

# TIARE SPA

Ultimate Relaxation

SECLUDED LUXURY  
pacificresort.com

SMALL  
LUXURY  
HOTELS  
OF THE WORLD



Pacific  
Resort  
Aitutaki

## FACIALS

a facial cleanses, exfoliates & nourishes the skin, promoting a clear, well-hydrated complexion that will help your skin look & feel younger

### TE TIKA SERENITY FACIAL 50MINS | 130.0

fall in love with your skin again as this soothing & hydrating facial brings your natural beauty to full bloom. relax with calming & tranquil aroma therapy as you let our signature te tika oil's rich antioxidant blend of botanicals revive your skin's lustrous glow

### HOT STONE FACIAL 50MINS | 130.0

this anti-aging facial uses warm, smooth stones to gently massage the face & neck. it stimulates the nervous system, increases blood circulation & promotes lymph drainage all of which helps to eliminate toxins & restore damaged cells, leading to firmer, well toned skin

## PACKAGES

### SANDS PACKAGE 1HR 20MINS | 195.0

a body scrub & massage of your choice

### CLASSIC PACKAGE 1HR 20MINS | 195.0

a facial & massage of your choice

### ULTIMATE INDULGENCE 1HR 50MINS | 320.0

a body scrub, massage & facial of your choice

## BODY SCRUB

50MINS | 120.0

a body scrub is basically a facial for the body: it exfoliates & hydrates your skin, leaving it smooth & soft. scrubs contain a slightly abrasive material - usually salt or sugar - mixed with aromatic essential oils

## MANICURES

a cosmetic beauty treatment for the fingernails & hands that removes any existing nail polish, cleans & conditions the cuticles, files & shapes your natural nails, applies moisturizers to your hands & paints your nails with the polish of your choice

### EXPRESS MANICURE 30MINS | 50.0

### SPA MANICURE 50MINS | 75.0

## PEDICURES

a cosmetic beauty treatment for the toenails & feet consisting of filing & shaping the free nail edge, removing any non-living tissue & the application of the nail polish of your choice

### EXPRESS PEDICURE 30MINS | 65.0

### SPA PEDICURE 50MINS | 90.0

## MANICURE & PEDICURE

### EXPRESS MANICURE & PEDICURE 50MINS | 95.0

### SPA MANICURE & PEDICURE 90MINS | 120.0

for spa bookings, please contact guest services on extension 3900

## MASSAGES AT TIARE SPA

Massage is the manipulation of soft tissues in the body using the hands, fingers, elbows, knees, forearms & even the feet. massage is used primarily for the treatment of body stress, muscle tightness or pain. during a massage, a therapist will apply gentle or strong pressure to the muscles & joints of the body to ease pain & tension, relax muscle tissue & increase the flow of blood & oxygen to the affected areas.



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### **AROMATHERAPY RELAXATION MASSAGE**

**50MINS | SINGLE 140.0 | COUPLE 250.0**

ideal for the first-time spa visitor or for someone looking for pure relaxation, this ancient healing therapy combines the nurturing powers of touch with blends of aromatic essential oils with natural fragrances that respond to each individual's needs. the massage combines light to medium pressure & long gliding strokes to reduce tension, soothe sore muscles & increase circulation.

### **COOK ISLANDS TE TIKA HEALING MASSAGE**

**50MINS | SINGLE 150.0 | COUPLE 270.0**

our signature massage uses te tika therapeutic massage oil made here in the cook islands. this special oil contains 30% all natural bio active ingredients. it is applied using holistic massage techniques to improve general well being.

### **HEALING HOT STONE MASSAGE**

**90MINS | SINGLE 195.0**

this comforting & deeply relaxing massage promotes deep muscle relaxation through the placement of smooth, heated volcanic stones at key energy centers on the body. the healing power of heated stones help soothe tired muscles & restore mind body balance.

### **ULTIMATE INDULGENCE MASSAGE**

**50MINS | SINGLE 195.0**

two therapists working together synchronising a blend of swedish & balinese massage techniques, this is the ultimate massage experience.

### **DEEP TISSUE MASSAGE**

**50MINS | SINGLE 130.0 | COUPLE 230.0**

applying extra pressure in order to reach inner layers of muscles & tendons, clear stubborn knots & facilitate healing. it is best suited for athletes or those with chronic pain. a deep tissue massage will re-tone your body so you can stand tall once again.

### **BALINESE MASSAGE**

**50MINS | SINGLE 130.0 | COUPLE 230.0**

surrender body & mind to this heavenly combination of long strokes, kneading, friction & pressure techniques applied with the artful & accomplished skills of insight, sensitivity & intuition. An ancient healing therapy that is as blissful as it is beneficial.

### **MOM-TO-BE MASSAGE**

**50MINS | SINGLE 130.0**

massage therapy during pregnancy is a wonderful complementary choice for prenatal care. recommended for women in their second or third trimester, this gentle relief massage enhances comfort, improves circulation & promotes relaxation.

### **FOOT REFLEXOLOGY**

**50MINS | SINGLE 130.0**

a focused pressure technique directed at the feet, based on the premise that there are zones & pressure points on the soles of the feet that correspond to other parts of the anatomy including glands & organs. a the benefit of reflexology is the removal of stress & will increase your energy levels & blood circulation. this treatment will begin with a foot ritual to clean & refresh your feet.

### **STRESS-RELIEVING BACK & NECK MASSAGE**

**30MINS | SINGLE 90.0**

a shorter, more targeted version of a swedish massage this therapy is the perfect solution for stiffness or aches in the neck & upper back. best for those who have muscle tension from deskbound or sedentary jobs.