

# makare

SPA TREATMENT MENU



MAKARE SPA FIJI

MUSKET COVE ISLAND RESORT



# BULA & WELCOME

Makare Spa Fiji is more than a retreat, it is a village of healing. Rooted in the traditions of the Pacific, our treatments celebrate the botanicals and wisdom passed through generations. Here, beneath swaying palms and the whisper of ocean breeze, we invite you to slow down, reconnect and restore balance to mind, body and spirit.

*Our most loved treatments are marked to guide  
your experience.*

# MERIDIAN 180° AESTHETICS

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A tribute to the International Date Line and our Pacific roots, we represent a 180° transformation for your skin. Where biotechnology meets botanical richness, our formulations are designed to thrive in intense sun and humidity, delivering high-performance, resilient skincare.

## THE MERIDIAN 180° ABSOLUTE RESET

60 min | FJD265 | AUD182

The Absolute Reset is a high-performance, six-phase clinical facial designed to recalibrate your skin for harsh climates. Using our exclusive MERIDIAN 180° AESTHETIC range, this treatment goes beyond a standard facial: Purifying, firming, and protecting with precision.

## THE MERIDIAN 180° ZENITH TRANSFORMATION

80 min | FJD345 | AUD238

Where the 60-minute facial recalibrates, the Zenith Transformation elevates. This extended eight-phase clinical ritual is designed for a complete skin overhaul—combining deep-tissue meridian sculpting with high-potency bio-actives to strengthen and protect from within.

# CEREMONY OF FACE

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## The Makare Botanical Facial

MOST LOVED

50 min | FJD195 | AUD135

Indulge in the Makare Botanical Facial, a high-end, holistic sanctuary for your skin.

This exquisite treatment transcends traditional skincare, artfully blending nature's most potent plant-based elixirs: soothing aloe vera, crisp cucumber, restorative carrot, and purifying tea tree oil, refreshing lime, and the calming sedative of lavender to unveil a complexion that radiates health and vitality.

Designed as a bespoke experience **for all skin types**, this ritual gently resurfaces and **deeply hydrates**, balancing your skin's natural harmony with a concentrated infusion of antioxidants. Every moment is crafted to **calm inflammation** and refine texture, leaving you with a luminous, lit-from-within glow and a profound sense of rejuvenation.

# CEREMONY OF FACE

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## Island Glow Facial

50 min | FJD220 | AUD152

A revitalising facial combining traditional Fijian botanicals with European techniques. Cleansing, exfoliation and nourishing masks work to restore radiance and smooth the skin.

## Ratu Refresher Facial

50 min | FJD180 | AUD124

Designed for men, this deep cleansing facial removes impurities and revitalises tired skin while supporting the skin's natural repair process.

# MASSAGE

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## Makare Muscle Restoration Massage

MOST LOVED

**80 min | FJD265 | AUD185**

**2 hrs | FJD300 | AUD210**

Experience the pinnacle of relaxation with our Makare Muscle Restoration Massage, our most popular signature treatment and an absolute must-have during your stay.

Designed for those who seek more than just a standard massage, this 80-minute or 2 hours, your therapeutic journey is expertly crafted to target the deeper layers of muscle tissue. It is the ultimate solution for melting away stubborn tension, restoring full mobility, and accelerating recovery after a day of island adventure.

As our most sought-after service, it perfectly balances intense physical relief with the serene luxury of the islands, making it the essential highlight of any wellness itinerary.

# MASSAGE

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## Signature Makare 4 Hands Massage

**60 min | FJD360 | AUD245**

Two therapists work in perfect harmony using flowing island techniques to create a deeply immersive and restorative massage experience.

## Tropical Fijian Bobo Massage

MOST LOVED

**50 min | FJD195 | AUD135**

**80 min | FJD275 | AUD190**

A traditional Fijian massage using long, gentle strokes and muscle work to relax the body, improve circulation, and restore balance.

## Fijian Aromatherapy Massage

**50 min | FJD195 | AUD135**

**80 min | FJD275 | AUD190**

A calming massage using personalised aromatherapy oils to ease tension, restore balance and encourage deep relaxation.

# MASSAGE

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## Jet-Lag Recovery Massage

50 min | FJD220 | AUD155

**80min | FJD310 | AUD215**

Designed for the weary traveller, this revitalising ritual is a "must-have" the moment you touch down. After hours of confined cabin air and the heavy fatigue of crossing time zones, your body deserves to be restored.

We focus deeply on the neck, shoulders, and feet to dissolve travel-induced tension and actively target swollen ankles and fluid retention.

