

TREATMENT
GUIDE



YOUR OASIS OF TRANQUILITY,
HARMONY AND PEACE.

WELCOME TO SPA INTERCONTINENTAL

BEAUTIFUL FIJI



SPA INTERCONTINENTAL

Spa InterContinental symbolises our Wellness philosophy, where one releases all burdens and embraces tranquillity, harmony and peace. This tranquil haven features a unique selection of refined western and indigenous organic treatments, created to soothe your soul, balance and harmonise your well-being for a truly rejuvenating experience.

Open daily: 8.00am – 7.30pm

WAI ZONE

The Wai Zone features water in three states; gas – the steam room, liquid – the hydrotherapy pool and rain forest showers and solid - the ice room. Guests of Spa InterContinental will have access to the Wai Zone pre and post your spa treatment.

Open daily: 8.00am – 6.30pm

BEACHSIDE CABANA

A traditional thatched cabana combined with soothing sounds of the ocean offers an exotic selection of outdoor spa treatments. Surrender yourself to the expert healing hands of our therapists and discover the exotic, tropical aromas of Pure Fiji products that allow your mind and body to be rejuvenated, replenished and nourished.

Open daily: 11.00am – 6.00pm

SIGNATURE ELEMENTS



Indulge your body with one of our unique signature treatments and experience all of our world-class facilities for a total spa escape.

WARM SHELL MASSAGE

75 minutes

Close your eyes and breathe deeply to take an exotic cocooned journey. A warm Fijian shell is used to relax sore muscles and improve blood circulation. Restore balance with this authentic experience.

TRADITIONAL FIJIAN MASSAGE

60/90 minutes

Unfold in the infinite beauty of the Fijian Islands. Passed down through generations, this traditional massage is a part of a culture deeply-rooted in daily healing rituals for the mind, body and soul. A blend of rich tropical coconut oil combines with tapping techniques and long strokes stimulate circulation and release tension, leaving a sense of well-being, island style.

YOUTH REVEALING PIONEER FACIAL

75 minutes

Enjoy instant results of skin youthfulness and luminosity. Indulge in a back massage with precious oils, followed by XMF EPS a biotechnological ingredient that immediately smoothes wrinkles and densifies the skin mattress for firmed, tautened skin. Finish off with VMR FINAL SKIN REFINER, an unprecedented “top coat” applied at the end of the treatment, ensuring a radiance-boosting effect and prolonged results.

OLIGOMER SPA REPLENISHING HOLISTIC TREATMENT

90 minutes

Deeply relaxing and re-energizing, this body treatment combines exfoliation and massage in a unique multi-sensorial experience based around OLIGOMER, the legendary PHYTOMER ingredient with re-mineralizing and fortifying benefits.

PURE ROMANCE RITUAL

120 minutes

Pamper yourself with a traditional sugar cane and coconut body polish that gently buffs away dead skin leaving your skin silky smooth. While natural oils nourish the skin, your body is enveloped in a rich and luxurious lavender, mandarin and patchouli essential oil wrap. An essential facial and an aroma massage complete this relaxing journey.

MASSAGE RITUALS



Regain your sense of calm and vitality with age-old healing rituals, revisited to strengthen and rejuvenate your body. A harmony of pure botanical aromas reconnects your mind, nourishes your body and nurtures your soul.

INDIAN HEAD MASSAGE

50 minutes

Enjoy an authentic ancient massage focusing on the scalp, neck, shoulders and face. This sensational and powerful massage reduces stress, fatigue and increases mental clarity, leaving you feeling relaxed and rejuvenated.

FOUR HANDS MASSAGE

60 minutes

Surrender to the calming strokes of our two therapists who work in perfect harmony massaging fragrant oils over your body in blissful synchronised waves for an unforgettable massage experience. A blend of soothing hot herbal poultice applied with a reassuring touch eases and relaxes tense muscles, guiding you on a journey of tranquil meditation to find inner balance and peace.

AROMA ESSENCE MASSAGE

60/90 minutes

Awaken your senses with our invigorating essential oil elixirs which evoke a sense of renewed vitality and clarity of mind. Our selection of essential oils soothes and nourishes your skin, leaving you feeling opulent and radiant. Choose from a choice of a relaxing, energizing or detoxifying massage.

