

TE MAHANA SPA

• FOUR SEASONS RESORT BORA BORA •

Nestled on the lagoon's edge, surrounded by tropical groves and pristine Pacific waters, and enlightened by the warmth of the Polynesian sun sits Te Mahana Spa at Four Seasons Resort Bora Bora.

Te Mahana, "The Sun", is the energy of the sky, which warms us, and adds life to the land and to the water. The spirit of Polynesia is reflected in the sun, and our Spa captures its energy and power with a unique sense of simplicity and luxury which defines Bora Bora.

Indulge in the scents of sandalwood and frangipani, coconut and tiare flowers as you journey along suspended walkways above native trees. Inside, a warm and welcoming sanctuary awaits, to treat and restore your body and soul.

The natural resources and energies of this Island have inspired treatments and experiences using ingredients like legendary monoi oil, tamanu, vanilla and black pearls.

The combination of the sun, ocean, land and air come together to caress Te Mahana Spa and all life around it, bringing powerful therapeutic effects to the mind, body and spirit.



RITUALS

Each Spa Ritual is designed to create a truly personal spa experience. Echoes to ancient traditions, therapeutic disciplines and Western practices are linked together to nurture and rebalance the body.



GOLDEN SUN EMBRACE 120 minutes

Body Scrub, Massage with 24k Gold Monoï Oil & Knesko Gold Mask • Bright like the sun, indulge with this golden glowing and rejuvenating head-to-toe experience, which begins with a coconut and gold scrub to leave your skin luxuriously smooth. Continue with an exquisite 80-minute massage of your choice, featuring our signature 24k gold oil to deeply regenerate and repair the skin, while a Nano Gold Knesko Face Mask is applied to hydrate, rejuvenate and release stress and fatigue.

KAHAIA HAVEN RITUAL 120 minutes

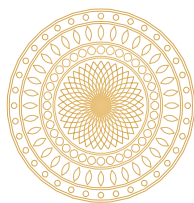
Body Scrub, Polynesian Massage & Lagoon Express Facial • Restore inner balance with this life-embracing treatment. A skin-smoothing body treatment begins with cleansing using naturally exfoliating Tahitian black pearl and vanilla body scrub. Once the skin is prepared, an exquisite 50-minute Polynesian Massage, using native monoï oil of your choice is given. This Polynesian spa experience concludes with a holistic and de-stressing Lagoon Express Facial.

PAREO ECLIPSE RITUAL 120 minutes

Pareo Massage, Fresh Leg Treatments & Tata Harper Facial • Created by our highly trained therapists, this ritual combines the Pareo Massage (deep stretching massage using a traditional Tahitian pareo); Fresh Leg Treatments using cold towels with our signature cooling cream; and a 30-minute Tata Harper Facial. This surprising experience is ideal after a long flight to recover from the jet lag, allowing you to stay released, refreshed and relaxed.

TAURUMI MIND & BODY RITUAL 120 minutes

Body Scrub & Polynesian Massage • A uniquely harmonizing experience, inspired by the ancient wisdom of Polynesian massage practitioners and their deep understanding of touch. This distinct island experience begins with a body scrub made with organic essential oils. Once the body and mind are prepared, the 80-minute Polynesian-inspired massage begins. The massage is a unity of ancient and modern techniques embracing the concept of taurumi, meaning “health in the hands.”



Get the best of your treatment and enjoy relaxing time in the Fare Miti Spa Suite, our exclusive overwater treatment room with private lagoon view. Watch the marine life during your treatment and enjoy an hour of complete privacy as you soak in a delicate and relaxing coco bath. Such a unique and delightful experience!

Can I book a massage oceanside?

Absolutely! Pareo or Polynesian?

 NEED ANYTHING?
LET'S CHAT.

FACE THERAPY



• TATA HARPER - 100% NATURAL & NON-TOXIC PRODUCTS •

All without a single drop of synthetic chemicals, Tata Harper Face Rituals are unique and indulgent experiences. Crafted to deliver visible results with advanced facial massage techniques, each ritual is developed to stimulate circulation, help contour the look of your facial muscles, and to best infuse your skin with powerful multi-correctional technology. Signature double and triple cleanses and multi-masking treatments exemplify the thoughtful and thorough care given to each guest.