Through rhythmic, purposeful strokes, we stimulate circulation and encourage lymphatic drainage, lifting the "heavy" feeling from your limbs and grounding your senses. Leave the exhaustion of the journey behind and step back into the world feeling light, energised, and beautifully aligned.

# MASSAGE

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## Journey Around the World Massage

MOST LOVED

50 min | FJD195 | AUD135

**80 min | FJD275 | AUD190**

A customised massage blending techniques from Swedish, Shiatsu and reflexology to release tension and restore harmony to the body.

## Deep-Tissue Massage

MOST LOVED

50 min | FJD200 | AUD140

**80 min | FJD255 | AUD175**

A firm therapeutic massage targeting deeper muscle layers to release tension, reduce tightness and restore movement.

## Makare Warm Stone Massage

80 min | FJD250 | AUD170

Smooth heated stones are used to warm the muscles, release tension and create a deeply soothing full-body massage experience.

# MASSAGE

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## Makare Trio

50 min | FJD180 | AUD125

A relaxing trilogy of Makare treatments featuring a back massage, mini facial and soothing foot massage.

## Nurturing Mother-to-Be Massage

50 min | FJD200 | AUD140

A gentle massage designed for expectant mothers to improve circulation, relieve tension and promote relaxation during pregnancy.

## Couple's Massage

80 min | FJD475 | AUD330

A relaxing full-body massage enjoyed side by side in our spa suite, creating a shared moment of calm and connection.

# MAKARE WRAPTURE

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## Sunburn Cooler

50 min | FJD180 | AUD125

While the tropical sun is part of the magic, its intensity can often catch you by surprise. If your skin is feeling the heat, this cooling sanctuary is designed to provide immediate, profound relief.

We envelop your body in a chilled infusion of pure Aloe Vera and cooling Cucumber: nature's most powerful duo for drawing out heat and calming inflammation.

This ultra-soothing wrap works instantly to quench parched skin, silence the stinging sensation of a burn, and restore vital hydration. Combined with gentle herbal compresses, this treatment transforms discomfort into a sense of deep, dewy calm, helping your skin recover its natural balance.

*Spa Tip: To support your skin's recovery, we recommend sipping extra water to rehydrate from within and avoiding direct sun exposure for at least 24 hours following your treatment.*

# MAKARE WRAPTURE

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## Makare Coconut Milk Firming Wrap

80 min | FJD235 | AUD165

A nourishing body wrap infused with freshly pressed coconut milk to detoxify, hydrate and leave the skin beautifully soft and radiant.

## Wasawasa Seaweed Wrap

80 min | FJD220 | AUD155

A mineral-rich seaweed wrap designed to detoxify the body, tone the skin and restore natural vitality.

# BODY SCRUBS

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## MOST LOVED

*Experience a full-body skin reset inspired by island botanicals. Our exotic scrubs gently exfoliate, smooth, and restore your natural glow. Each treatment includes a complete body polish, finished with deeply hydrating oils for soft, radiant skin.*

### Lime & Ginger Scrub

*A zesty, warming blend to kickstart circulation and sharpen the senses*

### Lemongrass & Orange Scrub

*Bright and uplifting: The perfect "wake-up call" for tired skin*

### Lavender Refreshing Scrub

*A calming, floral escape to soothe the mind and smooth the skin*

### Ylang-Ylang Scrub

*Exotic and deeply floral, designed for pure relaxation and sensual softness*

### Makare Coffee Scrub

*Our potent detoxifier. Rich in caffeine to firm the skin, reduce the appearance of cellulite, and provide a deep, invigorating cleanse*

80 min | FJD265 | AUD185

# SPA PACKAGES

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## Pampered in Paradise

*Allow 2.5 hours*

Indulge in our Makare Botanical Facial designed to deeply nourish and illuminate the skin, followed by the elegant finishing touch of a deluxe manicure and pedicure for complete head-to-toe renewal.

**One Person | FJD320 | AUD220**

**Two Persons Sharing Spa Suite | FJD620 | AUD428**

## Marau Retreat

*Allow 2 hours*

Begin with a traditional Makare Foot Ritual to ground the senses, followed by your choice of tropical body scrub to exfoliate and renew the skin. Your experience concludes with a deeply relaxing full-body Tropical Fijian Bobo Massage.

**One Person | FJD315 | AUD217**

**Two Persons Sharing Spa Suite | FJD610 | AUD430**

## Natural Elegance

*Allow 2 hours*

A balanced ritual designed to restore both body and skin. Start with a therapeutic Makare Muscle Restoration Massage to release tension, followed by a rejuvenating Makare Botanical Facial to hydrate, smooth, and revive natural radiance.

