

WELCOME...

to our resort spa, Harmony Retreat. We care that you have the best and freshest treatments for your body at reasonable prices so that you leave us happy & revitalized. We will not use artificial fragrances, derivatives, mineral oils, preservatives or any other potentially toxic substance on your body. We choose to use 100% certified organic products on your skin. So take time out to come visit us in our traditional Fijian themed Spa to enjoy our relaxing and refreshing treatments provided by our friendly Fijian staff.

GUIDELINES FOR GUESTS TO HARMONY RETREAT...

The Spa opens daily from 9.00am. To make an appointment please phone us on 675 6675. If you are a Resort guest simply touch the 'Harmony Retreat' button on your room phone. Please advise us on any medical issues at the time of your booking so we are able to help you choose the appropriate treatments. This also applies to pregnant women.

CANCELLATION POLICY

Missed appointments or cancellations of less than 3 hours will be billed at the full rate printed for the treatment.

We trust that you are satisfied with our services and your personal providers therefore gratuity is discretionary.

Gift Vouchers are available at the Spa.

Harmony Retreat is a member of the Fiji Organic Association,

MASSAGE...

Harmony Island Massage

We will customize a massage for your needs at the time, using a variety of techniques and your choice of aromatics in fine body oils or body balms. N.B: This option is also available in your guestroom or suite.

Hahana Stone Massage

Hot stones have been used in healing practices for thousands of years throughout the world. Hahana, utilizes warm coconut oil and smooth, heated volcanic stones in rhythmic Hawaiian lomilomi strokes. This allows the stones to release their healing energies deep into the muscles dissolving any tension and stress.

Ratu and Adi: Couples Massage

Feel like a royal Fijian King and Queen. Be anointed with the ancient aromatic oils of Fiji. Enjoy a luxurious massage side by side in a private pavilion.

Fijian Bobo Massage

From the earliest times Fijians have used hand movements with coconut oil infused with totodro and other herbs to relieve aches, pains and general body soreness. This is a deep tissue massage.

Four Hand Massage

For an amazing, invigorating, therapeutic experience from the caring of four hands applying pressure, percussion and effleurage movements. Completion with an aromatic body compress.

Foot and Leg Massage

Enjoy a relaxing foot and leg massage with reflexology and soothing balms. Recommended especially if you suffer from Jetlag or have tired muscles after exercise.

Hand and Arm Massage

Enjoy a relaxing hand and arm massage with aromatic oils. Recommended for tired or sore muscles.

FACIAL TREATMENTS

Harmony Expression Facial 60mins

This is our signature Facial. Freshly made from rich, organic ingredients to cleanse, nourish and rejuvenate tired skin. Leaves the skin feeling refreshed and bright.

And KuuSh™ Facial Skin Care...

Black Cohosh Anti-Aging Facial 60mins

This Facial contains Black Cohosh. It is an active herb high in natural estrogen. Rejuvenate your skin with this luxurious anti-aging treatment to help bring back elasticity to the skin.

Sensitive Skin Facial 60mins

This Facial is also suitable for pregnant women as it does not contain essential oils. Instead it contains essential ingredients like vitamins, fatty acids and nutrients. Helps promote smooth silky skin and maintains skin balance.

Acne Clear Facial 60mins

Removes toxins and nurtures the skin by feeding highly concentrated healing herbal extracts. This Facial helps to gently relieve troublesome acne and restores the skin's harmony.

Skin Brightening Vitamin C Facial 60mins

Contains a high level of antioxidants to help eliminate the signs of aging and inhibits free radicals. Cranberry and Bilberry are high in Vitamin C which is known for its healing benefits and promotes new cell growth.

24 Royal Gold Facial - Exclusive 60mins

24 Carat Gold is the most powerful anti-aging component known to man. Embedded with other anti-aging ingredients, this treatment helps eliminate lines and wrinkles while increasing collagen production.

Tribulus Men's Facial 60mins

Contains Tribulus which is an herb that is naturally high in testosterone. It also contains pure organic ingredients that promote cell renewal and helps keep the skin moisturized, supple and smooth. Recommended for men of all ages.oils.

BODY DELIGHTS

Hot Body (For Sunburns) 70mins

For those feeling over-exposed to the sun and the wind. Come and soak up deeply moisturizing and cooling balms, be refreshed with cold stone placements and enjoy a delicious, chilled, rehydrating, antioxidating smoothie.

A Tropical Fruit Basket 70mins

Try this for fun and zest! You like fruit? After this you will love fruit! Just relax and let our juicy, fruity mixes cleanse, invigorate and nourish your body. After your shower, rest with an iced lime tea and slices of fruit.

A Spicy Interlude 70mins

For men who know how to lie back, relax and let the freshly prepared and spicy lotions and potions soak in to strengthen and tone up the body, engage the spirit and lighten the mind. Yes, women enjoy it too! Complete the experience with a lemon-pepper tea and nibble on spicy, roasted nuts and seeds.

A Floral Affair 70mins

This is to transport you to seventh heaven! Your every sense is assailed with the magical aromas of tropical and sub-tropical flowers and pure flower essences. Complete your session with a stimulating hibiscus cocktail.

And KuuSh™ Body Care...

Black Cohosh Body Wrap 90mins

Contains the herb Black Cohosh that is high in natural estrogen. Combined together with other detoxifying organic materials to draw toxins from the body and soften the skin. Boosts your body's natural estrogen and also plumps your skin and increases elasticity.

