

# TE MANAVA SPA

Ultimate Relaxation



## MASSAGES

### AROMATHERAPY RELAXATION MASSAGE\*

50MINS | 110.0      80MINS | 175.0

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.

### DEEP TISSUE MASSAGE\*

50MINS | 110.0      80MINS | 175.0

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 | 110.0      80MINS | 175.0

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 | 110.0      80MINS | 175.0

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.

### ULTIMATE INDULGENCE MASSAGE

50MINS | 180.0      80MINS | 280.0

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

### \*Available as Couples Massage Option

50MINS | 195.0      80MINS | 300.0

## OTHER TREATMENTS

### TE TIKA SERENITY FACIAL

50MINS | 120.0

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.

### GLOWING AKARI BODY SCRUB

50MINS | 120.0

our signature coconut body scrub (home-made) moisturises, nourishes & gives your skin an exotic healthy glow. recommended to also have before sun bathing to ensure an even sun-tan result.

## NAIL LOUNGE

Pamper Yourself



Pacific  
Resort  
Rarotonga

### MANICURES / PEDICURES

#### SNS MANICURE 60MINS | 70.0

signature nail systems is a nail dipping system that uses a brush-on gel base on the nail, which is then dipped in a powder enriched with vitamins a, b5, d & e plus calcium. with organically produced powders, sns is a healthy, more natural alternative to gel & shellac nails

#### SPA MANICURE OR PEDICURE 45MINS | 60.0 per treatment

your nails will be cleaned, filed, buffed & shaped.  
a soothing massage & application of OPI nail polish will leave your hands & feet looking radiant

#### EXPRESS MANICURE OR PEDICURE 20MINS | 40.0 per treatment

the express/mini manicure is a quick tidy up of your hands that includes filing, shaping & application of OPI nail polish

#### ADDITIONAL SERVICES

french tip manicure or pedicure | 15.0  
sns, shellac & gel removal 25mins | 25.0  
sns removal & reapplication 85mins | 85.0

sns chrome colour or cat eye polish | 10.0 per nail  
nail art / 3D / gemstones from 3.0 – 15.0 per nail  
nail extensions & sns manicure 85mins | 95.0

### OTHER TREATMENTS

#### FOOT MASSAGE 20MINS | 30.0

your feet have thousands of nerve endings with trigger points that correlate to the entire body. using acupressure points to stimulate relaxation, a foot massage is a great treat to help reduce stress & assists in overall relaxation for better health

#### FACIAL MASK | 20.0

restores critical moisture to dry skin. penetrates deep to hydrate without unwanted oiliness. dermactin-ts moisturising hydroquinone-free facial sheet mask is effective on all tones

#### COLLAGEN GEL PATCHES | 15.0

for more youthful looking eyes. specially formulated for reducing fine lines & wrinkles around your eyes. leaves eye zone toned & moisturised