massage over the body to penetrate warmth deep into the muscles, promoting relaxation, improving circulation and easing pain or muscle stiffness. This treatment offers grounding, meditative experience that soothes both body and mind.

Aromatherapy Massage **featured treatment*

FJ\$ 230 (90minutes) / FJ\$ 200 (60minutes)

Immerse your senses in tranquility, treat mind, body and spirit with a blend of therapeutic essential oils. This gentle, flowing treatment combines the soothing techniques of massage with the healing power of essential oil to promote relaxation, boost circulation and restore inner balance. Breathe deeply, unwind fully and let nature's essences guide you to a state of deep calm and well-being.



All full body massage treatments includes Foot ritual





BODY SCRUB & BODY WRAP

Dragon Fruit Prebiotic Glow Wrap

FJ\$ 260 (90minutes)

A blissful journey designed to nurture your body's microbiome. Begin with dragon fruit sugar scrub, invigorating your skin and enhancing circulation. A generous layer of warm probiotic dragon fruit body butter masque is then applied to the whole body while you are wrapped and given a relaxing scalp massage. The masque is deeply restorative, helping to reduce inflammation, hydrate the skin and encourage our "good bacteria" to flourish. A relaxing back and legs massage leaves you a profoundly relaxed, your skin silky smooth and your body's natural harmony restored. Pure relaxation awaits.

Royal Coconut Milk and Honey Ritual

FJ\$ 260 (90minutes)

Indulge in a delightful blend of Fijian honey and coconut milk. This ritual will hydrate, nourish, firm and strengthen the skin. Enjoy honey sugar scrub followed by a wrap with a honey masque to firm and tighten the skin. This ritual will transport you to paradise.

Dilo nourishing wrap **most popular*

FJ\$ 260 (90minutes)

Replenish and rejuvenate dry, dehydrated or irritated skin with nourishing Dilo. High in essential fatty acids and Vitamins A, B, C and E combine with virgin coconut, macadamia oil and passionflower extract makes a super charged healing cocktail for the skin. Ideal after sunburn.

Guava Anti-Aging Nourishing wrap **most popular*

FJ\$ 260 (90minutes)

Combat the visible effects of skin aging and restore the appearance of a younger, more toned body with Pure Fiji's signature guava products. This treatment begins with a raw cane sugar scrub followed by a body masque application and warm oil scalp massage. The Anti-aging botanical oil blend is enriched with guava fruit which is high in Vitamin C boosting collagen production, toning the skin whilst hydrating and nourishing leaving skin with a healthy glow.

Dragon fruit Radiance sugar glow **featured treatment*

FJ\$ 210 (60minutes)

Unveil radiance with dragon fruit oil, cold pressed seed oils, raw cane sugar and AHA's leaving your skin irresistibly soft and radiant.

Sugar Glow / Coconut Crush Scrub

FJ\$ 210 (75minutes)

Reveal radiant, silky smooth skin with our rejuvenating body scrub. Freshly harvested sugar cane from Fiji is combined with a botanical blend of antioxidant, cold pressed seed oils to exfoliate and nourish the skin creating the ultimate healthy glow. This exfoliating therapy gently removes dead skin cells, unclog pores and stimulates circulation using a blend of natural ingredients. Your skin is left deeply cleansed, refreshed and glowing with renewed vitality.



All body scrub and body wrap treatments includes Foot ritual



A serene spa-themed still life featuring a stack of white towels, two lit candles in glass holders, several yellow and white plumeria flowers, and a small potted aloe vera plant on a wooden surface.

BATH THERAPY

Love Bath **most popular*

FJ\$ 310 (60minutes)

Indulge in a luxurious and intimate experience with our Love bath – a beautifully prepared soak designed for relaxation and connection. Surrounded by soft candlelight with flowers. This soothing bath sets the perfect atmosphere for couples to unwind, reconnect and enjoy a moment of pure bliss together. Perfect as a romantic escape while enjoying a Sparkling wine together.

Tropical Milk Bath

FJ\$ 280 (60minutes)

Luxuriate in a tropical flower float on a coconut milk bath while you enjoy a glass of herbal tea.

Dilo Bath Therapy

FJ\$ 280 (60minutes)

Rehydrates your skin, release tensions in muscles to restore balance, calm and revitalizes your body. Ideal after sunburn.



Bath therapy is good for two guests





PACKAGE

Serene Mana Escape Package **signature & most popular*

FJ\$ 260 (90minutes)

Your journey to tranquility begins here. Unwind with our luxurious spa package, a carefully curated experience designed to melt away stress and restore inner peace. Begin with foot ritual, calming back massage that soothes muscles and followed by a refresher facial tailored to your skin. Complete your escape with scalp massage leaving you refreshed from head to toe. This package is ideal for those seeking total relaxation and renewal.

