



Jean-Michel Cousteau Resort
FIJI

SPA





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Our spa treatments have been tailored to bring you a fusion of

LIGA MANA & VUDA

("Gifted Hands & Mother Earth")

Only the purest local ingredients, such as cold pressed coconut oil, raw sugar, honey, nuts, and spices, are used in our spa treatments. In keeping with our holistic philosophy, we proudly support local villages and plantations to source the finest ingredients.


Reservations are required for all treatments and can be made by visiting our Boutique in the main bure.

Please arrive a few minutes early for your appointment.

Our treatment rooms comprise en-suite full bathrooms.

For changes or cancellations, please give the Boutique staff at least one hour's notice.





*It is believed by
Fijians that a "touching gift"
from a Bebe Bebe ("Butterfly"),
is actually a passed loved-one
visiting from heaven to
say "Bula".*



BOBO (“Massage”)

This traditional Fijian massage has been passed down through generations as part of a culture that is deep-rooted in rituals of healing for both body and soul. A blend of tropical nut and coconut oil, rich in vitamins, is utilised along with long, firm, and rhythmic techniques to stimulate circulation and release tension. With sweeping motions encompassing the entire body and the exclamation ‘Lako Tani’, worries and stress are sent away, leaving you with a greater sense of well-being.

HEALTH BENEFITS

Stimulates circulation and releases tension

60 MINUTES \$160 | 90 MINUTES \$220 | 120 MINUTES \$280



BULA MAI (“Up-lifting Massage”)

The Bula Mai massage is a therapeutic treatment designed to increase health and vitality. The Bobo massage technique is used and enhanced with aspects of deep tissue, Meridian massage and reflexology. By applying repeated deep pressure to muscles and tissue, better circulation and a reduction of muscle inflammation is achieved.

This treatment involves firmer and deeper techniques than the Bobo massage to promote flexibility, faster healing time for aches and pains and increased detoxification.

HEALTH BENEFITS

Therapeutic, deep muscle relief

60 MINUTES \$180 | 90 MINUTES \$240 | 120 MINUTES \$300







MAUCOKONA (“Complete, Fulfilled”)

Nurture and treat the mind, body and soul with this deep, regenerative treatment. It integrates a variety of Fijian tribal practices using a raw sugar and coconut oil scrub, gentle exfoliation, and a banana leaf wrap.

Relax with a rhythmic body massage that is inspired by traditional Fijian techniques which work to balance and re-align energy flow. A focus on pressure points and intricate rhythmic movements relieve muscular aches and pains, whilst rejuvenating the body’s energies. A selection of native aromatic oils will be chosen depending on your needs.

Maucokona will ultimately relieve pain, and help balance your musculoskeletal system. Targeting areas of concern, it will relieve tension and tight muscles by invigorating blood flow to enhance circulation and detoxification.

HEALTH BENEFITS

Helps balance the musculoskeletal system, reduces blood pressure and improves circulation.

120 MINUTES Single \$320 | Double \$585







KUMUKUMURE

(“Cocooned”)

KOKO RAPTURE (“Cacao wrap”)

Energise the body with an organic cacao wrap that has been fermented, sun-dried and ground to a fine paste. While being wrapped in banana leaves you will enjoy a reflexology massage for the hands and feet. To conclude the ritual, a rhythmic massage is performed using gentle, repetitive strokes to improve lymphatic circulation and enhance healing.

HEALTH BENEFITS

Anti-aging and anti-oxidant

90 MINUTES \$275



BOTOIRA (“The Falling Sun”)

After being out in the tropical sun, indulge the kuli [skin] the organic way by moisturising and soothing it with a ritual using local raw honey, aloe vera, wild mint and coconut milk.

A signature banana leaf wrap replenishes and rejuvenates with soothing effects, while relieving and naturally repairing the skin. The steady warmth of the banana leaves allows the body time to relax as the potent extracts seep slowly into the skin. A healing massage with rhythmic waves of energy, takes you to a world of calmness.

HEALTH BENEFITS

Soothing, hydrating and healing damaged or sunburned skin

60 MINUTES \$180







VUNIKAU (“Tree”)

The Dilo tree is a majestic native tree of the Fiji Islands with many healing properties that have been passed down through the generations. The oil extracted from the tree’s seeds nurtures health and wellness and is highly regarded by the Fijian people.

This cooling treatment wrap relieves the effects of dehydrated and sunburned skin. An Aloe Vera gel combined with the traditional Fijian Dilo nut remedy, aids in faster recovery.

HEALTH BENEFITS

Hydrates and heals damaged skin

60 MINUTES \$180 | 90 MINUTES \$240



WERE ITENI (“Garden of Eden”)

Experience a relaxing Fijian tropical fruit treatment. Enjoy this traditional Fijian massage technique, using locally sourced papaya and pineapple. These fruits have enzymes that condition skin with vitamins A and C. Through the sense of touch and by using native coconut oils and plant extracts, the face and body are cleansed, invigorated, restored, and nourished. Tired muscles are eased and energised and the skin is rebalanced and rejuvenated.