FOOT REFLEXOLOGY

60 minutes

Unwind and release tension with this sensuous foot massage to harmonise the vital energy flow of your body. A soothing sesame poultice is used to increase blood flow, draw out toxins and reduce swelling; a perfect treatment to counter jetlag.

SUBLIME BAMBOO MASSAGE

70 minutes

While a smooth yet firm bamboo stem massages your body, essential oils and plant extracts cocoon your body and relaxes your mind. The refreshing notes of essential oils, combined with subtle harmonious long strokes will leave you energized.

*All massages can be booked as couples' treatments. Please speak with our Spa Reception Team for more details.

BODY RETREATS



SOOTHING AFTER SUN TREATMENT

40 minutes

Allow your skin to be soothed and renewed with this cooling moisture treatment. Tropical dilo nut oil and aloe vera offer exceptional healing, comforting and rehydrating effects. A perfect way to nourish and renew your skin.

SEA HOLISTIC RELAXING RADIANCE MASSAGE

90 minutes

Gentle and warm lavender fragrant Thai-inspired boluses release tension and restores balance to the body. A stimulating sea salt crystal exfoliation promotes cellular renewal, whilst radiance boosting facial treatment restores the skins natural luminosity and softness.

DETOX RETREAT

90 minutes

This ideal detoxifying treatment begins with a dilo nut exfoliation rich in antioxidants that lift impurities and dead skin cells, enhancing stimulation and circulation. Further detoxify in a ginger root masque which boosts metabolism, whilst an aromatic detoxifying massage seals suppleness into your skin.

TOP TO TOE ENERGISER

120 minutes

Enjoy an energising back, neck, shoulder and head massage focused on vital energy points for a total mind and spirit experience. Afterwards pamper your hands and feet with a fresh botanical healing wrap and release tension with a reviving massage for your hands, forearms and feet. This luxurious treatment will leave your feet softened, hands moisturised, head and shoulders soothed.

ORGANIC THERAPY NOURISHING RETREAT

90 minutes

Embrace nature with fresh plant infused treatments for life, energy and beauty. Revitalise your senses with an invigorating rosemary and jojoba sea salt exfoliation. Nourish and tone your skin with a lush papaya & mother of pearl infused wrap. Feel your stress and tension melt away as a decadent body butter is gently massaged for glowing and radiant skin.

ORGANIC THERAPY REJUVENATING RETREAT

150 minutes

Breathe life into your body and spirit with a revitalising combination of body polish, made of nurturing sugar and spiced coffee beans. A cooling and hydrating tropical melon wrap rejuvenates and hydrates the skin. A rich hydrating facial moisturises your skin, leaving you rejuvenated, soft and supple. This treatment is concluded with meticulous foot care, ensuring a complete reconciliation of body and mind.

*All treatments can be booked as couples' treatments. Please speak with our Spa Reception Team for details.

FACIALS BY PHYTOMER

Enter the haven of PHYTOMER skincare. This luxurious brand has mastered marine biotechnologies, through the use of marine micro-organism to produce new, totally unprecedented, natural active ingredients to deliver a unique and result driven facial therapies. The powerful innovation of biotechnological know-how and active ingredients has seen instant visible results, leaving you with a complete sense of restoration and well-being.

MARINE BREEZE CLARIFYING FACIAL

65 minutes

An elaborate facial that gives a deep cleanse leaving you with clean, perfectly balanced skin and a refreshed complexion. Powerful oxygenating ingredient Oxygenol increases cellular oxygenation by stimulating skin respiration and Marine Calcium stimulates the skin to improve its resistance and freshness.

HYDRA BLUE PLUMPING MOISTURISING FACIAL

65 minutes

This treatment balances effective moisturizing and intense relaxation. It combines signature products with ultra-sensory textures and a very relaxing massage to moisturise and comfort the skin, instantly revealing its natural freshness.

DOUCER MARINE COMFORTING SOOTHING FACIAL

65 minutes

A halo of softness for skin that is sensitive and prone to redness. This cocooning treatment softens the skin and heightens its protection system for a soothed and ideally hydrated epidermis.

EXTENDED YOUTH WRINKLE CORRECTION FACIAL

65 minutes

This high-performance treatment resurfaces the skin, fills wrinkles and restructures your face. The use of Marine Criste smoothes your skin, leaving it more luminous. Marine Spring Water stimulates your skin and protects from free radicals and other skin stress factors, resulting in an instant boost for your skin.

