



Relax yourz body Warm yourz heart Refresh yourz soul

SpaPolynesia's professionally-qualified therapists proudly use the finest products from the House of Biodroga in Germany. Based since 1959 in the world-renowned thermal spa resort of Baden Baden in the Black Forest, Biodroga has continuously been developing treatments which balance the best of modern science with the best that nature has to offer, to bring to you a beauty care system of outstanding bioactive quality and effectiveness for your skin and body. We are also able to offer you a beautiful range of products specially developed in the islands using our tropical plants to truly immerse you in Paradise. A selected range of products for face and body are also available for sale at SpaPolynesia.

All prices are inclusive of 12.5% Government VAT Tax. Treatments and prices are subject to change without notice



Spa Polynesia, the leading destination spa in the South Pacific is located in a historical homestead located across the road from the Rarotongan Beach Resort and Spa & Sanctuary Rarotonga- on the beach. Spa Polynesia is open Monday to Saturday 9am - 7pm and Sunday 10am - 4pm For information or to make an appointment, please dial extension 8070



At our sister resort, Aitutaki Lagoon Resort & Spa, SpaPolynesia is located behind the Lobby (please see map, or follow the signs). SpaPolynesia Aitutaki is open Monday to Friday 9am-7pm and Sunday 10am-7pm. SpaPolynesia Aitutaki also offers a spacious Couple's Spa Suite with Private Jacuzzi and Sauna, please inquire for details. For information or to make an appointment, please dial extension 332.



Relax Refresh Renew



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The Legend of how the Moon regains her Brightness

It is said that somewhere in a serene and secret corner of Polynesia lie Te-Vai-ora-a-Tane, the Living Waters of Tane. This is the sacred spring of one of the chief gods of ancient Polynesia, Tane, the god of light and of fertility. In these divine waters the weary find renewed strength, the sick are healed. Even Marama herself, the moon, when wasted in waning, bathed and gained new brightness, entering the Living Waters as Ina-uri (Dark Moon) yet emerging as Ina-ka (Moon Glow). Here at SpaPolynesia we embrace this inspiring ancient legend and its message of renewal and rejuvenation as we work with your own inner wellspring to revive and refresh.

Therapeutic Massage

'Maorooro' Aromatherapy Massage

~ allow 30 minutes

Great for easing muscle tension in the scalp, neck and back using a harmonious East-West combination of Japanese shiatsu, Swedish and neuromuscular massage techniques. Choice of two special blends of essential oils: 'Iriamoe' Relaxing Blend of Ylang-ylang (Moto'oi), Lime, Lavender & Jasmine; or 'Maoro' Muscular Deep Treatment Blend of Cedarwood, Peppermint Rosemary & Lemon.....\$65

'Mirimiri' Aromatherapy Full Body Massage

~ allow 1 hour

A sensational total-body experience of deep relaxation and wellbeing to release tension, promote suppleness and help re-harmonise body and soul. Choose from 'Iriamoe' Relaxing or 'Maoro' Muscular aromatic blends to achieve the greatest therapeutic benefit for you.....\$115

We are able to offer you a choice of location for your 'Mirimiri' Full Body Massage. Select what's right for you from the seclusion of the Tropical Garden or Aroa Beach Gazebos, the freshness of being right beside Aroa Lagoon or the Waterfalls Pool, the comfort of your own guestroom, suite or villa, or the privacy of SpaPolynesia.