INTENSIVE MULTI-MASKING 50/80 minutes

Personalized Treatment for Your Best Skin • Discover your best skin with this intensive, renewing treatment, catered to your skin's specific needs. Relax and unwind as you enjoy a customized cleansing and multi-masking ritual, paired with a vitamin-rich facial massage to leave your skin looking perfectly balanced and truly radiant.

TRAVELERS RECOVERY 50/80 minutes

Energy Boost for Revitalized Skin • Revitalize travel-weary or tired skin with this energizing ritual. Your skin will be purified and perfected with a deep-cleanse designed to purge aging and environmental aggressors from the surface. Gentle stimulation from advanced massage techniques improves micro-circulation and encourages natural detoxification, reversing the look of fatigue and leaving skin soft, smooth and refreshed.

COMPLEXION PERFECTION 50/80 minutes

Pore Refining for Balanced Skin • Achieve balance and improve the look of skin's tone and texture with a complete complexion perfecting reset. Harnessing the power of natural exfoliants and masks, you'll be polished to perfection to reveal soft, even, vibrant skin. A soothing massage ensures both you and your skin are left feeling healthy, balanced and renewed.

AWARD WINNING BRIGHTENING 50/80 minutes

Radiant Glow for a Special Night • Get your best glow with no down-time with our 100% Natural Multi-Acid Peel, crafted to deliver a flawless looking complexion using an innovative blend of multi-hydroxy acids. Your skin will feel transformed as this ritual instantly reveals a more luminous looking tone and smooth, even texture for radiant, event-ready skin.

Please note this facial is not suitable for guests with sunburn; cannot be combined with Retinol treatment three (3) days before or after Tata Harper facial; and for pregnant women at any trimester.



TE MAHANA SPA BOOSTERS

Our boosters are designed to enhance your spa experience. See the selection on page 13 to choose the one(s) right for you.



• FACIALS BY CARITA - TRANSFORMATIVE EXPERIENCES •

A CARITA treatment is first and foremost time for yourself, where personalization deepens the product's action even further. Let your decisions be guided by a transformative treatment with or without CARITA's beauty machine which transcends the boundaries of topical cosmetics and reveals your most beautiful side.



LAGOON HYDRATION 50/80 minutes

Lagoon water takes on exceptional minerality from the volcanic rocks of Polynesia over the course of thousands of years. Magnified by a deep impregnation ritual, it travels to the heart of the skin to share all of its benefits and replenish the skin's reserves. Filled with new energy, the skin is awakened, features are softened and the face is left radiant.

COTTON SOFTNESS 50/80 minutes

This unique treatment tailors CARITA's effectiveness to the most sensitive skin and that damaged by the sun, combining a transformed complexion with perfect integrity.

NEOMORPHOSIS ANTI-WRINKLE FACIAL 80/110 minutes

An ultra-concentrated treatment with a multi-dimensional approach using three complementary actions: resurfacing, plumping and regenerating, which perfectly tackle all texture irregularities like wrinkles, pores and imperfections in the complexion to transform the skin from the inside out. The skin is rebooted and left resplendent.

TRIO OF GOLD GLOBAL ANTI-AGING 80/110 minutes

An exceptional treatment using the TRIO OF GOLD complex to perform precise filigree work on each area and line of the face, revealing the complexion and revitalizing the features.

Please note that the Carita facials using the Cinetic Lift Expert (Lagoon Hydration and Cotton Softness 80 minutes, Trio of Gold and Neomorphosis 110 minutes) machine are not suitable for pregnant women and persons treated with Botox, hyaluronic acid injections or peeling of dermabrasion within three (3) weeks before the Carita facial.



Can I book a facial?

Certainly! Age Defying or Hydrating?

NEED ANYTHING?
LET'S CHAT.



MASSAGE

Experience



PAREO MASSAGE • SIGNATURE MASSAGE • 80 minutes

Created by our highly trained therapists, this deep stretching massage combines oil massage and body stretching using a traditional Tahitian pareo. This delightful experience will elevate your body awareness leaving a released and relaxed sensation in your body and mind.

POLYNESIAN MASSAGE 50/80 minutes

Inspired by the culture of French Polynesia, this massage draws on rich therapeutic traditions and uses the graceful, soothing dance-like style of taurumi to achieve a deep state of physical and emotional relaxation. Choose from a selection of local oils to relax, heal or uplift the spirit.

MANA MASSAGE 50/80 minutes

Meaning “power” in Tahitian, the mana is a very important aspect to the Polynesian culture. This powerful, positive and energizing massage will allow you to feel refreshed, using deep tissue movements and energy empowerment techniques to bring you the peaceful state you deserve.

