



MAKARE SPA FIJI





# BULA & WELCOME

In keeping with our spa philosophy, we strive to create an atmosphere of calmness in order to provide you with a sense of well-being and strength. Makare Spa Fiji provides a haven from stress, a healing touch, a kind word, and a place to reconnect with oneself.

At Makare, we are committed to caring for the people we serve as well as the environment. Through holistic inspiration, education, and service, we create a balanced mind, body, and spirit.

With love,  
Makare

# THE MAKARE SPA EXPERIENCE



## RELAXATION AREA

The path to renewal begins with a moment of calmness. We will provide you with a cool essence towel and freshly brewed ginger tea before your spa session. Listen to soft soothing music. Feel the coolness and breathe in your spa-scented refresher towel.



## NATURAL SKINCARE

Family-owned and operated, our skincare products are handcrafted in the Fiji Islands using only the finest natural ingredients and traditional methods to deliver quality results. In this way, we are able to provide you with effective natural skincare products and introduce you to the wonders of Fijian botanicals



## SENSORY JOURNEY

Our goal is to make your experience with us as comfortable and personalized as possible. Prior to your treatment, you will be given the opportunity to choose an oil blend that is tailored to your preferences, using essential oils.



# CEREMONY OF FACE

A fusion of modern techniques with ancient lessons, our facial treatments will rejuvenate and create lasting impressions.

## Signature Makare Facial ★★★★★

Discover the secrets of Fiji's beauty traditions. This Fijian treatment uses natural ingredients for a gentle yet effective facial. We use nourishing plant extracts, cleansing minerals, and soothing fruits to clean, refine, and restore your skin. Acupressure and stroking massages are performed on the face, scalp, neck, shoulders, hands, and feet to leave you feeling rejuvenated.

60min | F\$165

## Deep Cleansing Vitamin & Mineral Facial ★★★★★

Traditional local techniques as well as European techniques and botanicals from both the local and western regions will be used to refine and smooth the skin. A customized treatment plan is created for each client that includes cleansing, exfoliation, deep pore cleansing, masks, and massages. The rejuvenating facial promises to take your skin on a journey of rejuvenation.

60min | F\$220



## Vanilla & Frangipani Facial

An aromatic facial with vanilla and frangipani essences. You will be enchanted by Fiji's exotic flavours and flora. An exhilarating frangipani and herb mask along with vanilla and natural herbs to refine and hydrate your skin. Massages of the neck and shoulders complete this Makare exclusive treatment.

60min | F\$180

## Ratu Refresher Facial

A super-grooming, deep-cleansing facial for men helps to decongest the skin, speeds up the skin's ability to repair itself, and eliminates impurities from the skin. This formula combines fast-acting ingredients with long-lasting protection from daily pollution, leaving the skin looking clear, clean, and rejuvenated.

60min | F\$180





# MUSCLE RESTORATION

Awaken your senses through our welcoming ritual, exotic oils and healing touch. The treatments we provide include a range of techniques from the Pacific to give you a unique experience and introduce you to the healing remedies of Fiji.



## **Signature Makare 4 Hands Massage ★★★★★**

Take time to wind down, relax, and surrender to the delights of the Makare signature treatment. As the two therapists work together in harmony, you will experience a unique blend of five massage styles, among them Swedish, Lomilomi, Balinese, Shiatsu, and Thai.

**80min | F\$380**

## **Tropical Fijian Bobo Massage**

Our version of the traditional massage of Fiji passed down through generations. A combination of long, gentle strokes and manipulation of muscle tissues induces deep relaxation while improving circulation to give the skin a radiant glow.

**60min | F\$185 80min | F\$245**

## **Fijian Aromatherapy Massage**

Discover the appeal of this authentic massage style influenced by age old traditions. Using your choice of aromatherapy oils with palm pressure and stretching techniques, this treatment will bring you waves of muscle relief and fathoms of deep relaxation.