Body Treatments . . . from the Earth

'Akari' Coconut Sugar Body Rub

~ allow 45 minutes

Bursting with fresh tropical sugarcane crystals to gently buff the skin using natural alpha hydroxy. An invigorating body exfoliation leaving you feeling refreshed and renewed.....\$95

'Tama' Coconut Crème Body Scrub

~ allow 45 minutes

A tropical treat for your body! The scrub creates a gentle exfoliation removing surface dry skin cells, and the rich blend of Coconut leaves your skin feeling silky smooth.....\$95

'U-Rango' Milk & Honey Body Wrap

~ allow 45 minutes

A highly nourishing, gentle formulation to restore balance and harmony to dry, sensitive skins. Ideal to soothe and calm sunburnt skin or skin which has been exposed to the elements. The perfect skin food leaving you in love with the skin you're in\$115

Body Treatments . . . from the Sea

'Moana' AquaMarine Sea Salt Rub

~ allow 45 minutes

A stunning combination of body peeling and intensive moisturising all-in-one. The fine Sea Salt granules gently exfoliate the skin, removing surface flakes. The rich Avocado, Macadamia & Almond oils feed the skin leaving it velvety smooth. The Juniper, Peppermint Rosemary & Lavender revitalise your body, spirit and soul. A truly superb whole-body experience for the skin and the senses.....\$105

'Akaora' Sea Mineral Body Wrap

~ allow 45 minutes

Use the power of the sea to feel revived and restored. Sea Minerals have been renowned throughout the ages for their remarkable healing properties. This special Sea Mineral Body Wrap creates a deep cleansing and firming effect to leave you feeling toned and refreshed.....\$115

'SpaPolynesia' ThalassoAlgae Body Wrap

~ allow 45 minutes

Sea Minerals and Seaweed are combined with Earth's finest Essential Plant and Flower Oils to achieve an exceptional Body Wrap which stimulates the skin's natural metabolism and detoxification processes, and helps to rebalance both body and mind. Here at SpaPolynesia we combine this with our superb Contouring Oil to achieve maximum skin elasticity and circulation. A sensational multi-active elixir for the whole body.....\$125

Kids & Teens Spa

Mix and match your favorite spa services to create a delightful spa experience

Massage Delight

~ allow 45 minutes

This massage is a great introduction to massage for any young person.....\$55

Face, Neck, Scalp Massage

~ allow 20 minutes

This therapy will stimulate your child's senses, allowing him or her to recognize the difference between textures and sounds. This treatment also stimulates your child's sensorial and cognitive system.....\$40

Foot Reflexology

~ allow 30 minutes

Is the practice of massaging, squeezing, or pushing on parts of the feet to improve general health and known as the zone therapy.....\$60

Flower Bath

~ allow 30 minutes

You are immersed in a warm, aromatic bath to help rejuvenate and revitalize your body. Aromatherapy baths provides you with several benefits, such as relief from muscle pains. This treatment is designed for those looking for a deep relaxing & pampering experience.....\$35

Bubble Bath

~ allow 30 minutes

A warm bath tub filled with bubbles allowing you to deeply relax as your skin is nourished.....\$30

Mini Facial

~ allow 30 minutes

An equalizing facial that will provide your child's skin extra protection against impurities.....\$35

Make Up Consultation and Application

~ allow 30 minutes

Enhance the beauty of your face with a makeup that will make you look like a fairytale princess.....\$50

Facial & Cucumber Eye Pads

~ allow 30 minutes

Fabulous and Fresh! A face massage, cucumber eye lift, cleanser and moisturizer – perfect for little princess\$45

TEENS / KIDS PACKAGES

Individual Packages

Manicure + Pedicure + Mini Facial + Touch up Make Up ~ allow 1:15 minutes.....\$95

Combination of Manicure + Pedicure

~ allow 45 minutes.....\$55

Light Makeup + 5 Hair Braids+ Glamour Photo

~ allow 45 minutes.....\$55

Sister Pack

~ allow 1 hour

Be pampered in paradise together with a mini facial and cucumber eye treatment side by side. Then sit back and relax with a glass of fresh tropical juice as you get a manicure OR pedicure treatment – perfect for sisters or friends.....\$90 per person

Mum and Me

~ allow 1.5 hours

Be pampered in paradise together with a mini facial and cucumber eye treatment side by side. Then sit back and relax with a glass of fresh tropical juice as you get a manicure treatment and nail art design of your choice. Followed by, a relaxing head massage and a tropical hair treatment. Perfect for mum and her little one.....\$350 for both

