

SOMOSOMO SPA



Treat Yourself

*With a Spa Treatment in our waterfront Pamper Vale
while you take in the sounds of the water lapping the
shore beneath*





Please fill out your preferred day, time, and choice of treatment on the Somosomo Spa Booking Form you can find at the Bula Bar.

Our host will confirm the details with you.

Treatments are available between 10:00 AM and 4:30 PM daily.



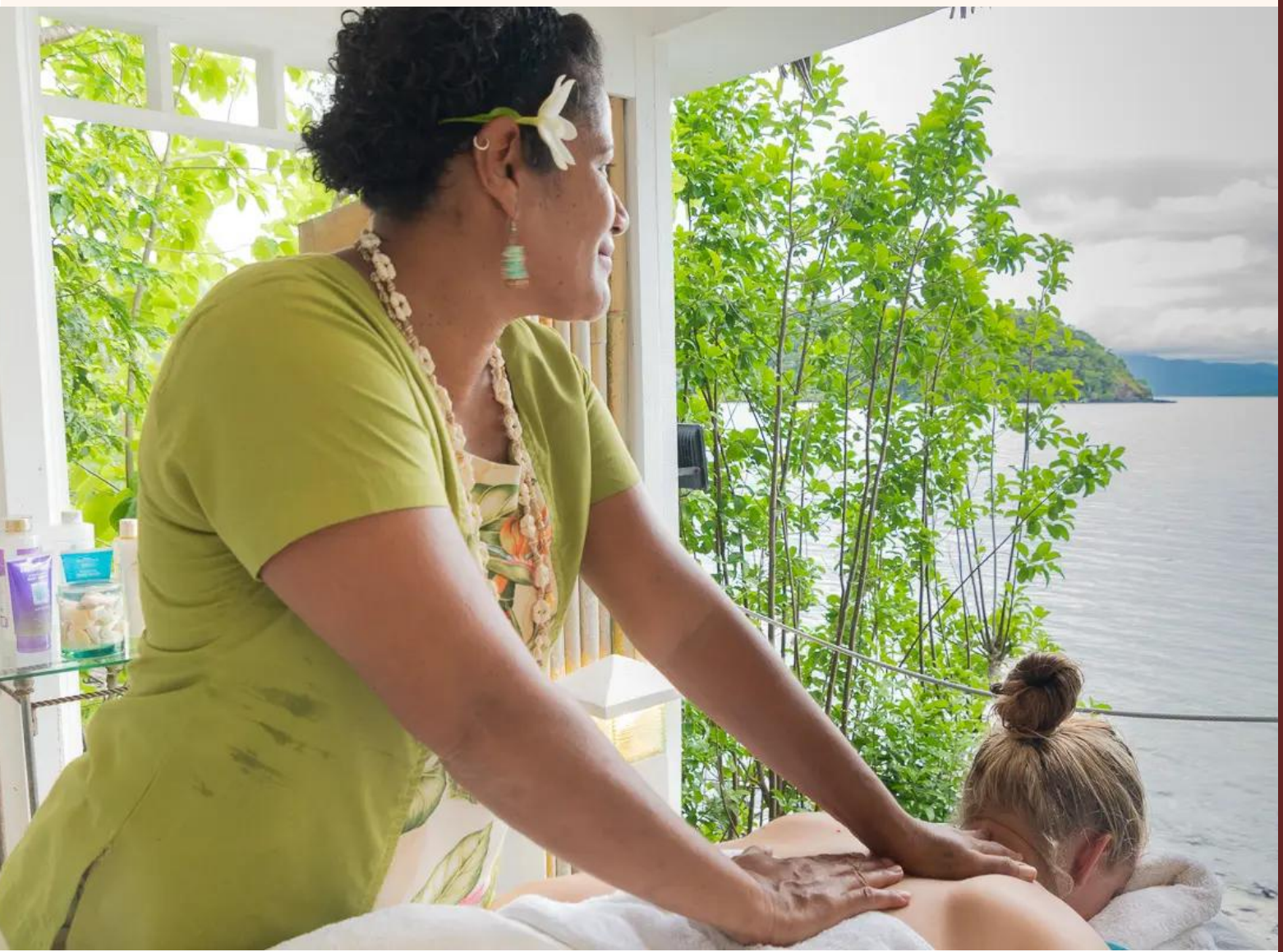
An aerial photograph of a coral reef. The water is clear, revealing the intricate patterns and textures of the coral below. The colors range from light blue and white in the shallower areas to deep blues and greens in the deeper parts. The word "MASSAGES" is written in a white, hand-drawn, cursive font across the middle of the image.