**60min | F\$185 80min | F\$245**

## **Journey Around The World Massage**

The techniques used by your therapist are dependent on your needs and preferences. To reduce muscle stiffness, they will incorporate the Swedish massage which consists of long, firm strokes. Shiatsu uses strong pressure points to stimulate and relieve tension. Reflexology focuses on reflex points on the feet that correspond to other parts of the body. The application of deep pressure is intended to relieve tension and promote overall well-being.

**60min | F\$185 80min | F\$245**



### **Makare Muscle Restoration Massage ★★★★★**

Excessive physical activity and sports can cause deep muscular and joint distress. This massage helps to warm and relax the muscles, improving range of motion. Enjoy before physical activity to increase flexibility and afterward help the speedy recovery of strained muscles.

**80min | F\$285 120min | F\$345**

### **Makare Warm Stone Massage**

Massage is enhanced by warm stone therapy. Smooth stones glide over your skin, warming muscles and surrounding body tissues increasing blood circulation and inducing a unique, comforting form of relaxation, decreasing stress, tension and tissue stiffness.

**60min | F\$200 80min | F\$330**

### **Jet-Lag Massage**

Recover and revitalise your tired soul with Makare's exceptional jet-lag massage. An exotic blend of aromatic oils, a cooling gel wrap, and soothing massage techniques focus on alleviating a stiff neck, shoulders, back and feet. Revive your senses, invigorate your mind and enjoy your vacation in paradise.

**60min | F\$185**

### **Nurturing Mother to Be Massage**

Specially designed for a mother-to-be with a focus on comfort and safety. This massage promotes relaxation, increases circulation and provides comfort during your wondrous time of change. Release tension and alleviate swelling on hands and feet while uplifting your spirit.

**60min | F\$200**

### **Makare Trio**

Indulge yourself with a trilogy of Makare treatments in one package - a back massage, mini facial and foot massage.

**60min | F\$180**



### **Beach Massage**

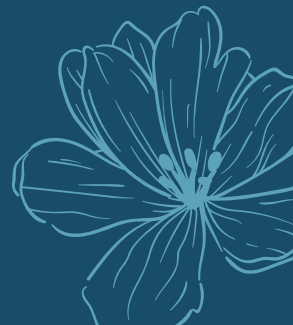
Be at one with nature. Our beach massages take place on the pier, where the sound of nature creates a relaxing ambience.

**15min | F\$35 30min | F\$65 60min | F\$100**

### **Couple's Massage ★★★★★**

Begin your Makare Spa Indulgence with your choice of our traditional cold tea ceremony or sparkling wine while experiencing our Makare Foot Ritual. Follow this bathing ritual with our Signature Makare Restoration Massage and complete this health experience with a Scalp Massage.

**80min | F\$475**







# MAKARE WRAPTURE

Purely enticing body scrubs, wraps and treatments to leave your skin feeling soft, smooth and enriched with nature's abundant goodness and beauty.



## Makare Signature Body Scrub ★★★★★

Choose from one of our exotic scrubs to polish, refine, revitalise, and nourish the skin:

- Makare Coffee Scrub
- Lavender Refreshing Scrub
- Lime & Ginger Scrub
- Lemongrass & Orange Scrub

After a Body Scrub, you will rinse in our outdoor shower, then indulge in a full-length Signature Muscle Restoration Massage.

**80min | F\$265**

## Sunburn Cooler

A wonderful introduction to the world of spa. A soothing gentle massage using hydrating organic coconut oil that relieves the skin of sun damage.

**60min | F\$160**

## Makare Coconut Milk Firming Wrap

Allow the healing properties of our naturally pressed coconut milk to detoxify and purify your body. Our wrap envelopes and draws heat from the body. While you are being wrapped you will receive a relaxing head and scalp massage.

**80min | F\$200**

## Wasawasa Seaweed Wrap

Allow the healing properties of our naturally pressed coconut milk to detoxify and purify your body. Our wrap envelopes and draws heat from the body. While you are being wrapped you will receive a relaxing head and scalp massage.