Nail Art Designs

Manicure

~ allow 30 minutes

Our manicure start with cuticle trimming, nail shaping, and a massage of the hands. The finishing touch is a polish color of your choice. You can request for a special design from our Beauty Therapist can do fantastic manicures in minutes. Add some flare to your finger nails with hand painted flowers or hearts.....\$35

Pedicure

~ allow 30 minutes

Soothing to pamper the sole with the foot massage, nail filing, and topped with the color of your choice. Make your toe nails look great with hand painted flowers or hearts.....\$40

Polish Change (express Polish)

~ allow 20 minutes

Time is the problem? Book for an express and we will do your polish look new again.....\$20

Hair

Half Crown (10 Braids/ Rows).....\$5 per braid

Full Crown (Corn Rows) dependant on length of hairFrom \$100

French Plait from \$80.00 dependant on length of hair.

Hair Curling.....\$40

Flower Do Up – simple pony tail or braid with your choice of Rarotongan Flower accessories..... \$40

Additional Extras

Goodie Pack

Tropical flower accessory, selection of spa product and an ice cream voucher for Hibiscus hut. A sweet treat to finish off your tropical treatment.....\$30

Raro Style

Flower hair clips.....\$7

Hair beads for braids.....\$2

Dress Up Photo

Glamour Photo.....\$20

With make-up touch up.....\$30

Hydrotherapy Spa

Bath Soaks

Tropical Bath Soak
~ allow 30 minutes

A truly Rarotongan inspired treatment. This treatment utilises the flowers of the island of Rarotonga to create a sweet tropical aroma and a relaxing bathing experience.....\$50

Milk Bath Soak
~ allow 30 minutes

A divine treat. Lie back as the milky bath surrounds you, rejuvenating your skin and leaving you relaxed & invigorated.....\$50

Bubble Bath
~ allow 30 minutes

Sit back amongst the bubbles and feel the heat rejuvenate as the aromatherapy oils perfume the air.....\$50

Sauna Treatments

Sauna
~ allow 30 minutes

Step into your own private Rarotongan sauna and leave with your circulation improved, your skin feeling nourished, and your body feeling relaxed. A perfect experience to share and is finished off with a rain shower and a fresh fruit juice.....\$60

Fire & Ice Treatment
~ allow 40 minutes

A revitalizing experience that starts by sitting back in the sauna to heat up then when you are ready, dip into our pool only meters away and feel the ice sensation as you cool down and then repeat once more. This treatment is especially good for healing aches and pains and is cleansing and detoxifying\$90

Pregnancy Massage

Pregnancy Pleasure
~ allow 30 minutes

Lie back and relax as your aches and pains ease away with this pampering massage that is safe for you and the baby. Finish with a glass of tropical juice.....\$80



Free Consultation

Sensitive skin? Sun and sea exposure? Mature skin? Expecting a baby? Specific body areas which are crying out for de-stressing? Wondering which package will best enhance your feeling of togetherness as a couple? Feel free to consult SpaPolynesia's professional therapists about your individual skin profile or ideal treatment plan - we'd be delighted to help you. By prior arrangement and subject to availability.



Body Treatments . . . from the Sun

'Ravarava' Self Tan Application
~ allow 45 minutes

Give your body a warm tropical glow with an instant suntan. Your choice of a 30 minute 'Akari' Coconut Sugar Body Rub or 'Tama' Coconut Crème Body Scrub to prepare the skin, followed by the even application of the Jojoba-based self tanning crème.....\$115

Hand & Foot Indulgence

'Rima' Deluxe Manicure
~ allow 45 minutes

Get your hands looking their best. Includes your choice of Coconut Creme Scrub or Coconut Sugar Rub, followed by a soothing massage of the hand's pressure points using softly-fragrant pure and natural tropical lotions hand-made in the islands. French manicure or choice of colours.....\$75

'Vaevae' SpaPedicure
~ allow 50 minutes

Ultimate treat for your feet. Enjoy a FootSpa infused with essential oils of Peppermint and Eucalyptus, then a vigorous buff with our Sea Salt Rub to remove dead skin cells. A Shiatsu Massage then gently works the pressure points of the feet and lower legs to relax muscles and relieve tension. Finished with your choice of nail polish colour....\$85

Pampering Facials

Customised Skin Analysis — our professional consultants would be delighted to advise on which Pampering Facial best suits your individual skin profile.