MASSAGES

Jet Lag

This is just what you need after a long flight. Your therapist will use Island Bliss oil to relieve your sore neck and fatigued legs. Long flights cause muscle tension and stiffness. Our Jet Lag massage will help relax your muscles and improve your range of motion, circulation and will certainly leave you feeling more refreshed and rested.

Duration: 30 minutes or 60 minutes



Fijian Bobo

A traditional healing massage that has been passed down through generations in Fiji. Techniques differ with each therapist according to their family traditions. The use of elbows and forearm penetrate deeply into the muscles. This massage will relieve muscle tension, improve circulation and promote relaxation. Traditionally, this massage uses warm coconut oil; however other choices may be available.

Duration: 60 minutes or 90 minutes



Fijian Malua

Like the Fijian Bobo, techniques differ with each therapist according to their family traditions. Unique techniques are used to deliver a very gentle massage to relax the muscles and mind.

Choice of coconut or fruit oils.

Duration: 60 minutes or 90 minutes



Swedish

Using a blend of oils infused with tropical essence, your therapist will use a selection of relaxation and deep tissue massage techniques. Long flowing strokes, also known as effleurage, are used to warm up the muscles and promote relaxation. Kneading and lifting techniques, known as petrissage, are used to target deeper layers of muscle tissue and release tension.

Duration: 60 minutes or 90 minutes



Deep Tissue

Targeting deeper layers of muscle and connective tissue, this massage is recommended if you have chronic muscle tension or knots, or if you prefer a more intensive massage. Slow, deliberate strokes and firm pressure are applied to muscle and connective tissue. This is done by using deep finger pressure to apply deep pressure to specific areas of tension or knots. Elbows and forearms are also used to apply additional pressure and reach deeper layers of the muscle. Consult with your therapist to focus on a specific area of the body. Note that some temporary discomfort may occur following the massage due to the intensity of this massage.

Duration: 30 minutes or 60 minutes





Coconut Sugar Scrub

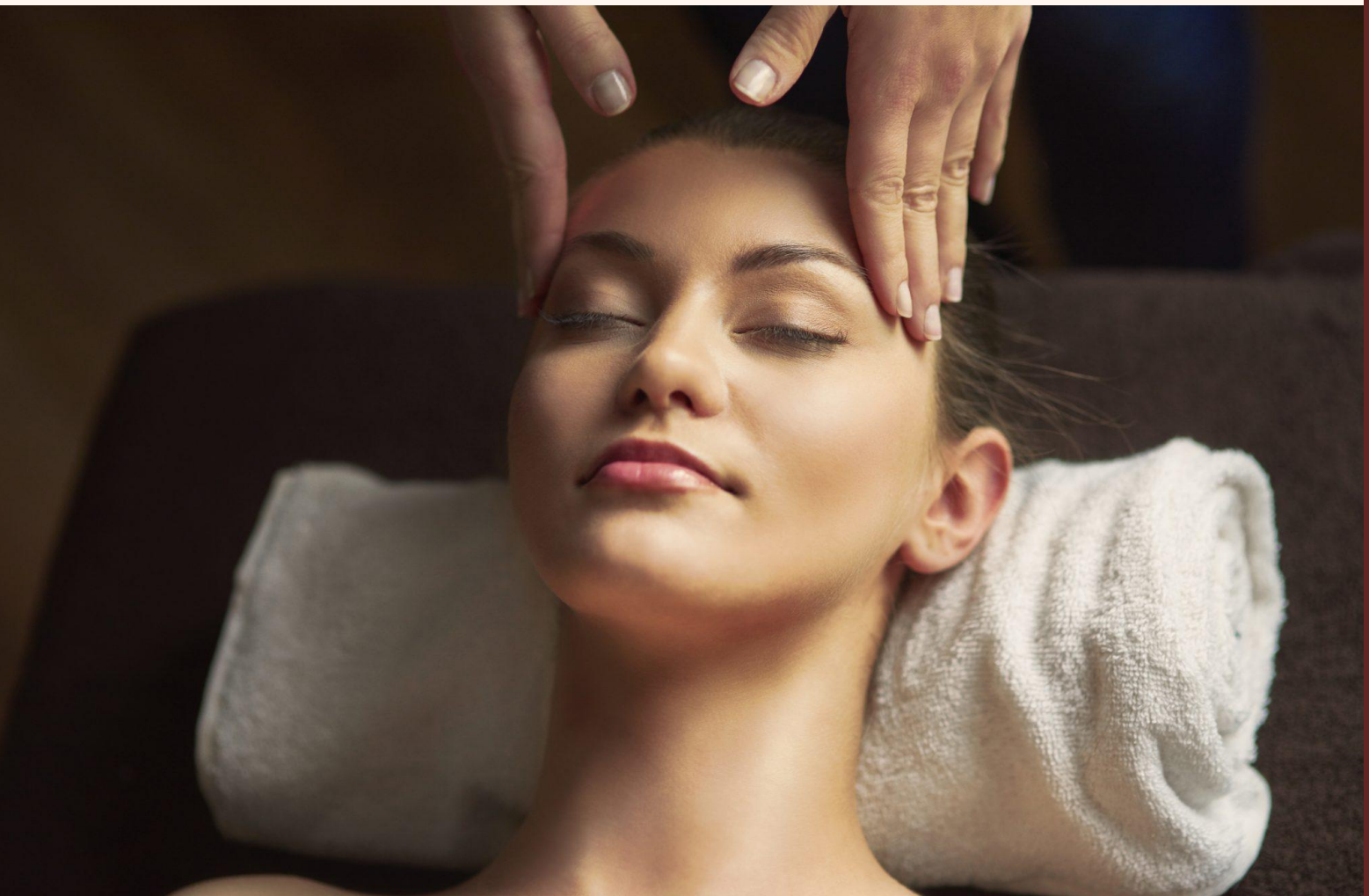
Restore your skin to a healthy glow with a homemade scrub made of fresh coconut cream and raw sugar. Rinse off with a warm cloth seeped in herbal essence. Finish with a 15-minute massage.