**80min | F\$220**



## SANCTUARY FOR ONE... PARADISE FOR TWO

Our spa packages combine our exquisite treatments into the perfect way to melt away your worries and escape the limits of time. Our spa suites are sanctuaries for one, or paradise for two to enjoy side-by-side massages and body treatments. Come to your senses... and enjoy Makare's indulgences on a perfect day in paradise.

### **Natural Elegance** (allow 2 hours)

Begin your pampering with our full-session Signature Muscle Restoration Massage. Follow this relaxing treatment with The Makare Facial.

**One Person | F\$375 Two Persons Sharing Spa Suite | F\$730**

### **Marau Retreat** (allow 2 hours)

To begin your 'Marau' or Pleasure Retreat, we will nurture your feet with a traditional Makare Foot bath. Follow this bathing ritual with your choice of an intoxicating Lime & Ginger Scrub and natural essences or savour the benefits of our Tropical Coconut Scrub. End this nourishing retreat with an exhilarating full-session Fijian Bobo Massage or Massage Around the World.

**One Person | F\$350 Two Persons Sharing Spa Suite | F\$685**

### **Pampered in Paradise** (allow 2 1/2 hours)

Begin your spa combination with an entire session of Classic Deep Cleansing Facial OR Traditional Makare Facial with fresh ingredients - A true Fijian delight and one of our signature treatments. Follow this with the delicate finishing touches of the Deluxe Island Manicure and Pedicure.

**One Person | F\$330 Two Persons Sharing Spa Suite | F\$650**

### **Sunset on The Pier**

Experience your treatment with the sounds of water beneath you and the tropical breeze that surrounds you. Your sunset session will begin with our Makare Foot Ritual while enjoying a bottle of champagne, followed by our Traditional Fijian Bobo Massage.

**80min | F\$500**







### **Malolo Lailai Twilight Package** (allow 2 hours)

Indulge in relaxation after a day out in Fiji's beautiful elements. Our Twilight package begins with our Makare Foot Ritual whilst enjoying a bottle of champagne followed by our Lime & Ginger Scrub with a shower underneath the stars.

**Two Persons Sharing Spa Suite | F\$580**

### **Couple's Indulgence** (allow 2 hours) ★★★★★

Begin your Makare Spa Indulgence with your choice of our traditional cold tea ceremony or sparkling wine while experiencing our Makare Foot Ritual. Follow this bathing ritual with our Signature Makare Restoration Massage and complete this health experience with a Scalp Massage.

**Two Persons Sharing Spa Suite | F\$700**

### **The Ultimate Indulgence Package** (allow 4 hours) ★★★★★

Treat yourself to a bottle of sparkling and our traditional Makare Foot Ritual, with your choice of our Wasawasa Seaweed Wrap or a Tropical Coconut Scrub, followed by our Makare Muscle Restoration Massage. Continue your half-day spa indulgence with our refining Vanilla & Frangipani Facial, leaving you with a lingering beautiful scent of the tropical islands. Complete this experience with our Tropical Manicure to leave you feeling exquisite.

**Two Persons Sharing Spa Suite | F\$1200**



# MAKARE ADDITIONS

Create your own unique spa experience with the following treatments:

## Cooling Aloe Vera Facial

Rehydrate and relieve your skin from the damaging effects of the sun. The cold application of aloe vera extracts is used to restore your skin's natural state. Aloe Vera is a vitamin-rich plant with healing properties that promote healing and support collagen production. Take your skin on a rejuvenating botanical journey...

30min | F\$75

## Makare Foot Ritual ★★★★★

Our signature foot soak will ease you into your pampering session while hydrating and softening your skin. An exfoliating foot and leg scrub will be followed by a warm oil foot and leg massage.

30min | F\$70

## Refresher Massage

A massage to help alleviate tension in the back.