HEALTH BENEFITS

Balances and rejuvenates the body, nourishes the skin

60 MINUTES \$160







SUCUTALE

("Reborn, Refreshed")

FUFUNU SCRUB *("Fijian Nuts")*

A ritual that Fijian village chiefs practised with local nuts and seeds, Totodro leaves, and virgin coconut oil. The ritual was also used to prepare brides for marriage. The natural nut oils buff and moisturise the skin using traditional massage techniques of flowing strokes that evoke a blissful state.

HEALTH BENEFITS

Anti-stress and anti-aging, rejuvenates the skin

120 MINUTES Single \$320 | Double \$585



SIKECI *("Candlenut tree")*

This sweet scented, flowering native tree has a powerful meaning for Pacific Islanders. Honoured in tradition and custom, they believe it provides enlightenment, protection and peace.


The balancing power of the candlenut and its extracts, combined with pure coconut, gently exfoliates the skin and restores freshness and radiance.

HEALTH BENEFITS

Repairs dehydrated and damaged skin and encourages new cell growth

45 MINUTES \$120





*Before becoming Bebes
("Butterflies") they redefine
their existence from their
cocoon, reinventing themselves
to become reborn into nature's
beautiful flying spirits...*



WELETI / VADRA (*"Papaya / Pineapple"*)

Lush tropical fruit scrubs of either Papaya or Pineapple have enzymes which assist in skin rejuvenation. Designed for all skin types, this high performance fruit-based scrub delivers long term protection, and a smoother skin. It is also infused with virgin coconut oil, raw sugar and coconut milk. Enjoy the benefits of this scrub mask which contains supercharged anti-agers, vitamins A and C, leaving the skin radiant and hydrated.

HEALTH BENEFITS

Anti-aging, natural repair of dehydrated skin

60 MINUTES \$180



MOKOSOI (*"Ylang Ylang"*)

Widely known in the South Pacific as the "Mother of all Flowers" the Mokosoi flower is found in the Fijian rainforests and has a wonderful scent and medicinal properties. With healing attributes like healthy skin, it relieves stress and some mild pain, and is also effective in lowering blood pressure. This gentle relaxing treatment uses the Mokosoi petals along with other local, natural remedies such as virgin coconut oil and milk, raw sugar and sandalwood, creating a nurturing experience. The Mokosoi mixture is painted on the body with traditional massage techniques to lead you into total relaxation.

A therapy renowned for relieving muscular, mental, and emotional tension.