FACIALS BY PURE FIJI

TROPICAL PURIFYING FACIAL

60 minutes

One of the most elaborate complete facials, this deep pore cleansing treatment leaves you with clean, perfectly balanced skin and a radiant complexion. Fine clay and tropical fruit enzymes remove dead skin cells, minimising pore appearance and evening out skin tones.

TROPICAL EXFOLIATING FACIAL

60 minutes

This treatment is nature's alternative to a chemical peel. Highly active papaya and pineapple fruit enzymes gently remove the build-up of dead skin cells, evening out your skin tone, resulting in a radiant and smoother complexion.

*All facial can be booked as couples' treatments. Please speak with our Spa Reception Team for details.



HAND AND FOOT CARE

Your hands and feet need the same amount of tender love and care that your face and body receives. Lavish and pamper them with an indulgent spa ritual.

ESSENTIAL PEDICURE

45 minutes

Cuticles perfected, nails shaped, buffed and application of fresh nail varnish.

ESSENTIAL MANICURE

45 minutes

Reshaping of nails, clean up of cuticles and application of fresh nail varnish.

EXOTIC PEDICURE

60 minutes

Pamper your feet with a milk bath soak, meticulous nail care, a refreshing exfoliation and stimulating massage to relieve soreness and tension. An enveloping cool marine mask completes this journey.

EXOTIC MANICURE

60 minutes

A decadent island experience which lavishes your hands with esthetic shaping, buffing techniques and luxurious polishes and scrubs. Feel stress and tension disappear as they release through your finger tips and enjoy a warm paraffin mask for a soothing finish.

*All treatments can be booked as couples' experience. Please speak with our Spa Reception Team for details.



MENS RETREAT

AFTER GOLF MASSAGE

90 minutes

Experience the art of ancient Fijian healing, treating muscular aches and pains. Relax as a steamed herbal compress filled with natural therapeutic ingredients, improves muscular tone and drains away toxins. Then surrender to a deep relaxation massage using palms, thumbs and elbows to release muscle tension and stimulate blood circulation.

CLARIFYING RETREAT

90 minutes

Exfoliate with salt crystals combined with an intensive care moisturizer for an express treatment to calm and revive skin. A relaxing aroma essence massage seals this tranquil escape.

FACIAL ESCAPE FOR HIM

65 minutes

Tailored facials for men designed to counter demands of their skin.

CLARIFYING FACIAL - Cleansing, radiance deep pore facial. This deep pore cleansing treatment detoxifies and brightens your complexion.

COMFORTING FACIAL - A truly soothing and calming facial for irritated or inflamed skin. This treatment reduces redness, nourishes, soothes, and restores the skin's natural radiance.

HYDRA BLUE FACIAL - Long lasting high performance hydration, restructuring and radiance. A decadent 'HYDRASEA' product restores moisture, comfort and radiance to your skin for a naturally healthy glow.

EXECUTIVE PEDICURE

50 minutes

Treat your feet in a milk bath soak, meticulous nail care, refreshing exfoliation, and a balancing massage to overcome soreness and tension. An enveloping cool marine mask completes your journey.

*All treatments can be booked as couples' experience. Please speak with our Spa Reception Team for details.



BLISSFUL TOUCH

Blissful moments are rare to find. Our sensual touch will pamper and prepare you for an unforgettable experience on your wedding day. Experience the art of ancient Fijian healing, treating muscular aches and pains.

PAMPERING PACKAGE

80 minutes

Treat yourself with a nourishing frangipani infused mask that smoothes and revitalizes. A combination of massage techniques and pressure points eases away tension and restores balance. Complete the journey with a file, buff and polish of fingernails.

EXQUISITE PACKAGE

70 minutes

A sugar crystal rub smoothes away dead skin cells for soft, silky and smooth skin. A body milk further seals in moisture, allowing your skin to glow. Conclude with a radiance facial to perfect and even out skin tone and enhance illumination.

GROOM TO BE

90 minutes

Look radiant and refreshed for your big day. A tailored classical facial leaves your skin feeling dewy and glowing. A hand and foot massage releases all tension and prepares you for the first dance of the night.

BRIDE TO BE

150 minutes

On your special day de-stress with a neck, back and shoulder massage. Enjoy fresh fruits and take a plunge in the warm hydro pool before completing with your desired hair up-style and make-up for this special occasion.