TAILOR-MADE MASSAGE 50/80 minutes

Our expert therapists will use their array of techniques, allowing you to receive the most suitable massage according to your body and mind needs.

THAI MASSAGE 80 minutes

This yoga-like massage focuses on deep stretches, energy lines and rhythmic compressions.

FOOT REFLEXOLOGY MASSAGE 50 minutes

This therapy is based on Oriental techniques which allow you to experience a sense of total relaxation and healing. By applying pressure to specific meridian points of the feet which are connected to the primary organs of the body, reflexology allows blocked energy to once again flow freely, releasing accumulated tension.

MOTHER-TO-BE MASSAGE 50/80 minutes

A healthy way to reduce stress during pregnancy and promote overall wellness, this special massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps and headaches. Using a dedicated anti-stretchmark body balm from Tata Harper, this treatment is available only during the second and third trimesters.

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TE MAHANA

Sun Therapy



Made from the safest and most sought-after natural and organic ingredients, Soleil Toujours products leave your skin protected, radiant and healthy. These non-toxic formulas provide the most effective protection from UVA and UVB rays, rejuvenating and repairing with powerful anti-oxidant and anti-aging ingredients - a new paradigm in sun care. With no use of oxybenzone, octinoxate, parabens, nanoparticles, retinyl palmitate, phthalates, sodium lauryl sulfates, propylene glycol, petrolatum, and synthetic fragrance or color; or animal testing, all Soleil Toujours products are coral reef safe, vegan and gluten free.



UV DEFENSE BODY & FACE MASSAGE 80 minutes

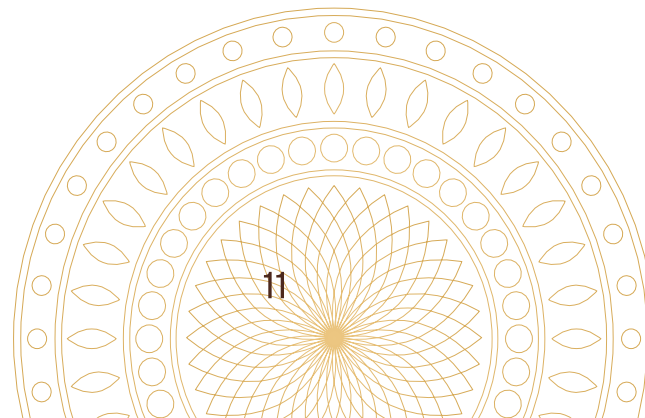
A delightful body and face massage using soothing and antioxidant rich Soleil Toujours mineral-based sunscreen application. This treatment will bring balance to your mind, body and soul while simultaneously protecting you from environmental toxins and harmful UV rays. Your skin will be nourished, protected and ready for the sun.

AGE-DEFYING UV DAMAGE REPAIR FACIAL 50 minutes

A natural and holistic sculpting face therapy using hands and cold stone application to alleviate tensions in the facial tissues and wake up tired facial muscles. Skin is rejuvenated, sculpted, repaired and protected with this unique age-defying treatment.

TE MAHANA RITUAL, SUNBURN RELIEF 120 minutes

After Sun Wrap, Age-Defying UV Damage Repair Facial, Tailor-Made Skin Massage • A complete and intense ritual to fight sunburn and free radicals, this after-sun experience starts with a body wrap combining tamanu and aloe vera to start cooling the body deep down. While the wrap is on, the Age-Defying UV Damage Repair Facial will complete the cooling effect. To finish, a light and soothing Tailor-Made Massage adjusted to your needs will complete the ritual.



Can I book an aftersun treatment?

Absolutely! Full body or face?

 NEED ANYTHING?
LET'S CHAT.

FOR MEN

Designed specifically for men, these facials are tailored to address irritation from shaving and environmental aggressors. After deep-pore cleansing, the skin is toned and conditioned revealing a clean, fresh face. This is the perfect treatment to restore balance and hydration.

MEN'S DEEP CLEANING FACIAL 50 minutes

Energizing Treatment for Refreshed Skin •

Energize your skin with this invigorating, deep cleansing ritual, designed to purify, minimize the appearance of pores, and prevent and soothe ingrown facial hairs. This revitalizing treatment will leave you looking well-rested and refreshed.