30min | F\$95

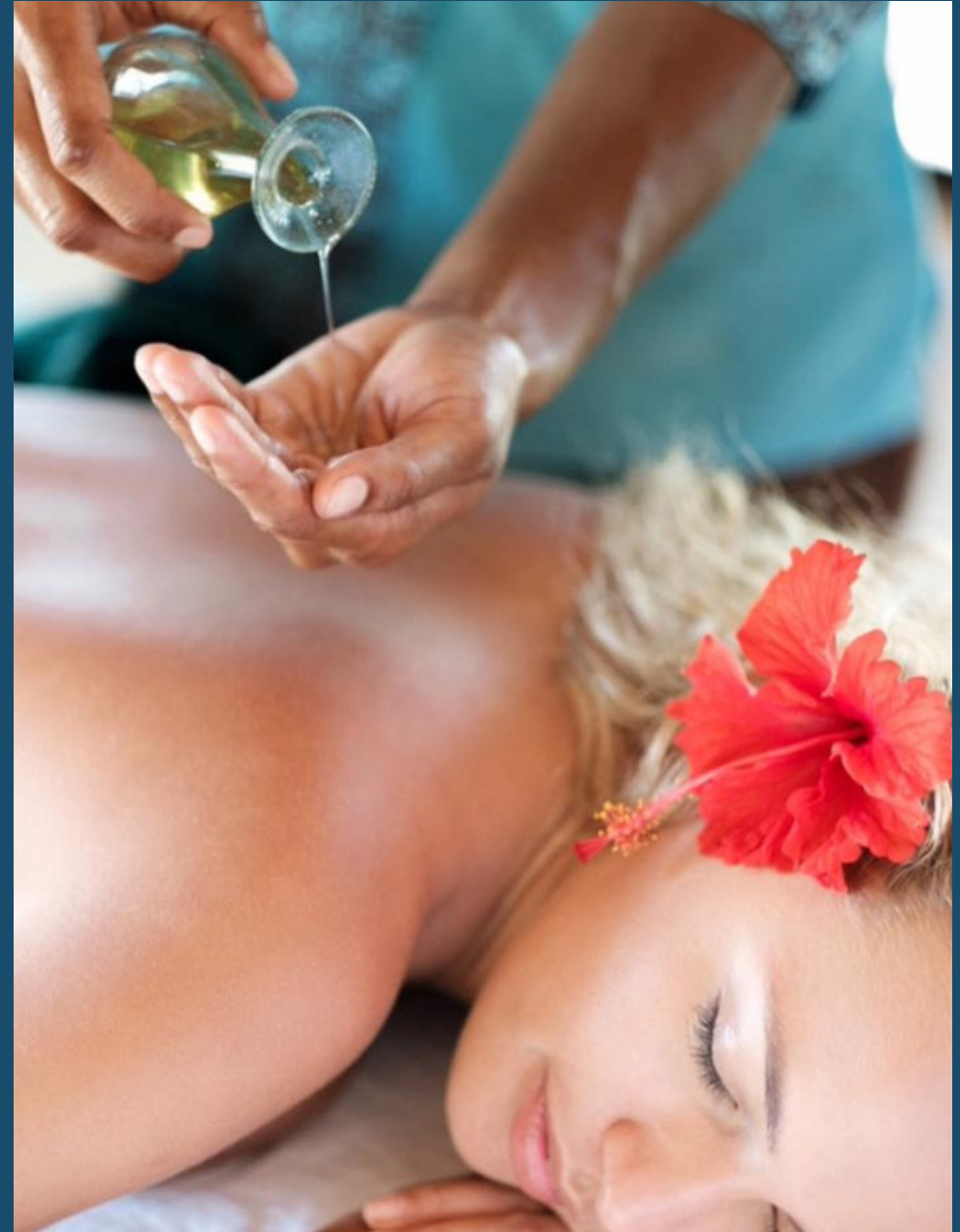
## Body Scrub

A refreshing addition to our massages. Experience our outdoor shower and leave with glowing, smooth skin.

30min | F\$95

## Foot Massage

30min | F\$95





The background is a solid dark blue. It is decorated with five white line-art illustrations of hibiscus flowers. One large flower is in the top-left corner, another large one in the top-right corner, a medium one in the center, a medium one in the bottom-left corner, and a large one in the bottom-right corner.

