



# TROPICA *Spa*





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*Spa*



# Massage Therapy

## TROPICA MASSAGE

Our signature choice of blended oils, combined with purpose designed movements stimulates the circulation and promotes deep relaxation, whilst restoring energy flow.



**60 MINS**

120 FJD / 74 AUD

**90 MINS**

165 FJD / 101 AUD  
*\*includes foot ritual*

## TRADITIONAL FIJIAN BOBO

Discover the time-tested benefits of a traditional Fijian Bobo massage – passed down from generation to generation using long firm strokes to stimulate circulation and release tension.



**60 MINS**

120 FJD / 74 AUD

**90 MINS**

165 FJD / 101 AUD  
*\*includes foot ritual*

## DEEP TISSUE MASSAGE

Deep Tissue massage therapy is focused on realigning the deeper layer of muscles and connective tissue. Especially helpful for chronic aches and pains, such as stiff neck, upper or lower back pain, leg muscle tightness and sore shoulders.



**60 MINS**

120 FJD / 74 AUD

**90 MINS**

165 FJD / 101 AUD  
*\*includes foot ritual*

## TENSION RELIEF

Enjoy a targeted back, neck, shoulder, scalp or foot massage of your choice.



**30 MINS**

60 FJD / 36 AUD

**Tropica Island Resort**  
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\* PRICES ARE IN FIJIAN DOLLARS AND ARE INCLUSIVE OF 25% FIJI GOVERNMENT TAXES AUD\$ PRICES ARE AN INDICATION ONLY AND MAY VARY WITH EXCHANGE RATE.



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# Facial Treatments

## TROPICA FACIAL

Our signature facial boosts dehydrated skin with a beautiful blend of botanical oils and powerful plant actives. Skin is deeply nourished and repaired, hydration of the epidermis significantly improved, resulting in firmer, hydrated skin.



**60 MINS**

150 FJD / 92 AUD

**90 MINS**

200 FJD / 123 AUD  
*\* includes 30 mins  
tension relief*

## MENS PURIFYING FACIAL

A purifying skin treatment designed to eliminate impurities. A warming compress, back cleanse and Dilo mask, followed by a relaxing and purifying back and scalp massage. The treatment concludes with a refresher facial, to heal and balance the skin.



**75 MINS**

180 FJD / 110 AUD

## ISLAND EXFOLIATING FACIAL

The island Exfoliating Facial is designed to remove unwanted dead skin cells to reveal a more youthful, healthy looking glow. This treatment will rejuvenate, repair and condition your skin for a more even, toned and glowing complexion.



**75 MINS**

180 FJD / 110 AUD

## FIRMING FACIAL

Instantly lift, firm and regenerate skin with this face contouring and firming facial. This treatment helps to reduce the process of ageing and restores youthfulness.



**75 MINS**

180 FJD / 110 AUD

## REFRESHER FACIAL

Instantly revive skin and restore with this mini facial that will cleanse and instantly hydrate skin.



**30 MINS**

95 FJD / 58 AUD

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# Body Treatments

## ROYAL COCONUT MILK & HONEY TREATMENT



Indulge in a delightful blend of Fijian honey and fresh coconut milk. This ritual will hydrate, nourish, firm and strengthen the skin. Enjoy an exfoliation followed by a wrap, designed to firm and tighten skin. A Fijian scalp massage concludes this ritual, leaving your body soothed and replenished.

**90 MINS**

180 FJD / 110 AUD

## DILO RESCUE WRAP



Used for centuries in the Pacific as a therapeutic remedy, Tropical Dilo nut oil works to ease irritated and sunburnt skin. High in Vitamins A, C and E combined with coconut and aloe makes a super charged healing cocktail for the skin.

*\* This treatment can be done only after initial sunburn has subsided.*

**60 MINS**

150 FJD / 92 AUD

## MANA'IA MAN BODY POLISH



Discover the Mana'ia secret for terrific looking skin. This ancient blend of cold pressed coconut, sugar cane crystals and drift-nut oils does it all. Revives, hydrates and nourishes skin whilst repairing and fortifying against further damage.

**60 MINS**

160 FJD / 98 AUD

**90 MINS**

195 FJD / 120 AUD  
*\* includes 30 mins tension relief*

## EXOTIC BODY POLISH



Fresh sugar cane crystals manually exfoliate while naturally occurring alpha hydroxyls gently buff away aging skin cells, polishing skin clean and eliminating pore-clogging impurities. The deep moisturising blend of oils nourishes, hydrates and protects your skin, leaving a healthy glow.

**60 MINS**

160 FJD / 98 AUD

**90 MINS**

195 FJD / 120 AUD  
*\* includes 30 mins tension relief*

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# Couples Spa Packages

## TROPICA COUPLES ROMANTIC JOURNEY *Signature Treatment*



Relax and rejuvenate with a friend or loved one. An exotic infusion of coconut and cinnamon scrub exfoliates the skin, followed by a relaxing Tropica Signature Massage, finishing with a rejuvenating Tropica Facial. Fruit Platter included.