KuuSh Organic Body Scrubs 60mins

Contains rich organic ingredients to help exfoliate and remove dead skin cells to promote cell renewal leaving your skin feeling soft and supple. Helps to fight cellulite and improve your skin tone.

Choose from:

- Burnt Petal
- Nutgrass & Bamboo
- Volcanic Ash, Ginseng & Lime

SPA PACKAGES

'Mokusiga'Package 1hr 30mins

A great way to rejuvenate the body. Refresh your skin with a body scrub and mini signature facial followed by a basic pedicure with polish.

Deluxe Couples Treatment 2hrs

Pamper your body to kick start your holiday mood! Begin with a footbath in our Fijian carved wooden bowl, followed by a scented body polish. End your treatment with a relaxing full body massage.

Radini You'Package 2hrs 30mins

In the privacy of your own Bure, you will be spoiled and treated like a new bride! Begin your makeover with a 30min Fijian Bobo massage followed by a mini KuuSh™ Facial. Then sip on iced tea while having a basic manicure and a basic pedicure.

Rarama'Retreat 3hrs 20mins

Escape from the hot Fijian sun to the cool Bures of the Spa where you can spend almost half a day being pampered. Begin your escape with a relaxing full body massage followed by a 2-in-1 Body Delight. Have a break with a freshly made fruit smoothie before ending your treatment with our signature facial. You will leave feeling refreshed and rejuvenated.

BATHING RITUALS

Cleopatra's Bath

A luxurious bathing ritual that leaves the skin silky smooth and hydrated. Enjoy the feel and magical aromas of 'lolo' (coconut cream), with fresh flowers and a bouquet of floral essential oils.

Herbal Salts Bath

A refreshing cleansing and relaxing bath, using salts and the healing ingredients of fresh herbs with their tangy aromas.

MANICURE AND PEDICURE

Basic Manicure

Thorough and relaxing hand and nail care. Polish extra.

Deluxe Manicure

Deeply nurturing hand and nail care. Includes hand and arm massage completed with polish of your choice.

Basic Pedicure

Thorough and relaxing foot and nail care. Polish extra.

Deluxe Pedicure

Delight in having your feet bathed in a fine Fijian carved wooden foot bowl, followed by a full feet and nail care. Includes foot and leg massage completed with polish of your choice.

Iced Tea is served during all of these treatments

NATURAL THERAPY

Ear Candling

Everybody benefits from having their ears candled, but especially divers, avid water-sports people and those whose ears trouble them when flying. This ancient and safe procedure uses special ear candles to vacuum wax from the ears and the gentle stream of warm air along the ear canal will dry and soothe the surfaces. One ear takes approximately 45mins.

HAIR BRAIDING...

Have all your hair braided and beaded, just a few braids, or try cornrow braiding. Cost depends on thickness and quantity of hair to be braided.

\$2 per single braid

\$8 per cornbraid

WAXING...

Chin/ lip/ eyebrows.....\$20

Ear/Nose.....\$12

Underarm.....\$24

Arms.....\$35

Half Chest/Back.....\$30

Full Chest/Back.....\$45

Half Leg.....\$40

Full Leg.....\$50

Bikini/Speedo.....\$30

Brazillian.....\$70

ABOUT OUR PRODUCTS.....

Here at Harmony Retreat we choose to create garden fresh treatments made from organic produce and pure organic oils.

Also introducing KuuSh™ the Real organic non-toxic skincare range. All KuuSh™ products are 100% organic and natural and does not contain fillers or preservatives. It is vegan friendly, Halal, certified carbon-free and NASAA certified.

For more info on KuuSh™ please visit the website:

www.kuush.com.au



HARMONY RETREAT

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H A R M O N Y
RETREAT

PRICING...

	30min	60mins	90mins
MASSAGE			
Harmony Is. Massage	\$70	\$115	\$155
Harmony I. in Guest Suite		\$155	\$195
Hahana Stone		\$190	
Ratu & Adi: Couples		\$210	
Fijian Bobo	\$75	\$130	\$170
Four hand		\$210	
Foot & Leg	\$80		
Hand & Arm	\$80		
FACIALS			
Harmony Tropical Expression		\$115	
Black Cohosh Anti-Aging		\$140	
Sensitive skin		\$140	
Acne Clear		\$140	
Skin Brightening Vitamin C		\$140	
24 Royal Gold Exclusive		\$180	
Tribulus Men		\$140	

BODY DELIGHTS			
	60mins	70mins	90mins
Hot Body - for sunburns		\$155	
Tropical Fruit Basket		\$155	
Spicy Interlude		\$155	
Floral Affair		\$155	
Black Cohosh Body Wrap			\$170
KuuSh Organic Body Scrubs	\$115		
SPA PACKAGES			
'Mokusiga'		\$160	
Deluxe Couples		\$410 (per couple)	
'Radini Vou'		\$234	
'Rarama'		\$349	
BATHING RITUALS			
		\$60	
MANICURE AND PEDICURE			
	30mins	60mins	
Basic Manicure	\$50		
Deluxe Manicure		\$95	
Basic Pedicure	\$60		
Deluxe Pedicure		\$95	
NATURAL THERAPY			
Ear Candling	\$95		