*All treatments can be booked as couples' experience. Please speak with our Spa Reception Team for details.



TRANQUIL CABANA ESCAPES



Surrender yourself to a tropical beachside cabana experience. Discover the exotic aromas of tropical products that allow your mind and body to be rejuvenated, replenished and nourished. Our qualified therapists are trained to deliver sumptuous experiences that are both safe and effective.

NECK, BACK & SHOULDER MASSAGE

30 minutes

Let your tension leave your body as our qualified therapist incorporates specific techniques to ease away tension from your neck, back and shoulders.

AUTHENTIC CABANA MASSAGE

60 minutes

Relax in the shade of a traditional Fijian bure nestled amongst swaying coconut trees as our talented therapist gently eases tense muscles with a soothing relaxing massage.

TROPICAL HYDRA-LIFT FACIAL

60 minutes

Revive your dehydrated skin with our botanical blend of oils and powerful plant actives. This treatment rapidly restores balance and suppleness in your skin for soothed and renewed beauty.

NURTURING MASSAGE & FACIAL

60 minutes

Enjoy an exotic soothing massage fused with pineapple fragrances sure to leave you feeling relaxed and nurtured. Combine your massage with an essential facial, adding moisture and nourishment to the skin.

OCEANIC BODY RETREAT

90 minutes

Indulge in an invigorating seaweed salt body buff to remove dead skin cells to give your skin a rejuvenating glow. This enchanting massage with shells from the South Pacific will leave you with an everlasting memory of Natadola Bay.

*To make an appointment or cancellation, please approach our cabana therapist at our spa cabana. Please note that cabana treatments do not include the use of SPA InterContinental facilities.



WAI ZONE

WELCOME TO THE WAI ZONE - WHERE WATER IS THE ESSENCE OF LIFE

The Wai Zone features water in its three states - gas - the steam room, liquid - the hydrotherapy pool and rain forest shower and solid - the ice room. Each of these areas offer individual benefits when used in isolation and also when used in combination to form an integrated hydrotherapy program.

WAI ZONE COMBINED HYDROTHERAPY AND ICE ROOM PROGRAM

Approximately 30 minutes

1. Rain shower: 3 – 4 minutes hot water
2. Ice shower: 1 - 2 minutes
3. Hydrotherapy pool: 10 - 20 minutes
4. Rain shower: 2 minutes cool water
5. Steam room: 10 - 15 minutes
6. Rain shower to finish

This unique program will leave you in an amazing state of mind and well-being. Here's how it will make a difference for your total well-being.

ICE ROOM

Cold water triggers the autonomic nervous system - which controls involuntary functions, such as heartbeat and breathing - to raise blood pressure, increase heart rate and constrict blood vessels. This stabilizes blood pressure, improves circulation and balances other bodily functions, such as the sleep/awake cycle.

HYDROTHERAPY

Hydrotherapy increases blood circulation, including circulation of the immune systems white blood cells. Enhanced circulation and increased endorphins strengthen the immune system, reduce inflammation, heal injured tissue, improve well-being and energize the body.

STEAM ROOM

A steam room helps reduce stress, raise metabolism, improves complexion, alleviate pain due to sports injury and can also ease the symptoms of cold. Furthermore, steam helps relax stiff joints and muscles after workouts and can help with the recovery process. Steam also helps cleanse your skin, boost your immune system and helps remove toxins.



WELLNESS & WELL-BEING

At InterContinental Hotels & Resorts, we prioritize the wellness and well-being of our guests. We understand your daily hectic lifestyle; therefore we have the following suggestions to make your holiday a relaxing, authentic and memorable one.

RECOVERY

Spa & Wai Zone – From therapeutic massage to holistic skin care, Spa InterContinental has taken immense care in developing a menu of spa treatments built around wellness, relaxation and rejuvenation. These treatments incorporate our 'wai zone' facilities for an authentic spa experience.

Sleep – for healthy and happy living, good sleep is important. Getting adequate and quality sleep protects against health problems. For your comfort, your bed has been made with 100% cotton sheets and pillows of feathers including those of goose and goose down. Cotton fiber naturally absorbs moisture away from your skin. An alternative selection of pillows is also available, please dial 0 for assistance.

The following are suggested applications that will guide you on tracking good sleep.



