



MAKARE SPA FIJI





# BULA & WELCOME

Aligned with our spa ethos, our primary endeavour is to cultivate an ambience of serenity, with the intent of offering you an experience brimming with tranquillity and resilience. Makare Spa Fiji serves as a sanctuary from the rigours of stress, a touch that heals, a voice of kindness, and a haven for rediscovering your own essence.

At Makare, our dedication extends to both our guests and the environment we inhabit. Guided by a holistic approach, we foster equilibrium among the mind, body, and spirit through enlightenment, learning, and service.

With love,  
Makare



# THE MAKARE SPA EXPERIENCE



## RELAXATION AREA

The journey towards rejuvenation commences with a moment of tranquility. We offer you a refreshing cool essence towel and a cup of freshly brewed ginger tea prior to your spa session. Immerse yourself in the soothing notes of gentle music. Embrace the refreshing coolness and inhale the revitalizing aroma of your spa-scented refresher towel.



## NATURAL SKINCARE

As a family-owned business, we take pride in meticulously crafting our skincare range on the picturesque Fiji Islands. Our creations are forged from the choicest natural elements and time-honoured techniques to ensure unparalleled excellence. This dedication guarantees the potency of our natural skincare solutions, allowing us to acquaint you with the marvels of Fijian botanicals.



## SENSORY JOURNEY

Our aim is to ensure your time with us is both customized and soothing. Before your session begins, we offer you the chance to select a personalized oil blend crafted from essential oils, designed to cater to your individual preferences.





# CEREMONY OF FACE

Blending contemporary methodologies with age-old wisdom, our facial treatments seamlessly blend rejuvenation and leave enduring impressions.

## Signature Makare Facial ★★★★★

Unearth the enigma of Fiji's beauty heritage. This Fijian ritual employs natural elements to craft a gentle, yet potent facial experience. Enriching botanical extracts, purifying minerals, and calming fruits combine to cleanse, refine, and revitalize your skin. Acupressure and soothing massages encompassing the face, scalp, neck, shoulders, hands, and feet come together to leave you with a sense of rejuvenation.

60min | F\$165

## Deep Cleansing Vitamin & Mineral Facial ★★★★★

Our approach encompasses both traditional local methods and European techniques, seamlessly weaving together botanicals from both regional realms to enhance skin texture and smoothness. Crafting a tailored plan for each individual, we incorporate cleansing, exfoliation, deep pore cleansing, masks, and massages. This invigorating facial assures to guide your skin through a journey of renewal, blending the best of both worlds.

60min | F\$220



## Vanilla & Frangipani Facial

Experience an aromatic facial infused with vanilla and frangipani essences, captivating you with Fiji's unique flavors and flora. Enjoy a refreshing frangipani and herb mask, complemented by vanilla and natural herbs that work to nourish and refine your skin. Neck and shoulder massages add the finishing touch to this exclusive Makare treatment.

60min | F\$180

## Ratu Refresher Facial

Tailored for men, our super-grooming deep-cleansing facial aids in skin decongestion, accelerates the natural repair process, and effectively rids the skin of impurities. This blend merges quick-acting components with enduring defense against daily pollutants, resulting in a visibly clear, clean, and revitalized complexion.

60min | F\$180





# MUSCLE RESTORATION

Embark on a sensory journey with our inviting ritual, embracing exotic oils and a soothing touch. Our treatments encompass a diverse array of Pacific techniques, offering you an exceptional encounter and a chance to immerse yourself in Fiji's therapeutic remedies.



## **Signature Makare 4 Hands Massage ★★★★★**

Indulge in a moment of tranquility and allow yourself to unwind and surrender to the pleasures of the Makare signature treatment. With two therapists working in perfect synchrony, you'll be treated to a distinctive fusion of five massage techniques, including Swedish, Lomilomi, Balinese, Shiatsu, and Thai, creating an unparalleled experience of relaxation and rejuvenation.

**80min | F\$380**

## **Tropical Fijian Bobo Massage**

Our rendition of Fiji's time-honored massage, passed down across generations. A harmonious blend of gentle, elongated strokes and targeted muscle manipulation brings about profound relaxation, simultaneously enhancing circulation for a luminous skin radiance.