Love and Bliss Couple massage

FJ\$ 400 (90minutes)

FJ\$ 340 (60minutes)

Reconnect and relax side by side with our indulgent Couple's massage. In a serene, private room, you and your partner will enjoy synchronized massage performed by two skilled therapists. Designed to promote relaxation, reduce stress and enhance bonding. This experience is perfect for anniversaries, honeymoons or simply spending quality time together. Choose from The Mana Bliss or Fijian Bobo Massage to suit your individual preferences. Soft lighting, calming music and a tranquil ambiance make this shared journey truly unforgettable.

The Mana Tranquil Retreat Package

FJ\$ 330 (120minutes)

Let your stress melts away and reclaim your calm with this package. A deeply restorative spa experience designed to calm the body and quiet the mind. Begin with a relaxing Aromatherapy massage to ease tension and improve circulation while enjoying the aromatic scent of the oil followed by Hydrating facial that leave your skin glowing and refreshed. Continue your journey with a nourishing hand massage and finished with scalp massage.



EXPRESS TREATMENTS

Foot Massage

FJ\$ 130 (30minutes)

Relax and revive with our soothing foot massage designed to relieve tension, improve circulation and restore balance throughout the body. Using targeted pressure points and gentle kneading techniques. This treatment eases fatigues, reduces stress and promotes overall well-being.

Fijian Style Head Massage **most popular*

FJ\$ 130 (30minutes)

A traditional Fijian coconut bowl is used to slowly drizzle warmed exotic, cold pressed seed oils along the hair line into the hair and scalp. These oils are then massaged gently into the scalp and neck to alleviate tension, relax the mind and aid with circulation. This nurturing ritual will alleviate fatigue and relieve tension while restoring hair to a healthy shine.

Simple Back Massage

FJ\$ 130 (30minutes)

Relieve tension and unwind with our focused back massage, targeting the areas where stress and fatigues often accumulate. Using a combination of deep tissue and relaxing techniques, this treatment eases muscle tightness, soothes discomfort and promotes overall relaxation. Ideal for those experiencing back stiffness, stress or posture related tension.



FACIAL TREATMENTS

Moisture Drench Hyaluronic and Hydrating Facial

**most popular*

FJ\$ 170 (60minutes)

Deliver a powerful hydration boost to skin through the power of hyaluronic acid ensuring maximum absorption in every layer of skin for visible results. Enhanced with pure plant actives and collagen to smooth fine lines and plump skin leaving it with a dewy glow.

Purifying Papaya Enzyme Facial

FJ\$ 170 (60minutes)

Purify, resurface and rejuvenate skin with this highly effective facial. This treatment removes the build-up of dead skin cells and impurities while brightening and balancing skin tone leaving you with completely refreshed, glowingly beautiful skin.

Vitamin C Brightening Facial

FJ\$ 170 (60minutes)

Brighten lackluster complexions, even skin tone and smooth texture from the first cleanse to the final hydration with the potent power of Vitamin C. This treatment begins with a deep pore cleanse followed by gentle exfoliating scrub to remove dead skin cells, face massage and masque. Finishing products applied leaving your skin visibly radiant, resurfaced, smooth and rejuvenated.

**not recommended for individuals with heart conditions, diabetes and sensitive skin.*

Refresher Facial

FJ\$ 130 (30minutes)

Get an instant glow with our refresher facial- a quick yet effective treatment designed to cleanse, exfoliate and hydrate your skin in just 30 minutes. Perfect for a mid-day pick-me-up or as an introduction to facial care, this treatment leaves your skin feeling fresh, smooth and revitalized. Ideal for all skin types and great for those on the go.



NAIL TREATMENT

Island Bliss Spa Manicure **most popular*

FJ\$ 105 (60minutes)

Pamper your hands with our indulgent spa manicure, a complete treatment that combines beauty and relaxation. This treatment includes relaxing massage finished with your choice of polish. Perfect for restoring moisture, softness and a polished look to tired hands.

****add \$50 for gel polish / add \$50 gel nail polish removal***

Island Bliss Spa Pedicure **most popular*

FJ\$ 115 (60minutes)

Give your feet the care they deserve with our luxurious spa pedicure. This full service treatment includes coconut milk foot bath, scrub and relaxing foot massage. Finished with your choice of polish. Your feet will feel refreshed, soft and beautifully groomed. Ideal for a total foot rejuvenation and deep relaxation.

****add \$50 for gel polish / add \$50 gel nail polish removal***

Mini Manicure

FJ\$ 85 (30minutes) With color polish

FJ\$ 50 (for kids under 12 years' old)

Perfect for those on the go. Includes essential nail care to keep your hands looking neat and polished. This quick treatment leave your hands refreshed and well-groomed in no time. Ideal for a quick touch -up.

Mini Pedicure

FJ\$ 95 (30minutes) With color polish

FJ\$ 55 (for kids under 12 years' old)

Treat your feet to a quick refresh. It's a perfect pick-me-up for well-groomed feet when you are short on time. Great for maintenance or a quick polish change.