'Pateka' Deep Cleansing Facial
~ allow 1 hour

A thorough Cleansing and Purifying Mask, leaving your skin feeling refreshed and moisturised. This vitamin-rich, anti-oxidant Mask is suitable for normal, oily and combination skins.....\$125

'Purotu' Facial & Massage
~ allow 45 minutes

Deeply relax with a soothing face massage and Sea Mineral Mud Pack for the Face whilst a deeply conditioning warm hair treatment is massaged through your Hair and Scalp. Face Pack treatment includes cleanse, mask and moisturise. An ideal complement to one of SpaPolynesia's invigorating Body Wraps.....\$135

'Pa'i' Hydrating Facial Treatment
~ allow 1 hour

A highly concentrated active-ingredient cocktail for the skin. An infusion of serums delivers outstanding moisturising and conditioning properties for even the thirstiest of skins, algae derivatives help to regulate moisture loss caused by the sun's rays, and biopeptides to activate new collagen formation, smoothing fine lines. Nourishing and restorative, leaving face and neck revitalised.....\$135

Rejuvenation & Relaxation Packages

'Kara' Tropical Body Treat
~ allow 1 hour 30 minutes – Body Rub + Body Wrap

A half-hour 'Akari' Coconut Sugar Body Rub followed by a one-hour U-Rango Milk & Honey Body Wrap achieves a supreme combination of gentle exfoliation followed by deeply nourishing milk proteins. To die for.....\$195

'Rekareka' Pamper Pack
~ allow 2 hours Facial + Massage + Manicure

A one hour 'Pa'i' Hydrating Facial, half-hour 'Maorooro' Aromatherapy Massage and a 'Rima' SpaManicure will ensure you feel totally pampered. Simply fabulous'.....\$245

'Navenave' Indulgence Pack
~ allow 3 hours – Body Scrub + Massage + Facial + Manicure or Pedicure

Cherish yourself with our exquisite package of total rejuvenation for body and soul. A half-hour 'Tama' Coconut Crème Body Scrub followed by a one-hour 'Mirimiri' Aromatherapy Full Body Massage, a one-hour 'Pateka' Deep Cleansing Facial and your choice of 'Rima' SpaManicure or 'Vaevae' SpaPedicure. The ultimate indulgence.....\$395

Beauty Treatments

| | |
|-----------------------|------|
| Eye Brow Shape..... | \$20 |
| Eye Brow Tint..... | \$25 |
| Eye Lash Tint..... | \$25 |
| Lip/Chin Wax..... | \$20 |
| Bikini Wax..... | \$35 |
| Half Leg Wax..... | \$50 |
| Full Leg Wax..... | \$75 |
| Under Arm Wax..... | \$25 |
| Arm Wax..... | \$40 |
| Back / Chest Wax..... | \$50 |

Couples Spa

Packages for Couples in Love

Waterfall of Love

~ allow 2 hours

Ignite the romance again with a tropical flower soak and then let your worries fade away with a full body massage side by side utilizing essential oils to refresh your skin. Finish off with a cooling waterfall experience under our Rarotongan rain shower.....\$360 for two

Romantic Getaway

~ allow 2.5 hours

Together in our sauna enjoy a steam treatment, followed by a rain shower. Then lay back side by side with a head, shoulders and back massage combined with a tropical hair treatment. Finish it all off with a glass of fine wine or fresh tropical juice whilst you both get either a manicure or pedicure. A true top to toe treat for you both, which will take you away from any worries and on your very own romantic getaway.....\$650 for two

