



Laucala Island



SPA MENU



An oasis - created to recapture

The **SPA** is the natural show-place of Laucala's spirit. The landscape of the spa feels like an oasis overlooking the South Sea, feeling the warm ocean breeze flow through the treatment villa. Hidden paths leading to the four spa suites passing flowery waters and blossoming lotus flowers.

These suites provide a changing room, a treatment room with open entrance into the relaxation lounge presented with a day bed and open fire place. Offering Vichy shower, bucket showers and private steam following the spa philosophy of healing through water. After your spa experience you have the chance of relaxing on your sun deck.




our indigenous Fijian roots

Laucala's four **SIGNATURE SCENTS**, Molikaro, Wainimate, Senikau and Qele are integrated into all our tailor made **SPA JOURNEYS**.

Wainimate meaning herbs or herbal medicine uses local curing botany, Molikaro, the wide variety of native citrus trees, Senikau, countless tropical blooms and Qele, our indigenous roots, woods and spices.





The heart of our spa is the **SPA GARDEN**. In this display garden you will be able to explore and learn about one of Fiji's finest collections of tropical flowers, herbs, spices and fruits. All the different ingredients that are implemented in the spa products will be represented and interpreted in their roles for the spa. Herbs and spices in all their garden variations are also displayed at the perfume pavilion creating a botanical array of exciting scents and textures. You may even create your own essential oil in our distillery with your pickings from the spa garden. Visit the florist's pavilion and create your own posy, let us guide you around the flower, herb and vegetable patch. Heliconias, Gingers, Anthuriums ... to enjoy the cutting garden for floral displays is an attraction in its own right! Watch and learn how we use the coconut oil press. The coconuts are pressed in small batches, allowing us to have fresh virgin oil and milk for our daily use in the spa and kitchen. The ability to infuse and then adapt this pure coconut oil to our recipes gives us the elemental essence of our products.

an open gate & a warm smile awaits you



traditional rituals

The **SPA** journeys offered in our spa menu are based on tradition rituals, combining South Pacific traditions and modern techniques. Within the menu you may choose and find the right **TREATMENT** for you and your present state of mind. Many choice of massages, Fijian hot and cold river stone therapy, body wraps, island volcanic scrubs and mineral crystal therapy to name just a few. Traditional Fijian healing treatments using the Dilo tree and Aloe Vera are the base for our alleviating skin care products for sunburn and windburn, and minor aches & pains you may have from travelling.



Laucala's signature scents

Classical facials using fresh ingredients, manicure and pedicure are offered in the **BEAUTY SALON**. Hairstyling and Indian head massages are also a part of the menu.



Starting with a base of virgin pressed coconut oil harvested from our very own coconuts, a range of personal care products based on the entire coconut itself – milk, flesh, oil and more will be hand made in the kitchen.

Applying cold pressed soap making techniques, aromatherapy & sulphate and paraban free formulas, a range of chemical free **SOAPS, SHAMPOOS & LOTIONS** are freshly prepared according to age old recipes for personal use in your residence.

Soap and lotion making classes are available if you are interested in learning more at the **SPA KITCHEN**. The assortment of tropical herbs and spices such as Vanilla, Cocoa, Lemongrass, Cinnamon, Nutmeg, Coffee, Ylang Ylang, Pepper & Ginger will become your own scented playground.



Walking over a curved wooden boardwalk, below a running creek, hearing the water splashing down softly – this is the path to your spa villa. An open gate awaits you and your wellness day begins ... The private and secluded treatment suites all have the convenience of changing rooms with showers, double treatment massage facilities & open views from the cliff top out to the open sea. The adjacent room has an Asian daybed and a hot stone warmer. Stepping out of the relaxation room into the garden you will find an open air bathtub with a striking view. A separate bure features the experience showers, Vichy shower beds and steam rooms for aromatherapy. All the **SPA SUITES** are equipped with a variety of experience showers to concede the spa philosophy of healing through water.

nature water & healing hands



Treatments of your choice

Philosophy

The spa is set in true nature on the Nawi hill, looking down where water and sand meet. Beyond you see the blue and turquoise ocean. You feel the spirit of the south sea, calmness and serenity of this special place. Laucala's botanicals & herbs using the strength from the roots to the blossoms – creating the essence of our four signature scents.