WAXING AND TINTING

Brazilian	<i>FJ\$ 125</i>	<i>(60minutes)</i>
Full Leg	<i>FJ\$ 105</i>	<i>(60minutes)</i>
Half Leg	<i>FJ\$ 75</i>	<i>(45minutes)</i>
Back	<i>FJ\$ 75</i>	<i>(30minutes)</i>
Chest	<i>FJ\$ 75</i>	<i>(30minutes)</i>
Full Arm	<i>FJ\$ 75</i>	<i>(60minutes)</i>
Half Arm	<i>FJ\$ 60</i>	<i>(45minutes)</i>
Bikini line	<i>FJ\$ 60</i>	<i>(30minutes)</i>
Underarm	<i>FJ\$ 50</i>	<i>(30minutes)</i>
Lip/Chin/ Eyebrow	<i>FJ\$ 30 each</i>	<i>(15minutes)</i>

Eyelash and Eyebrow Tint	<i>FJ\$ 65</i>
Eyebrow Tint	<i>FJ\$ 45</i>
Eyelash Tint	<i>FJ\$ 40</i>



HAIR BRAIDING

Full Head Braids with Beads

Depending on the hair length & thickness

From FJ\$ 150

Half Head Cornrows with Beads

FJ\$ 95

French Braid Two Big Cornrows

FJ\$ 35

French Braid One Big Cornrow

FJ\$ 30

Per Single Braid or Cornrows

Below Shoulder to Long Length

FJ\$ 7

Per Cornrows with Beads


Short Length

FJ\$ 7

Per Single Braid with Beads

Short Length

FJ\$ 5



THALASSOTHERAPY FOR SPA BY NAMA FIJI

HYDRATION **most popular*

Experience the restorative power of sea to skin with Organic Vegan Sea Grapes (Nama). Rich in essential vitamins and minerals, Nama supports inter and intracellular hydration, combats environmental stress, and promotes naturally radiant, youthful skin.

Nama Hydration for Body

FJ\$ 195 (90minutes)

This full-body experience begins with a body scrub to smooth and renew the skin, followed by a restorative Nama wrap, and body massage. Skin is deeply nourished, leaving you feeling replenished, reconnected and radiant.

Nama Hydration Facial

FJ\$ 140 (60minutes)

Deeply hydrating and nutrient-rich, this facial infuses the skin with organic Nama serum to plump, smooth, and visibly revitalise. A luxurious anti-ageing treatment for a dewy, youthful glow.

DETOX ** featured treatment*

Heal and Cleanse with Thalassotherapy. Harness the power of sea minerals and trace elements to deeply purify the body—inside and out.

Nama Detox for Body

FJ\$ 190 (90minutes)

A deeply cleansing Thalasso treatment to detoxify the body inside and out, restoring clarity and well-being. A pre-treatment detox tea followed by a mineral-rich Nama body mask and signature buff. A soothing Nama poultice massage restores vitality.

Nama Detox Facial

FJ\$ 120 (60minutes)

Harnessing the purifying minerals of Nama, this targeted treatment helps cleanse, heal and rebalance problem-prone skin. Detoxifying and refreshing, it leaves the skin clearer, calmer and renewed.

MASSAGE

Contouring Body Massage

FJ\$ 220 (90minutes)

FJ\$ 190 (60minutes)

Sculpt, tone and awaken your senses. A revitalizing treatment designed to improve circulation, reduce water retention and enhance body definition. This specialized massage combines firm, targeted techniques with the therapeutic aromas of cedarwood for grounding, rosemary for stimulation and peppermint for a refreshing boost.

Relaxing Massage

FJ\$ 220 (90minutes)

FJ\$ 190 (60minutes)

Unwind and restore your inner calm, a gentle full body massage designed to melt away stress and tension. Infused with the soothing scent of lavender, The uplifting zest of lime and the comforting warmth of marjoram. This aromatic experience promotes deep relaxation, emotional balance and over-all well-being. Ideal for those seeking peace of mind, restful sleep and total body harmony.



SPA ETIQUETTE

To ensure an enjoyable experience for all our guests, we kindly ask that you observe the following spa etiquette:

- Please arrive at least 15 minutes before your appointment to allow time for check-in and to begin your experience stress-free.
- Arriving late may shorten your treatment time. To respect the next guests, your treatment will end at the scheduled time and full fee will apply.
- We require a minimum of 24 hours' notice for cancellations and rescheduling. Late cancellations or no show may subject to a fee.
- Please help us maintain a peaceful atmosphere by silencing your phone and speaking softly within the spa premises.
- Inform your therapist of any medical conditions, allergies or injuries prior to your treatment so we can customize your experience safely.
- We recommend not to bring any valuables. The spa is not responsible for lost or stolen items.

GIFT VOUCHERS

Gift vouchers are available for any treatment and packages. It can be purchased at the spa reception.

SPA OPERATING HOURS

- Monday to Sunday: 10:00 am to 9:00 pm
- Appointments are recommended to ensure availability. Walk-ins are welcome based on therapist's availability.
- For appointments and reservation. Please call Spa-2326 / Concierge-2304