**200 MINS**

750 FJD / 460 AUD

*\* Floral Foot Bath - Coconut & Cinnamon Body Scrub - Tropica Signature Massage & Facial*

## EXOTIC ESCAPE FOR TWO



Lose yourself in an exquisite journey of romance. Your time together begins with a floral foot ritual, followed by an ultimate couples Traditional Bobo Massage and finishes with an exquisite head and scalp massage.

**150 MINS**

400 FJD / 245 AUD

*\* Floral Foot Bath - Traditional Fijian Bobo - Head & Scalp Massage*

## DUSK RELAXATION



Finish your perfect Tropical day in paradise with a soothing total body and foot massage series. Designed to restore the body's energy flow and revitalise the mind.

**150 MINS**

400 FJD / 245 AUD

*\* Floral Foot Bath - Deep Tissue Massage - Foot Massage*

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# Nail Care

## NAIL FILE AND POLISH

Nails are reshaped and polished.



\$

**30 MINS**

50 FJD / 30 AUD

## TOE NAIL FILE AND POLISH

Nails are reshaped and polished.



\$

**30 MINS**

60 FJD / 37 AUD

## DELUXE HAND TREATMENT

A nourishing, relaxing treatment that removes dead cells to prepare skin for a rich application of Vitamin E oil, giving special attention to cuticles followed by a cold Dilo mask to soothe and condition, finished with your favourite nail polish application.



\$

**45 MINS**

90 FJD / 55 AUD

## DELUXE FOOT TREATMENT

Rejuvenate neglected feet and lower legs with body brushing to awaken skin, before a warm aromatic water immersion infused with moisturising honey and milk. A cold Dilo mask to soothe and condition, finished with your favourite nail polish application.



\$

**60 MINS**

110 FJD / 67 AUD

## ESSENTIAL MENS HAND TREATMENT

Revitalise aching, fatigued hands and arms, with specially selected Mana'ai blends to stimulate and invigorate.



\$

**45 MINS**

80 FJD / 49 AUD

## ESSENTIAL MENS FOOT TREATMENT

Specially selected Mana'ai blends to restore and revive tired feet.



\$

**45 MINS**

80 FJD / 49 AUD

## ULTIMATE HAND AND FOOT TREATMENT

The ultimate indulgence for hands and feet with a complete manicure and pedicure.



\$

**120 MINS**

180 FJD / 110 AUD

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# Beauty Therapy

<b>WAXING</b>	\$
<b>EYE BROW WAX</b>	25 FJD / 15 AUD
<b>LIP WAX</b>	25 FJD / 15 AUD
<b>CHIN WAX</b>	25 FJD / 15 AUD
<b>BIKINI WAX</b>	70 FJD / 43 AUD
<b>UNDER ARM WAX</b>	40 FJD / 25 AUD
<b>HALF LEG WAX</b>	70 FJD / 43 AUD
<b>FULL LEG WAX</b>	100 FJD / 61 AUD
<b>BACK WAX</b>	65 FJD / 40 AUD

<b>TINTING</b>	\$
<b>EYE-LASH TINT</b>	50 FJD / 31 AUD
<b>EYE- BROW TINT</b>	50 FJD / 31 AUD



# Spa Etiquette

## **HOURS OF SERVICE**

9 a.m. - 6 p.m

All in-room massages during opening hours incur an additional charge of \$50.

Should you wish to schedule a massage after opening hours, this can be arranged with advance notice and will incur an additional \$100 fee.

## **ARRIVAL TIME**

We encourage you to arrive 15 minutes prior to your appointment to enjoy the serenity of the Tropica Spa. Please be advised that late arrivals may result in a reduction of your spa treatment time. For your first visit, you will be asked to complete a brief, confidential consultation card in order to establish any contra-indications to treatments.

## **SPA PROTOCOL**

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests right to privacy and serenity. Please note that the spa is a mobile phone and smoke free zone.

## **PREGNANCY**

For expectant mums-to-be, our spa team will be able to assist you by suggesting appropriate treatments suitable for you during this special time.

## **HEALTH CONDITIONS**

Please advise us at time of booking of any health conditions, allergies, injuries, or any special needs which may affect your services.

## **SCHEDULING AN APPOINTMENT**

If you are unsure which treatment to choose, please speak with our specialist spa team who will be happy to assist you. To ensure your preferred time and service is available, we do advise booking in advance.

## **CANCELLATION POLICY**

Should you wish to cancel an appointment, please allow us four hours notice or a full cancellation fee will be charged. "No shows" will be charged at the full treatment price.

## **VALUABLES**

We advise you not to bring any valuables during your visit. Tropica Spa accepts no responsibility for the loss of money or valuables of any kind.

## **HEMOCARE**

To continue your spa regime and experience at home, Pure Fiji Products are available from our Spa Reception.