**One Person | FJD375 | AUD260**

**Two Persons Sharing Spa Suite | FJD730 | AUD510**

# SIGNATURE JOURNEYS

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## The Ultimate Indulgence

*Half Day Spa Journey*

A deeply indulgent spa escape designed for complete restoration. Begin with a Makare Foot Ritual before experiencing a full-body tropical treatment to exfoliate and renew the skin.

Continue with a therapeutic Makare Muscle Restoration Massage and conclude with a luxurious Island Glow Facial to leave your skin radiant and your body completely relaxed.

### **Includes:**

Makare Foot Ritual

Tropical Body Treatment (Scrub or Wrap)

Makare Muscle Restoration Massage (60 min each)

Island Glow Facial (60 min each)

Two Persons Sharing Spa Suite | FJD1150 | AUD795

# SIGNATURE JOURNEYS

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## Couple's Indulgence

*Allow 2 hours*

Begin your journey with a traditional Makare Foot Ritual to ground the senses, followed by a full-body Tropical Fijian Bobo Massage to release tension. Your experience concludes with a soothing scalp massage, leaving you both deeply relaxed and restored.

**Includes:**

Makare Foot Ritual

Tropical Fijian Bobo Massage (60 min each)

Scalp Massage

Two Persons Sharing Spa Suite | FJD720 | AUD497

## Malolo Lailai Twilight Package

*Allow 2 hours*

Unwind in the soft glow of evening with a grounding Makare Foot Ritual and a glass of champagne. Continue with a refreshing Lime & Ginger Body Scrub before surrendering to a deeply relaxing Fijian Aromatherapy Massage.

**Includes:**

Makare Foot Ritual

Lime & Ginger Body Scrub (45 min each)

Fijian Aromatherapy Massage (60 min each)

Glass of Champagne

Two Persons Sharing Spa Suite | FJD720 | AUD497

# HONEYMOON INDULGENCE UPGRADE

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+ FJD 500 per couple

Celebrate your time together with an elevated spa experience designed for romance, relaxation, and unforgettable moments.

**Includes:**

Bottle of champagne

Fresh tropical fruit platter

Floral bed & spa room styling

Take-home Makare mini oil or fragrance

# AURA

## FIJI

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### CRAFT YOUR OWN BESPOKE PERFUME

A **2-hour immersive experience**, where fragrance becomes a form of personal expression. Through guided scent exploration and blending, guests craft a bespoke fragrance that captures their unique energy, moment, and memory.

#### PERFECT FOR:

- Individuals, Couples & Friends
- Honeymoons, Romantic Experience
  - Bridal & Groom Parties
  - Special Celebrations
  - Private Groups

Per Person | FJD250 | AUD175  
*Special Applied to Group Bookings*

# SPA ENHANCEMENTS

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## Makare Foot Ritual

30 min | FJD70 | AUD48

A soothing foot soak and exfoliation followed by a relaxing warm oil massage.

## Cooling Aloe Facial

30 min | FJD75 | AUD53

A refreshing facial using aloe vera to calm and hydrate sun-exposed skin.

## Refresher Massage

30 min | FJD95 | AUD65

A tension-relieving back massage to relax tired muscles.

# SPA ENHANCEMENTS

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## Body Scrub

30 min | FJD95 | AUD65

A revitalising exfoliation that leaves the skin smooth and radiant.

## Foot Massage

30 min | FJD65 | AUD45

A relaxing massage focused on pressure points of the feet.

## Hot Stones

20 min | FJD65 | AUD45

Warm volcanic stones are applied to release tension and deepen relaxation.

## Head & Scalp Massage

30 min | FJD65 | AUD45

A calming scalp massage that relieves tension and encourages relaxation.

# POOLSIDE TREATMENTS

*Quick island rituals designed to refresh and restore while you enjoy the sunshine*

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## Full Body Massage

30 min | FJD 110

50 min | FJD 160

A deeply relaxing massage designed to ease tension, release tightness, and restore balance throughout the body.

## Foot Massage

30 min | FJD 95

50 min | FJD 140

A relaxing foot massage focused on pressure points to ease tension and restore balance.

## Massage & Mini Facial

60 min | FJD 150

A perfect combination of a relaxing massage and a refreshing mini facial designed to revitalise both body and skin.



# KAJI CLUB

*Spa treatments for our younger island guests (12 and under)*

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## Island Bliss Massage

30 min | FJD80 | AUD55

50 min | FJD135 | AUD95

A gentle relaxing massage designed especially for younger guests.