MEN'S AGE DEFYING FACIAL 80 minutes

Natural Peel for Smooth Skin • Instantly reveal a brighter looking tone and a smooth, even texture. Powered by our 100% Natural Multi-Acid Peel and SuperNatural Collection, this ritual is crafted to deliver transformative results using advanced biotechnology and an innovative blend of multi-hydroxy acids.

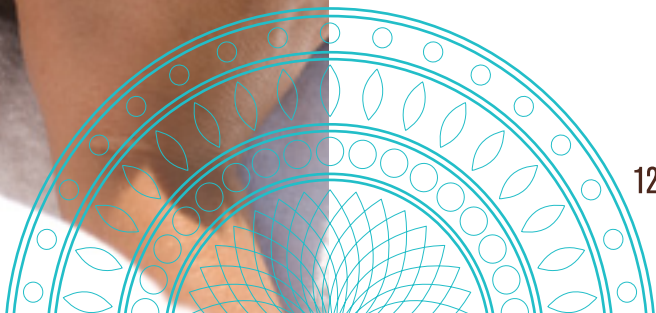
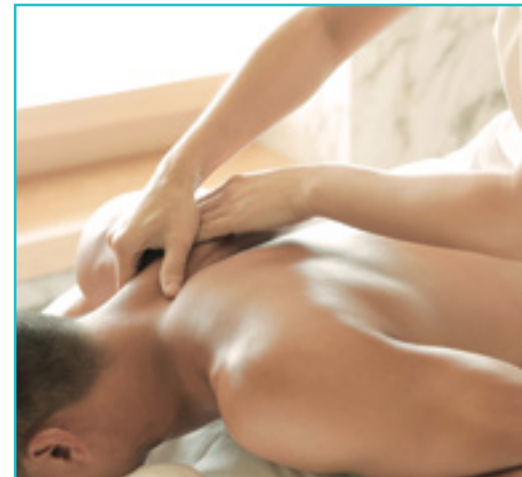
Taking into consideration the male body and stresses it endures, these massage treatments are designed to provide relaxation and therapeutic relief.

DEEP BACK MASSAGE 50 minutes

This invigorating massage will help to release tensions from the back of the legs to the head. Palms, thumbs and forearms will be used to free tension through this massage.

TĀNE MASSAGE 80 minutes

Ideal after a gym session, this massage will restore the muscles. Deep tissue movements will release stocked lactic acid, leaving the body lighter and ready for the next workout.



TE MAHANA SPA BOOSTERS

Ease your Mind & Please Your Body



• BOOSTERS TO UNWIND • 15 minutes

FACE GET GLOW

Flash glow with Tata Harper Resurfacing Mask, ideal to complete a massage.

FOOT MASSAGE

Unwind with our foot massage, giving you “sweet feet” for dry and hurt feet or “ground cooling” for tired and jetlagged legs.

MANA CONNECTION

Using a copper bowl, your therapist will connect with your inner power “mana” to get stronger benefits of your spa experience.

• BOOSTERS TO REJUVENATE • 30 minutes

EYE TREATMENT BY CARITA

Smooths wrinkles, removes puffiness and opens up the face, visibly erasing the signs of aging and fatigue.

BODY SCRUB

A seasonal selection of body scrubs is available to prepare your skin for sun exposure or before a massage.

VAHINE HAIR TREATMENT

Rejuvenate with a Polynesian-inspired hair ritual. A coconut scalp massage and vanilla hair mask will ease your mind and help your hair recover from environmental aggressions such as sun and salt. Hair wash not included, for better treatment benefits.

AFTER-SUN BODY WRAP

After-sun wrap made with tamanu balm and aloe vera. Ideal to include with any facial.

Boosters are available as add-on experiences only, and are not available unless combined with treatments of at least 50-minutes

FITNESS & YOGA



At Te Mahana Spa, we believe that fitness and yoga are for everyone. Book a private or group session and discover fitness and yoga experiences to fulfill your needs of relaxation, flexibility, anxiety release or weight loss.

Please refer to the price list at the back of the menu for details of the fitness and yoga programs or contact Te Mahana Spa for bookings or further information by dialing 4040 or via the Chat feature.





BEAUTY SERVICES

MANICURES & PEDICURES

HAIR & MAKE UP

WAXING

These services are available upon request.
Feel free to contact our Spa Team by dialing 4040 or via the Chat feature.



Our Te Mahana Spa Team is available to organize a special moment for you and your loved ones - from a birthday party to a parent and child spa experience, where we create unforgettable spa moments. Feel free to contact us by dialing 4040 or via the Chat feature.