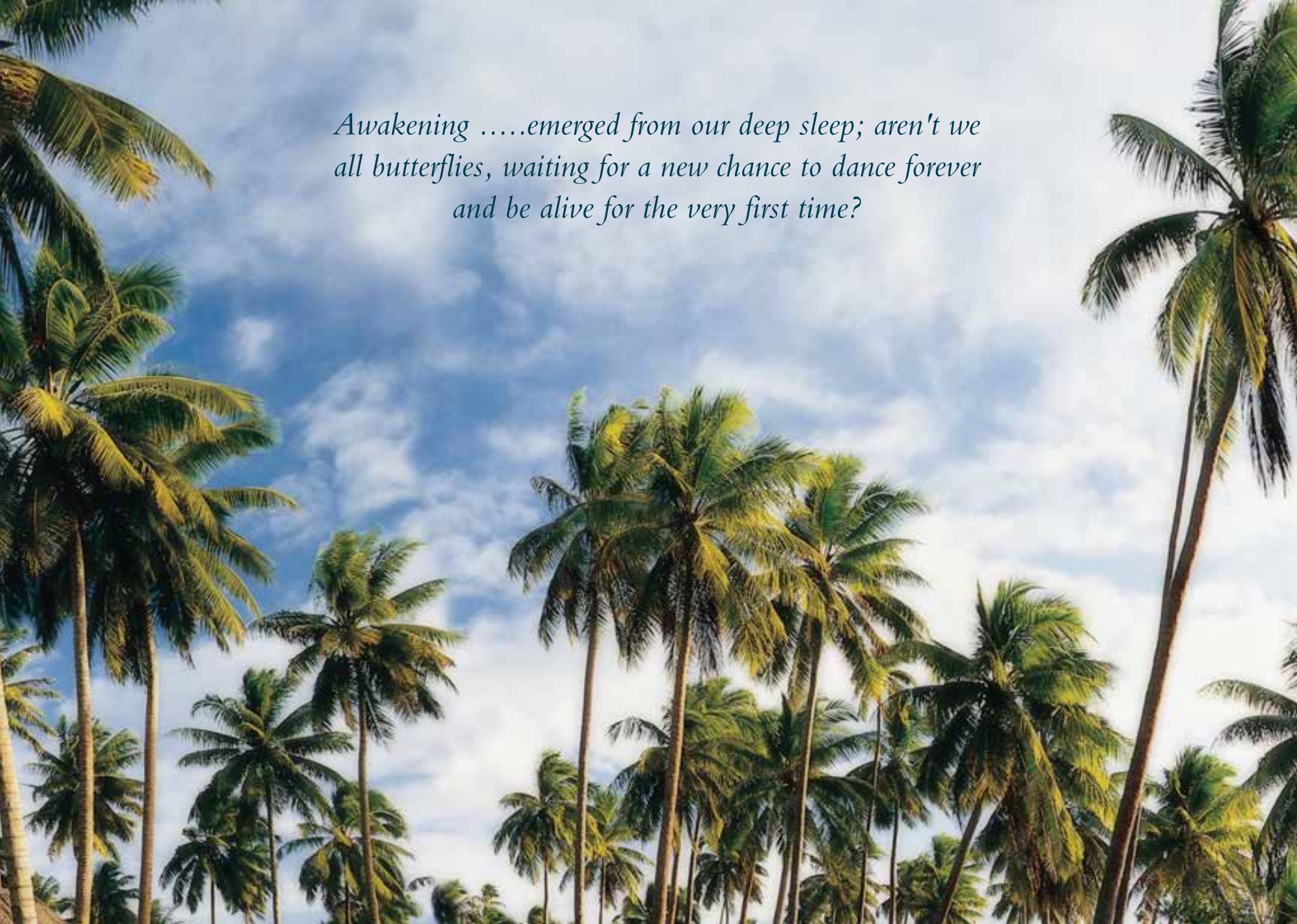
HEALTH BENEFITS

Calming and nourishing properties, reduces blood pressure, relieves muscular and mental tension

60 MINUTES \$180



*Awakeningemerged from our deep sleep; aren't we
all butterflies, waiting for a new chance to dance forever
and be alive for the very first time?*





BALURE

("Faces of many People")

VAKACEGU *("Peace be with You")*

With only the purest of local ingredients and oils, a complete facial indulgence awaits.

The skin will be revitalised through deep cleansing, exfoliation, and facial massage followed by the application of a rich, natural multi-vitamin mask selected for its pH balancing properties.

The treatment culminates with your head and neck being cradled to achieve full relaxation while your scalp is being massaged. This replenishes and rehydrates your skin using cool virgin coconut oil for the perfect stress antidote. Your hair is generously treated with an oil mask to replenish its luxuriant texture.

HEALTH BENEFITS

Deep cleansing, detoxification, toning of the skin, stress reducing

60 MINUTES \$235



LAGILAGI *("Beyond Beautiful")*

A delightful hydrating skin treatment which remedies the effects of the tropical sun. An effective combination of bioactive ingredients gently removes impurities, improves elasticity, and deeply nourishes the skin. This 45-minute treatment is followed by a 15-minute head and neck massage.

HEALTH BENEFITS

Polishes the body, nourishes the skin and removes impurities

45 MINUTES \$120



PURE FIJI





TUBU (“To Grow”)

Lie back and relax under the gentle touch of rhythmically massaging fingers. Virgin coconut oil from local plantations stimulates your scalp to soften, nourish, and strengthen your hair in a caring massage of the scalp, neck and shoulders. Pure Fiji natural shampoo and conditioner leaves your hair soft and revitalised. With naturally derived cleansers from coconut and sugar cane, it effortlessly removes the build-up of impurities and styling products.

HEALTH BENEFITS

Repairs, rebalances and cleanses tired and damaged hair

45 MINUTES \$90



BOTANICAL FUSION (“Foot or Hand Therapy”)

A soothing coconut milk soak and exfoliating sugar rub. Followed by a rich clay mask blended with hibiscus and herbs, hand-picked from our organic garden. While the mask sets, the lower legs or arms are massaged with tropical nut oil, promoting circulation. The treatment is completed with a moisturising coconut butter massage and hot towel wrap to soften and revitalise weary feet or hands.

HEALTH BENEFITS

Polishes body, deeply nourishes the skin and removes impurities

45 MINUTES \$90







MANICURE

Restore your hands to a youthful radiance with Fijian infused sugar and body butter.

This treatment includes a hand soak, manicure, and an application of a natural sugar mask. As a final touch, a hydrating veil of replenishing hand cream is slowly massaged in, rendering your skin tone visibly brighter for attractive, evenly toned hands.

45 MINUTES \$90



PEDICURE

Sooth your tired feet using a Fijian infused sugar and butter scrub. This luxurious pedicure is designed to soften, exfoliate and smooth your feet. The treatment includes a foot soak and scrub, pedicure, mask, and a massage. Your feet will feel refreshed, hydrated and velvety smooth.

45 MINUTES \$90







Indulge, rest your mind, close your eyes and breathe deeply. Let go of the outside world and allow the tension to slip away with each breath. Remember this is your time...

Complete your relaxing holiday at the Jean-Michel Cousteau Resort with one of our unique Fijian healing treatments at our Beachfront Spa Bure.

Our therapists will awaken your senses, during your treatment and beyond. When your treatment is complete, enjoy a refreshment in our Reflection Gardens, feeling rejuvenated and relaxed.



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