Love Life

~ allow 3.5 hours

Treat you and your partner to the ultimate luxury that will bring you closer together. Start by sharing a bath soak with a glass of bubbles each and a platter of fresh fruit. Followed by a side by side full body massage and a pedicure, so your whole body is relaxed and refreshed. Then relive the romance with a light lunch from our spa cuisine menu and a glass of champagne poolside. Pure romance.....\$600 for two

'Takave' His & Hers Pamper Package

~ allow 1 hour 30 minutes - Body Scrub + Massage

Each receives a 'Tama' Coconut Creme Scrub followed by a one-hour 'Mirimiri' Aromatherapy Full Body Massage. Embrace the moment.....\$195 per person

'Inangaro' Couples Indulgence Package

~ allow 2 hours Massage + Facial

Each receives a one-hour 'Mirimiri' Aromatherapy Full Body Massage followed by a Purotu' Facial & Massage of the Head & Scalp. Simply sensational for couples in love.....\$235 per person

Wedding Spa Treatments

Rererere' Bridal Package

~ allow 1 hour 15 minutes - Manicure or Pedicure + Massage

'Rima' SpaManicure or 'Vaevae' SpaPedicure and a 'Maorooro' Aromatherapy Massage for a radiant Bride (of course you don't have to be getting married to say 'I do' to this Package!).....\$135

Bridal Bouquet

~ allow 2 hours

This treatment starts off with a 'Maorooro' Aromatherapy Body Massage for all the girls to help them relieve that pre-wedding day stress and is completed with a manicure and pedicure so that all the bridal girls look their best for the big day from head to toe.....\$225.00 per person

Bridesmaids

~ allow 2 hours

Cucumber eye treatment and facial allow you both to look fabulous and fresh on the big day. This is teamed up with a manicure and pedicure with nail art design of your choice. This treatment is finished off with a glass of fresh tropical juice and a photo of the two of you.....\$190.00 per person

Groom to be

~ allow 2 hours

Needs to unwind before the big day this treatment starts with a full neck and shoulder massage that gets rid of any aches and pains, leaving the groom to be relaxed and refreshed.

This is then combined with a manly manicure and gentleman's facial to get the groom to be looking his best for the big day.....\$245



Gentlemen's Spa

Full Body Massage

~ allow 1 hour

An hour therapeutic massage that melts away muscle tension and relieves stress.....\$115

1/2 Hour Massage

~ allow 30 minutes

A 30 minute soothing treatment for neck, and shoulder muscle stiffness. The ultimate remedy for aches and pains in the upper body.....\$65

Gentlemen's Facial

~ allow 45 minutes

Customized for gentleman's specific skin needs, a deep cleansing is followed by an exfoliation, and extraction. The treatment concludes with a soothing mask to balance and hydrate your skin, and also help reduce sensitivity commonly associated by shaving.....\$125

Back Treatment

~ allow 45 minutes

Begins with a back coconut creme scrub; exfoliation will deeply cleanse the body and stimulate the circulation. Then a soothing massage will relax sore back muscles, before applying a Dead Sea Mineral Mud Mask that will leave skin velvety smooth and provide a deep sense of relaxation.....\$95

Sea Salt Scrub

~ allow 45 minutes

This energizing treatment designed for men blends the therapeutic benefits of salt minerals with eucalyptus essence to leave you relaxed and revitalized.....\$105

Manly Manicure

~ allow 30 minutes

This manicure gives you a clean look to his hands, nails, and cuticles, shaping and filing of nails and followed by a soothing massage.....\$55

Pedicure

~ allow 40 minutes

A refreshing pedicure that consists of an aroma infused foot soak followed by nail shaping and cleaning of cuticles. Then an invigoration foot scrub is applied to reduce calluses and soften the hard skin. The nails are buffed and followed by soothing massage for calves and feet.....\$65

Waxing for Men

Back/Chest Wax.....\$50

Eyebrow Waxing.....\$25

Full Leg Wax.....\$75

Half Leg Wax.....\$50

Mankini Wax.....\$35

Under Arm Wax.....\$25

Arm Wax.....\$40