Duration: 60 minutes

Facial

An ultimate indulgence for your face and scalp. This treatment begins with a gentle cleansing of your face to remove any impurities, followed by a relaxing massage of the facial muscles using a blend of essential oils. A variety of techniques are used to reduce tension and improve circulation, leaving your skin looking radiant and refreshed. This treatment also includes a soothing scalp massage using warm oil and gentle pressure to relieve tension and promote relaxation. The scalp massage stimulates blood flow to the hair follicles, promoting healthy hair growth and a calm, relaxed state of mind.

Duration: 30 minutes



Dilo Sun Soother

Dilo has long been used for its nutrients to stimulate the healing of skin. Rapidly hydrate and soothe sun damaged or dehydrated skin naturally and gently while being ensconced in a banana leaf wrap.

Duration: 45 minutes





Manicure

Pamper your hands by soaking in a bath of pure fresh coconut milk. Follow with cuticle treatment, nail clipping and file shaping. Finish with polish of your choice.

Pedicure

Begin with a fresh flower and oil infused foot bath. Follow with nail clipping, shaping, and callus exfoliation. Finish with a 10-minute leg massage and polish of your choice.

Packages

3 Day R & R

Day 1: Jet Lag

Day 2: 1hr Fijian Malua

Day 3: Facial and Scalp massage

3 Day Diver's Delight

Day 1: 1 hr Fijian Bobo or Malua

Day 2: 1 hr Deep Tissue Massage

Day 3: Dilo Sun Soother

4 Day Island Escape

Day 1: Coconut Sugar Scrub

Day 2: Manicure/Pedicure

Day 3: 1hr Fijian Bobo or Malua

Day 4: Facial and Scalp Massage

5 Day Ultimate Spa

Day 1: Coconut Sugar Scrub

Day 2: 1 hr Fijian Bobo or Malua

Day 3: Manicure/Pedicure

Day 4: Swedish Massage

Day 5: Facial and Scalp Massage

Price List

Massage	Minutes	Cost
Jet Lag	30	\$60
	60	\$90
Fijian Bobo	60	\$100
	90	\$150
Fijian Malua	60	\$100
	90	\$150
Swedish	60	\$120
	90	\$180
Deep Tissue	30	\$80
	60	\$120
Sugar Scrub	60	\$100
Dilo Sun Soother	45	\$85
Facial/Scalp Massage	30	\$60
Manicure	30	\$50
Pedicure	30	\$60
3 Day R & R	2hr 45min	\$200
3 Day Divers Delight	2hr 45min	\$260
4 Day Island Escape	3 hrs 30 min	\$330
5 Day Ultimate	5 hrs	\$460

All prices are in USD, 12.5% VAT inclusive