**60min | F\$185 80min | F\$245**

## **Fijian Aromatherapy Massage**

Unearth the charm of this genuine massage style, deeply rooted in ancient traditions. Tailored with your selected aromatherapy oils, palm pressure, and stretching maneuvers, this treatment offers a cascade of muscle relief and profound relaxation, akin to soothing waves and tranquil depths.

**60min | F\$185 80min | F\$245**

## **Journey Around The World Massage**

The techniques employed by our therapists are tailored to your individual needs and desires. For alleviating muscle stiffness, the incorporation of Swedish massage involves long, steady strokes. Shiatsu targets pressure points with a firm touch to stimulate and release tension. Reflexology targets specific reflex points on the feet that correspond to various body parts. The application of deep pressure aims to alleviate tension and foster holistic well-being.

**60min | F\$185 80min | F\$245**





### **Makare Muscle Restoration Massage ★★★★★**

Intense physical exertion and sports often result in profound muscular and joint strain. This massage is designed to gently warm and ease the muscles, enhancing your range of motion. Incorporating it prior to physical activity can boost flexibility, and post-activity, it aids in the swift recovery of fatigued muscles.

**80min | F\$285 120min | F\$345**

### **Makare Warm Stone Massage**

The massage experience is elevated through the addition of warm stone therapy. The seamless movement of smooth stones on your skin generates warmth within muscles and adjoining tissues, augmenting blood circulation and ushering in a distinctive and soothing state of relaxation. This practice effectively diminishes stress, tension, and tissue stiffness.

**60min | F\$200 80min | F\$330**

### **Jet-Lag Massage**

Rediscover and rejuvenate your weary spirit through Makare's remarkable jet-lag massage. Immerse yourself in an exotic fusion of aromatic oils, a refreshing gel wrap, and calming massage methods aimed at relieving tension in the neck, shoulders, back, and feet. Reawaken your senses, infuse vitality into your mind, and relish your getaway in this paradise haven.

**60min | F\$185**

### **Nurturing Mother to Be Massage**

Crafted exclusively for expectant mothers, this massage is thoughtfully curated to prioritize both comfort and safety. With a gentle touch, it encourages relaxation, enhances circulation, and offers solace during this remarkable phase of transformation. Let go of tension, ease swelling in hands and feet, and experience an uplifted spirit as you embrace this precious journey.

**60min | F\$200**

### **Makare Trio**

Treat yourself to a trio of Makare's finest offerings bundled into one delightful package – comprising a soothing back massage, a rejuvenating mini facial, and a pampering foot massage.

**60min | F\$180**



### **Beach Massage**

Immerse yourself in nature's embrace. Our beach massages unfold on the pier, where the soothing sounds of nature infuse the atmosphere with relaxation.

**15min | F\$35 30min | F\$65 60min | F\$100**

### **Couple's Massage ★★★★★**

Embark on your Makare Spa Indulgence by selecting between our traditional cold tea ceremony or a glass of sparkling wine. Begin with our Makare Foot Ritual, followed by a rejuvenating Signature Makare Restoration Massage. Conclude this holistic journey with a soothing Scalp Massage, leaving you refreshed and revitalized.

**80min | F\$475**







# MAKARE WRAPTURE

Purely enticing body scrubs, wraps and treatments to leave your skin feeling soft, smooth and enriched with nature's abundant goodness and beauty.



## Makare Signature Body Scrub ★★★★★

Choose from one of our exotic scrubs to polish, refine, revitalise, and nourish the skin:

- Makare Coffee Scrub
- Lavender Refreshing Scrub
- Lime & Ginger Scrub
- Lemongrass & Orange Scrub

Following your invigorating Body Scrub, refresh under the open sky in our outdoor shower before treating yourself to a rejuvenating full-length Signature Muscle Restoration Massage.

**80min | F\$265**

## Sunburn Cooler

A wonderful introduction to the world of spa. A soothing gentle massage using hydrating organic coconut oil that relieves the skin of sun damage.

**60min | F\$160**

## Makare Coconut Milk Firming Wrap

Allow the healing properties of our naturally pressed coconut milk to detoxify and purify your body. Our wrap envelopes and draws heat from the body. While you are being wrapped you will receive a relaxing head and scap massage.

**80min | F\$200**

## Wasawasa Seaweed Wrap

Allow the healing properties of our naturally pressed coconut milk to detoxify and purify your body. Our wrap envelopes and draws heat from the body. While you are being wrapped you will receive a relaxing head and scalp massage.