# KAJI CLUB

Children aged 12 and under are welcome

## **Island Bliss Massage**

30min | F\$60 60min | F\$110

## **Refresher Facial**

30min | F\$70 60min | F\$95

## **Deep Hair Conditioning Treatment**

30min | F\$40

## **Island Manicure**

30min | F\$30

## **Island Pedicure**

30min | F\$40

# SALON SERVICES

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## HAIR

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FRENCH BRAID	<b>\$ 28</b>
LOOSE BRAIDS	<b>FROM \$90</b>
CORN ROW	<b>FROM \$50</b>

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## NAIL SERVICES

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DELUXE ISLAND MANICURE & PEDICURE	<b>\$ 165</b>
DELUXE ISLAND MANICURE	<b>\$ 80</b>
	<b>\$ 90</b>
DELUXE ISLAND PEDICURE	<b>\$ 60</b>
TROPICAL MANICURE	<b>\$ 70</b>
TROPICAL PEDICURE	<b>\$ 35</b>
GEL POLISH MANICURE	<b>\$ 45</b>
GEL POLISH PEDICURE	<b>\$ 80</b>
GEL POLISH MANICURE & PEDICURE	<b>\$ 25</b>
GEL POLISH REMOVAL	

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## WAXING

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BIKINI	<b>\$ 50</b>
HALF LEG	<b>\$ 45</b>
HALF LEG & BIKINI	<b>\$ 90</b>
FULL LEG	<b>\$ 65</b>
FULL LEG & BIKINI	<b>\$ 110</b>
LIP, CHIN & EYEBROWS	<b>\$ 35</b>
BRAZILIAN	<b>\$ 95</b>
ARMS	<b>\$ 45</b>

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## EYES

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EYEBROW TINT	<b>\$ 30</b>
EYELASH TINT	<b>\$ 35</b>
EYEBROW THREADING	<b>\$ 35</b>

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## BRIDAL & GLAMOUR

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BRIDAL & SPECIAL OCCASION	<b>FROM \$420 TO \$ 470</b>
MAKE-UP	<b>FROM \$260</b>
HAIR	<b>\$ 160</b>



# SPA ÉTIQUETTE

## **SHOULD I MAKE RESERVATIONS FOR MY TREATMENTS?**

Reservations can be made online using the QR Code, by phone or in person at the spa whenever convenient for you.

## **WHAT IF I NEED TO CANCEL A SPA RESERVATION?**

We hope you do not have to cancel. To avoid charges, please honor our 2-hour advance notice cancellation policy.

Cancellations made with less than 2 hours notice will be subject to a 100% fee.

## **WHAT SHOULD I WEAR?**

Wear whatever is comfortable. During treatments, our therapists are trained to drape you appropriately for privacy.

## **SHOULD MEN SHAVE BEFORE A FACIAL?**

Yes, we recommend that men shave a few hours before their facial.

## **SHOULD I REMOVE MY MAKE-UP BEFORE MY FACIAL TREATMENT?**

Yes, we recommend that men shave a few hours before their facial.

## **WHEN SHOULD I ARRIVE?**

We suggest you arrive at least 15 minutes prior to your reserved time. Please understand that your treatment will end on time so the next guest will not be inconvenienced.

## **MAY I REQUEST A SPECIFIC THERAPIST?**

Yes, however, we cannot guarantee the availability of any particular therapist. All of our therapists are trained to ensure your comfort at all times.

## **HOW CAN I ENSURE A WONDERFUL SPA EXPERIENCE?**

Communicate with us! Talking with your therapists will help them to customize your services to ensure your maximum enjoyment.

We invite you spend time in our lounge and boutique. You may wish to take some Makare Spa treasures back to your home.

Please make inquiries with our Spa Concierge — they have wonderful spa secrets to share.



*Gift Certificates are available, please ask our Spa Concierge for details.*