- Molikaro using the wide variety of native citrus trees
- Wainimate combining herbs and spices in curing botany, derived from traditional healing methods
- Senikau marrying countless tropical blossoms using the powers of their aromas
- Qele roots, woods and spices play a vital role in this grounding scent

No two massages are the same, the feeling and healing hands of the therapist give each guest what his body is asking for. The Tara Massage oils (tara meaning touch in Fijian) are blended with our island pressed virgin coconut oil, harvested at Laucala's Plantation. The coconut finds its well deserved place at our spa. Freshly picked, the entire coconut finds its role in milk, flesh, juice, water and oil.

Entering through the gate into one of our four spa treatment villas, your wellness day begins ...

The private and secluded treatment suites have all the convenience of changing rooms with showers, double treatment massage facilities, a day bed next to the warm flame of the fire bowl. Spacious decks with a large stone tub, with an indescribable view, experience showers set in the lush spa gardens. Two separate bures feature vichy shower beds to concede the spa philosophy of healing through water.





Spa - Treatments

Bula Vinaka - Welcome ... each treatment begins with a pampering & cleansing footbath.

Using our signature Hisbiscus, Honey & Sugar crystal foot polish, combined with a gentle massage are the entry of your special time for yourself at our spa.

Facial Treatments

Classical facial

The secret of having a healthy glow in your skin is a combination of cleansing, nourishing and helping the skin to bring back her vitality and brightness.

Depending on the skin type and the skin needs, a tailored facial treatment is made using the island honey and papaya, cucumber and aloe.

Rebalance facial

A pure natural clay, rich in minerals, vitamins and has excellent absorbent qualities.

This treatment stabilizes deep cleansing and purifying, includes exfoliation, pressure point massage and lymphatic drainage.

It has an antibacterial effect and is ideal to clear the skin of excess oil, blocked pores, inflammation.

Ideal for problematic skin types

Truly natural facial

This facial using traditional fresh herbs, fruits and vegetables

which are exclusive on the island, carefully selected for your skin type to enhance the complexion and re-energizes fatigued and freshly skin.

Body Treatments

Detoxifying micro algae envelopment

A pure natural Spirulina seaweed, rich in minerals and vitamins with high potency protein, this treatment stabilizes deep cleansing and detoxification.

Its anti-oxidants effect, is ideal for skin condition i.e. psoriasis, eczemas, for general well being, as a pick-me-up, and to relive muscular aches and strains.

Volcanic ash clay body wrap

Nature's most powerful organic clay is unique anti-inflammatory properties and soothes away trouble spots, brightens and smoothes skin's appearance. Helps reduce the accumulation of dead skin cells and impurities that may clog pores over time.

White clay body wrap

This white natural powder is insoluble and has excellent absorbent qualities.

This treatment reduces impurities, clears the skin of excess pollution and toxins and remineralizes the skin.

Can be used on any type of skin.

After sun soother

The healing powers of pure, fresh Aloe Vera and Cucumber are used to cool, soothe and hydrate your skin, after exposure to the sun.

This treatment begins with a cooling compress of Senikau essential oil followed by cooling body mask.

A relaxing and therapeutic scalp massage is performed during the body envelopment.

Your body will emerge a calm and a refreshed feeling.



Body rituals

Glowing body scrub and tropical Vichy shower

A Soft deep-cleansing exclusive sea salt body scrub relieves dull surface skin and leaves the body feeling vibrant. Following to this treatment we recommended a relaxing body massage to complete invigorating experience.

Herbal body scrub and tropical Vichy shower

A unique body exfoliating treatment created exclusive for Laucala Spa. Ground herbs blended with pure honey and fresh milk sweeps away dry, rough skin and promotes a useful hydrated complexion.

Totoka body polish and tropical Vichy shower

Provides soft skin with soothing emollients, to lift away surface impurities and infuses the skin with healing nutrients.

Coconut body polish and tropical Vichy shower

The island coconut is used in this recipe to smoothen and nourish the skin, leaving a silky, feel good complexion. A perfect pre sun treatment or a pampering experience after a day out in the sun.

Sugar crystal body polish and tropical Vichy shower

Combining pure crystal sugar with the islands hibiscus flowers and freshly pressed coconut oil is the essence of this typical body scrub. This treatment will help to achieve that healthy, radiant, glowing look and stimulate blood circulation.