NAINAI SPA

These treatments are specially designed for our younger guests, ages 11-17. *

TEEN FACIAL 50 minutes

This treatment is designed for young, delicate teenage skin to deliver a fresh, healthy-looking and glowing complexion. A combination of gentle yet powerful formulas help refine pores and hydrate skin.

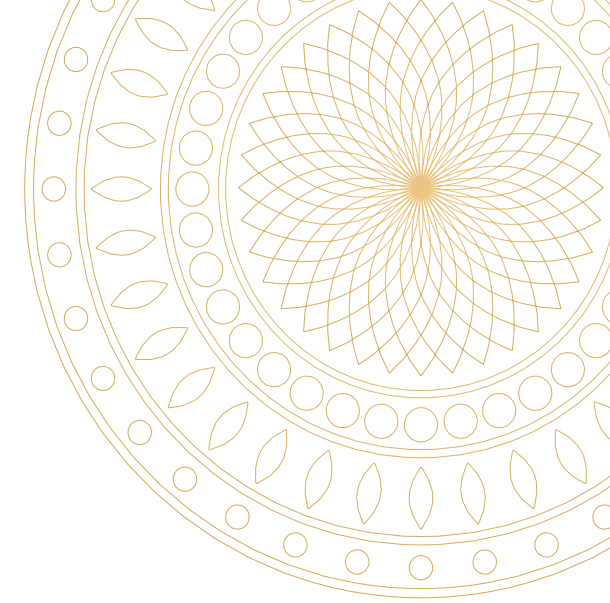
NATURAL COCO SCRUB 30 minutes

A coconut scrub is applied lightly to exfoliate and soften your skin. After the skin has been cleansed, your body is pampered with a traditional kahaia crème soufflé.

VANILLA MASSAGE 50 minutes

The sweetly soothing vanilla monoi oil used in this massage designed just for you will help your skin rehydrate.

PRINCESS MANICURE or PEDICURE 30 minutes



FACILITIES AND RELAXATION ROOM ACCESS

Access to these areas is complimentary and included for all spa treatments.

The following facilities are separate for female and male guests:

- Aroma Steam Room
- Outdoor Vitality Pool – with shaded lounge deck and relaxation area
- Sensory Experience Shower
- Changing Rooms

Coed time is available daily from 5:00 - 7:30p.m.* Use of a bathing suit is required in the outdoor facilities.

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. The Spa is a mobile phone, pager and smoke-free zone. The minimum age requirement for access and treatments in The Spa and Fitness Center is 11, when accompanied by an adult. Teenagers aged 17 and above can access the Fitness and Spa facilities without being accompanied.

HOURS OF OPERATION

Spa facilities 8:30 a.m.- 7:30 p.m.
Treatments are available from 10:00 a.m.- 7:30 p.m. (last treatment finishes at 7:30 p.m.)

FITNESS CENTER

Our state-of-the-art Fitness Center with Techno Gym cardio-vascular and resistance equipment is available 24 hours a day (with key card access). For safety reasons, athletic shoes must be worn at all times during your fitness session. Yoga and Fitness group and private classes are also available. Feel free to meet our coach and yogi at the Spa.

SCHEDULING AN APPOINTMENT

To schedule an appointment, contact us by dialing 4040 or via the Chat feature.

ARRIVAL TIME

The appointed time of your treatment corresponds to the start time of your treatment. Guest are encouraged to arrive 30 minutes prior to their appointment in order to complete their wellness form, get changed and relax prior to their treatment.

LATE ARRIVAL

Arriving late will limit your treatment time so as not to affect the following guests.

IN-ROOM MASSAGE

In-room massage is available with a 50% additional charge.

AFTER HOURS TREATMENT

Treatments are available before or after usual treatment hours with a 30% additional charge.

CANCELLATION POLICY

A 100% cancellation charge will be incurred for any treatment or Spa program not cancelled at least 24 hours prior to appointment.

HEALTH CONDITIONS

When making your Spa reservation, kindly advise us of any health conditions, allergies, recent medical or cosmetic procedures or injuries which could affect your service.

PREGNANCY & SPA

Pregnancy is a sensitive moment in woman's life. We have a selection of dedicated treatments for pregnant women in order to fulfill their needs of relaxation. Please note that body scrubs and body wraps are available under certain restrictions.

* subject to change, contact us by dialing 4040 or via the Chat feature.