Sleepio – The sleep improver



Sleepbot – Smart cycle alarm

Yoga – yoga uplifts your physical, emotional and spiritual elements. The ancient philosophy of practicing yoga brings balance between the mind and body. Yoga helps realign posture, improves flexibility, strengthens our muscles and achieves harmony within our internal organs. Yoga is a great combination for alternate gym workouts. For your well being, the resort offers Yoga classes throughout your stay. Please refer to the activity schedule or contact our Leisure Concierge team on Ext. 3405 for further information.

ENERGY

Fitness & Exercise – fitness and exercise are a key component of healthy living. Moving our body prevents and reduces the risk of many diseases, improves physical and emotional health and enhances life longevity. The resort gym offers a range of cardiovascular, strength as well as free weight exercise options and for your convenience is available 24 hours a day.

The following are suggested applications that will guide you on training exercises.



Fitstar - Personal Trainer



Zova – Rhythm Based Fitness

High Intensity Interval Training – this form of training is popular with fitness enthusiasts. The fundamental principles of high intensity training are that exercise should be brief, infrequent and intense. Exercises are performed with a high level of effort, or intensity, to stimulate the body to produce an increase in muscular strength and size. The following are suggested applications that will guide you on high intensity interval training.



HIIT – High intensity interval training



Seven Minute Workout – with high intensity interval training

The resort offers a range of daily physical activities, including power walking, jogging as well as an array of sporting activities. For further information, please contact our Leisure Concierge.

NUTRITION

Healthy eating – your food choices have a bigger effect than you think. Nutritious meals and mindful eating can foster your wellbeing and have positive impact on our environment and the people around us. The following are suggested applications that will guide you on your journey towards healthy eating and living.



Lifesum – Lifestyle tracker & kilojoules counter



Inlivo – Lifestyle manager

Spa cuisine – a menu offering healthy spa cuisine is available at the spa during our operating hours. Please enquire at spa reception desk for more information.

Culinary experiences - Our culinary team are on hand to guide and assist with healthy nutritious eating options during your stay. Fijian cooking classes are also offered; an insiders tip on producing healthy, simple Fijian dishes such as Kokoda.

For further information, please contact our Leisure Concierge on Ext. 3405.



SPA IN THE KNOW

RESERVATIONS - Reservations are required in advance for treatments and services. Please call our Spa Receptionist on +679 6733300 Ext 3310 or our Concierge team on Ext 3326 from our resort rooms. Bookings made on the day of service and walk-in appointments are always welcome based on availability. All reservations must be secured with your room number (residents only) or credit card details (non-residents).

CANCELLATION POLICY - We require a cancellation notice of minimum of 6 hours. Any cancellations and no show will incur cancellation fee of 100%. Arriving late for a service may also shorten the length of your treatment, with full charges applied.

ARRIVAL TIME - To get the most out of your spa experience, please arrive at least 30 minutes prior to your scheduled appointment. This allows time to check in and use of the Wai Zone facility – steam room, warm hydro pool and an ice room. The Spa InterContinental Relaxation Lounge is the perfect place to unwind before and after all treatments. Enjoy a selection of our finest herbal elixirs and energizing snacks.

SPA ATTIRE - Spa appropriate attire, disposable underwear and a locker for your personal belongings will be provided to you. Swimwear is required for use of the spa facilities area.

VALUABLES - To safeguard from loss, it is recommended all valuables be left in your room. Lockers are available at the spa.

YOUR TREATMENT NEEDS - For your safety and comfort please mention if you are under the care of a health professional, have any health conditions, or are pregnant. This will enable your therapist to help you select an appropriate treatment. All treatments can be tailored and are suitable for both men and women. The minimum age requirements for spa guests are 16 years and over. Children's treatments are available upon request.

YOUR SPA COMFORT - Your therapist will maintain your privacy at all times. To fully enjoy your spa experience, do not hesitate to tell your therapist if you are uncomfortable for any reason. Please respect the quiet and privacy of other guests by turning off your mobile phone.

PAYMENT METHODS - Spa InterContinental accepts all major credit cards. Resort guests may charge their treatments to their room. We do not accept cash payments or personal cheques.

Enjoy spa at home with our beautiful products from our retail outlet. Tourist Vat Refund Scheme is available on retail sale. Please contact our spa reception desk for more details.

All prices are inclusive of VAT, HTT taxes and are in Fijian Dollars.