Spa signature rituals

Classical facial

This facial enhances the complexion and re-energizes fatigued skin by using fresh ingredients of traditional natural herbs and vegetables. Tailor made mask according to your skin type.

Papaya body wrap

Papaya is found in most tropical fruit around the island. Indeed, this once very exotic fruit has some very powerful nutritional benefits and is rich in vitamin A, vitamin C and vitamin E. This body reviver will enhance and replenish dull or dry skin and leaves the entire body soft whilst being warped with banana leafs.

Bath rituals

Indian bath ritual

Water and bathing plays a vital role in India with purification and cleansing the body and mind. Salus per aquam ~ healing and rejuvenating through water. Our therapist will assist in tailoring your desired bath, purifying, detoxifying or nurturing with your choice of Laucala's Coconut Milk bath, Senikau aromatherapy bath or a herbal ritual. Pre bathing cleansing or exfoliation can be combined with our variety of honey & sugar crystal body polish, Fijian volcanic pumice exfoliation or herbal body scrubs.



Massage Therapies

Bombo massage

The special created Bombo massage (Fijian bombo) is designed to be given in the privacy of your massage pavilion at your residence.

This massage is based on pure Fijian techniques using the therapist's whole body, hands, knees, elbows and feet. The purpose is to unblock stagnation and to regain the rhythm flowing in your body.

Hot Stone therapy

Feeling the sensation of warm river stones combined with long soft strokes over the body give a deep feeling of relaxation. The warmth of the stones and oil dissolves tension and muscle pain. Mineral crystals restore the inner balance of mind & soul.

Titobu massage

This deep tissue massage is meant for regaining and maintaining the balance of the body. The masseur is guided by your body, especially working areas that are tense. The techniques help unlock blockages and loosen knots.

Relaxing massage

Following the body's natural meridian flow, a soothing feeling of tranquility is being transported. Calming the nerves creating a sense of serenity is enhanced by your choice of our signature scents.

Massage Therapies

Swedish massage

This massage is perfect for sore muscles and problem areas. Each part of the body is manipulated through individual muscles using percussive, tapping movements designed to stimulate the nervous system through rolling movement of the fingers and vibration of the body.

Thai massage

Benefit of the traditional Thai therapy includes movements to increase energy levels and encourages the body to release tension.

The therapist works on pressure points with varying strength levels.

The body is stretched in yoga like movements.

Thai massage is an oil free massage and the guest wears comfortable clothes during the treatment.

Thai massage with herbal compress

Traditional Thai therapy with a warm aromatic herbal compress is used to relieve areas of tension, stress and healing along with following the traditional Thai Energy meridians.

A selection of therapeutic herbs were wrapped in a muslin cloth, soaked, steamed and then applied to the body using soothing and invigoration movements.

Oriental foot massage

This massage is based on the ancient oriental therapies that link reflex zones to specific parts of the body. It relieves blockages and pain, illnesses and stress, by pressure point massaging reflexology point in the sole of the foot.



Spa Packages

Simply Nirvana

coconut body polish and tropical Vichy shower, aromatic relaxing massage, classical facial, herbal tea

The Laucala Journey

detoxifying bath, detoxifying micro algae envelopment, choice of massage - 75 min, herbal tea

Secret of the Wind

nourishing coconut milk bath, Swedish massage, truly natural facial, herbal tea

Discovery Ritual

oriental Thai massage, rebalancing facial, herbal tea

Waxing

Eyebrow

Lip & Chin

Underarm

Bikini

Half leg

Full leg

Men's chest / back

Salon Services

Hair & Head

Fijians use fresh coconut, the fruit of the “Tree of life ” in many beauty rituals.

The freshly squeezed milk cleanses the hair and the oil conditions and nourishes hair down to its roots.

Herbal masks let the hair appear strong, shiny and healthy, Indian head massage techniques massage the scalp and give a fresh feeling

Luxury manicure

“Hands are the reflection of beauty and grace” is said within Asia.

At Laucala we created a special hand spa treatment with the elements of well-being.

Begin with a cleansing hand bath and a coconut scrub and a gentle massage surrounding a fine manicure.

Luxury pedicure

The foot ritual is an essential part of the Asian spa philosophy.

The sole reflects the organs and shows the physical condition of the body.

This pampering treatment combines a warm foot flower bath, exfoliation and a gentle massage the sole and lower leg revitalizes and enhances the blood circulation. A pedicure can be integrated at the guest wish.





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