## Refresher Facial

30 min | FJD85 | AUD60

A light facial to cleanse and refresh young skin.

## Deep Conditioning Hair Treatment

30 min | FJD60 | AUD40

A nourishing coconut treatment that leaves hair soft and healthy.

## Island Manicure

30 min | FJD45 | AUD30

## Island Pedicure

30 min | FJD55 | AUD38

# HAIR & BRAIDING

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## French or Dutch Braid

30 min | FJD55 | AUD38

## Mermaid Braids with Colorful Extensions

2 Braids | FJD95 | AUD66

4 Braids | FJD160 | AUD110

## Box Braids

*Per Braid*

Short Hair | FJD6 | AUD4

Medium–Long Hair | FJD10 | AUD7

## Corn Rows

*Per Braid*

FJD12 | AUD8

## Deep Conditioning Treatment

45 min | FJD95 | AUD66

A nourishing treatment enriched with coconut milk and restorative oils to repair dry or stressed hair.

## Tropical Scalp Therapy

50 min | FJD155 | AUD107

A rejuvenating blend of tropical oils that hydrates the scalp and promotes healthy hair while easing tension in the neck and shoulders.

# NAILS

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## Makare Signature Manicure

60 min | FJD85 | AUD59

A restorative hand ritual including exfoliation, hydration and massage, finished with your choice of polish or long-wear shellac.

## Makare Signature Pedicure

1 hr 30 min | FJD150 | AUD103

A revitalising foot ritual with exfoliation, masque and tension-relieving massage, restoring softness and comfort.

## Makare Full Ritual (Manicure & Pedicure)

2 hrs | FJD210 | AUD145

This ultimate island nail ritual combines our deluxe manicure and pedicure for complete relaxation and beautifully polished hands and feet.

# ADD - ONS

### **Shellac Removal (Hands or Feet)**

FJD20 | AUD17

Please advise at the time of booking if shellac removal is required

### **French Finish / Nail Art (minimal)**

FJD15 | AUD10

# FACIAL WAXING

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## Full Face

45 min | FJD110 | AUD75

## Brows

15 min | FJD30 | AUD21

## Chin

10 min | FJD25 | AUD17

## Lip

10 min | FJD20 | AUD14

# BODY WAXING

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## Underarm

30 min | FJD50 | AUD35

## Arms

30 min | FJD75 | AUD52

## Back or Chest

60 min | FJD95 | AUD66

## Half Leg

45 min | FJD85 | AUD59

## Full Leg

60 min | FJD130 | AUD90

## Bikini

30 min | FJD75 | AUD52

## Brazilian

60 min | FJD145 | AUD100

# TINTING

*Enhance your natural features with soft, effortless definition*

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## Brow Tint

10 min | FJD35 | AUD25

## Lash Tint

10 min | FJD45 | AUD31

## Brow Shape & Tint

25 min | FJD65 | AUD45

## Lash & Brow Tint

20 min | FJD75 | AUD52

*Spa Tip: A great addition to your facial*

# BRIDAL

*For weddings and special occasions, bookings are required in advance*

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## Make-Up Application

60 min | From FJD240

## Hair Styling

60 min | From FJD180

## Make-Up & Hair

2 hrs | From FJD420

*Group bookings and bespoke bridal packages available upon request*

# SPA ETIQUETTE

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## Reservations

We recommend booking your treatments in advance to ensure your preferred time and therapist are available.

## Cancellation Policy

Please allow 4 hours' notice for cancellations. Appointments cancelled with less than 24 hours' notice incur a 100% cancellation fee.

## Arrival Time

To enjoy your experience fully, we kindly recommend arriving 15 minutes prior to your scheduled treatment time.

## What Should I Wear?

Please wear whatever makes you feel comfortable. Our therapists are trained to ensure your privacy throughout your treatment.

## Make-Up & Shaving

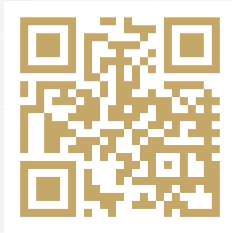
For the best facial results we recommend removing make-up beforehand, and men may wish to shave a few hours prior to their treatment.

## Therapist Requests

You are welcome to request a preferred therapist, however availability cannot always be guaranteed.

# HOW TO BOOK

We highly recommend booking in advance by scanning the QR code below or visiting our spa reception:



Based on Musket Cove Island Resort and Marina, Malolo Lailai.

P.O Box 10429, Nadi Airport, Fiji Islands.

Phone: (679)2380003/(679)8042285



@makarespafiji



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SPA ————— FIJI

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