**80min | F\$220**



## SANCTUARY FOR ONE... PARADISE FOR TWO

Immerse yourself in our spa packages, where our treatments seamlessly meld to create the ideal pathway to unwind and transcend the constraints of time. Our spa suites serve as sanctuaries for solitary relaxation or as a haven for couples seeking side-by-side massages and body treatments. Let your senses guide you and bask in the indulgence of Makare in paradise.

### **Natural Elegance** (allow 2 hours)

Begin your pampering with our full-session Signature Muscle Restoration Massage. Follow this relaxing treatment with The Makare Facial.

**One Person | F\$375 Two Persons Sharing Spa Suite | F\$730**

### **Marau Retreat** (allow 2 hours)

Embark on your 'Marau (Pleasure) Retreat' by treating your feet to a traditional Makare Foot bath. Proceed with your chosen indulgence: an intoxicating Lime & Ginger Scrub infused with natural essences or the nourishing Tropical Coconut Scrub. Conclude this rejuvenating experience with a choice between the invigorating full-session Fijian Bobo Massage or the globally-inspired Massage Around the World.

**One Person | F\$350 Two Persons Sharing Spa Suite | F\$685**

### **Pampered in Paradise** (allow 2 1/2 hours)

Embark on your spa journey with a choice between a complete session of the Classic Deep Cleansing Facial or the Traditional Makare Facial enriched with fresh ingredients – a genuine Fijian delight and one of our signature treatments. Continue this pampering experience with the elegant final touches of the Deluxe Island Manicure and Pedicure.

**One Person | F\$330 Two Persons Sharing Spa Suite | F\$650**

### **Sunset on The Pier**

Immerse yourself in the treatment accompanied by the gentle sounds of water beneath you and the caress of the tropical breeze around you. Your sunset session commences with the indulgent Makare Foot Ritual, accompanied by a bottle of champagne. The experience unfolds further with our Traditional Fijian Bobo Massage, completing this blissful journey.

**80min | F\$500**







### **Malolo Lailai Twilight Package** (allow 2 hours)

Unwind in tranquillity after a day spent embracing Fiji's natural beauty. Our Twilight package commences with the luxurious Makare Foot Ritual, accompanied by a delightful bottle of champagne. This is followed by our invigorating Lime & Ginger Scrub, complemented by a refreshing shower beneath the stars.

**Two Persons Sharing Spa Suite | F\$580**

### **Couple's Indulgence** (allow 2 hours) ★★★★★

Commence your Makare Spa Indulgence by selecting between our traditional cold tea ceremony or a glass of sparkling wine. Begin with our Makare Foot Ritual, followed by our renowned Signature Makare Restoration Massage. Conclude this wellness journey with a soothing Scalp Massage, leaving you feeling rejuvenated and invigorated.

**Two Persons Sharing Spa Suite | F\$700**

### **The Ultimate Indulgence Package** (allow 4 hours) ★★★★★

Indulge in a bottle of sparkling and embrace our cherished Makare Foot Ritual as the beginning of your journey. Then, select between the indulgent Wasawasa Seaweed Wrap or the refreshing Tropical Coconut Scrub. Next, immerse yourself in the Makare Muscle Restoration Massage. Extend this half-day spa experience with our refining Vanilla & Frangipani Facial, leaving a delightful tropical scent. Conclude your time with our Tropical Manicure, leaving you feeling refreshed.

**Two Persons Sharing Spa Suite | F\$1200**





# MAKARE ADDITIONS

Create your own unique spa experience with the following treatments:

## Cooling Aloe Vera Facial

Revitalize and soothe your skin from the sun's harsh impact. Our technique involves the calming application of aloe vera extracts, expertly utilized to reestablish your skin's innate equilibrium. Aloe vera, abundant in vitamins and renowned for its healing attributes, fosters restoration and bolsters collagen production. Embark on a revitalizing botanical expedition for your skin's ultimate rejuvenation.

30min | F\$75

## Makare Foot Ritual ★★★★★

Ease into your pampering journey with our signature foot soak, designed to relax and hydrate your skin. A gentle exfoliating foot and leg scrub will follow, preparing you for the ultimate treat - a soothing warm oil foot and leg massage.

30min | F\$70

## Refresher Massage

Experience a tension-relieving back massage designed to ease your stress and promote relaxation.

30min | F\$95

## Body Scrub

Enhance your massage experience with a refreshing touch – indulge in our outdoor shower and depart with radiant, velvety-smooth skin.

30min | F\$95

## Foot Massage

30min | F\$95







# KAJI CLUB

Children aged 12 and under are welcome

## Island Bliss Massage

30min | F\$60 60min | F\$110

## Refresher Facial

30min | F\$70 60min | F\$95

## Deep Hair Conditioning Treatment

30min | F\$40

## Island Manicure

30min | F\$30

## Island Pedicure

30min | F\$40



# SALON SERVICES

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## HAIR

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FRENCH BRAID	<b>\$ 28</b>
LOOSE BRAIDS	<b>FROM \$90</b>
CORN ROW	<b>FROM \$50</b>

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## NAIL SERVICES

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DELUXE ISLAND MANICURE & PEDICURE	<b>\$ 165</b>
DELUXE ISLAND MANICURE	<b>\$ 80</b>
	<b>\$ 90</b>
DELUXE ISLAND PEDICURE	<b>\$ 60</b>
TROPICAL MANICURE	<b>\$ 70</b>
TROPICAL PEDICURE	<b>\$ 35</b>
GEL POLISH MANICURE	<b>\$ 45</b>
GEL POLISH PEDICURE	<b>\$ 80</b>
GEL POLISH MANICURE & PEDICURE	<b>\$ 25</b>
GEL POLISH REMOVAL	

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## WAXING

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BIKINI	<b>\$ 50</b>
HALF LEG	<b>\$ 45</b>
HALF LEG & BIKINI	<b>\$ 90</b>
FULL LEG	<b>\$ 65</b>
FULL LEG & BIKINI	<b>\$ 110</b>
LIP, CHIN & EYEBROWS	<b>\$ 35</b>
BRAZILIAN	<b>\$ 95</b>
ARMS	<b>\$ 45</b>

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## EYES

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EYEBROW TINT	<b>\$ 30</b>
EYELASH TINT	<b>\$ 35</b>
EYEBROW THREADING	<b>\$ 35</b>

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## BRIDAL & GLAMOUR

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BRIDAL & SPECIAL OCCASION	<b>FROM \$420 TO \$ 470</b>
MAKE-UP	<b>FROM \$260</b>
HAIR	<b>\$ 160</b>



# SPA ÉTIQUETTE

## **SHOULD I MAKE RESERVATIONS FOR MY TREATMENTS?**

You can easily make reservations through our online platform using the provided QR Code, or you can choose to call us or visit the spa in person at your convenience.

## **WHAT IF I NEED TO CANCEL A SPA RESERVATION?**

We hope you do not have to cancel. To avoid charges, please honor our 2-hour advance notice cancellation policy.

Cancellations made with less than 2 hours notice will be subject to a 100% fee.

## **WHAT SHOULD I WEAR?**

Feel at ease in whatever attire brings you comfort. During your treatments, our therapists are skilled in ensuring your privacy by expertly draping you.

## **SHOULD MEN SHAVE BEFORE A FACIAL?**

Yes, we recommend that men shave a few hours before their facial.

## **SHOULD I REMOVE MY MAKE-UP BEFORE MY FACIAL TREATMENT?**

Yes, we recommend removal of make-up to maximise the amount of time for your treatment.

## **WHEN SHOULD I ARRIVE?**

To ensure a seamless experience, we recommend arriving at least 15 minutes before your scheduled appointment. Kindly note that your treatment will conclude on schedule to avoid any inconvenience for our next guest.

## **MAY I REQUEST A SPECIFIC THERAPIST?**

Yes, however, we cannot guarantee the availability of any particular therapist. All of our therapists are trained to ensure your comfort at all times.

## **HOW CAN I ENSURE A WONDERFUL SPA EXPERIENCE?**

Communicate with us! Talking with your therapists will help them to customize your services to ensure your maximum enjoyment.

We invite you spend time in our lounge and boutique. You may wish to take some Makare Spa treasures back to your home.

Please make inquiries with our Spa Concierge — they have wonderful spa secrets to share.



*Gift Certificates are available, please ask our Spa Concierge for details.*



MAKARE SPA FIJI

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