

SOFITEL
SPA



SPA MENU

GO WITH THE FLOW

Treat yourself to the French glow.
From radiant skin-boosting experiences that detox,
cleanse and revitalize to the chic, tranquil setting that
combats the demands of modern life, Sofitel Spa
is the ultimate in French cosmetology.

Here, beauty is more than skin-deep.
Taking care of yourself is a lifestyle and our approach
is multi-dimensional, blending innovation with tradition
to help you look - as well as feel - your absolute best.

Equipped with the savoir - faire, attention to detail
and a passion for modern French art de vivre,
the Sofitel Spa team welcomes you from 8am to 8pm
Monday to Sunday for Spa.

Get your French glow, call (+679) 675 7870 Ext 2870
or speak to our friendly reception team.

FIND YOUR FRENCH GLOW

SIGNATURE TREATMENTS

Rejuvenating Facial Treatment

60 minutes

A luxurious blend of tropical elixirs combined with Vitamin C and harmoniously with the latest techniques to help restore a youthful complexion.

Exhilarating Body Massage

60 minutes

A euphoric and soothing body massage, using signature techniques with a combination of Thai and relaxing massage that will shape and tone your silhouette. The hot stone placement will leave you with a divine sense of relaxation that is unforgettable.

STARTERS

Sugar Glow

45 minutes

Restore your skin to a healthy glow with this unique exfoliating and hydrating treatment using coconut and natural cane sugar, leaving your skin feeling smooth and nourished with a light lotion body massage.

De-Stress Back Body Massage

45 minutes

Allow your body to completely unwind with this unique treatment combining a series of deep muscular techniques for total relaxation. It targets the back and legs to release tension, leaving you feeling calm and serene.

Nourishing Moringa Foot Ritual

45 minutes

Relax and pamper. Begin with a ritual foot soak in a coconut milk bath which eliminates stress, softens and hydrates the skin. Proceed with an exfoliating foot scrub followed by a warm body butter wrap for your feet and a warm oil massage of your legs.

Nourishing Moringa Hand Ritual

45 minutes

Relax and pamper. Begin with a ritual hand soak in a coconut milk bath which eliminates stress, softens and hydrates the skin. Proceed with an exfoliating hand and arm scrub followed by a warm body butter wrap for your hands and a warm oil massage of your arms.

REVISITED FACIALS CLASSICS

Hydrating Facial

60 minutes

Treat your skin to an instantly moisturizing soak. Perfectly balancing powerful ingredients and moisturizing properties, this treatment is designed to leave your skin feeling rejuvenated, repaired and hydrated with our Pure Fiji botanical blend of oils and formulated plant actives. Enjoy a luxurious facial massage, followed by a hand and scalp massage while your skin benefits from the hydrating masque.

Exfoliating Facial

60 minutes

Allow our skilled therapist to naturally exfoliate your skin with a papaya and pineapple enzymes masque. A natural alternative to a chemical peel, this high performance masque will gently remove the build-up of dead skin cells leaving your skin toned and brightened. Treatment concludes with a hand and scalp massage.

Firming Facial

60 minutes

Instantly lift, firm and regenerate skin with this face contouring and firming facial. This luxurious treatment improves tissue structure and decreases fine lines and wrinkles leaving your skin lifted, tightened and firm.

REVISITED BODY CLASSICS

Wellness Relaxation Massage

60/90 minutes

This massage focuses on deep muscle relaxation using gracefully rhythmic movements to fully relax the body. Applying a heated pack on the back while the leg and feet receive a tension-releasing massage, creating a deeply tranquil state of total relaxation.

Deep Tissue Massage

60/90 minutes

This intense therapeutic massage focuses on the hidden layers of fibrous and muscle tissue, helping you to release deep-seated tension. Slower movements and greater pressure help stubborn toxins to be dislodged and healing oxygen to circulate freely again, making your entire body function and feel better.

Traveller's Revival

60/90 minutes

Combining Swedish and Deep Tissue techniques to ease sore and aching muscles, this massage is tailor-made for your individual needs

LOCAL FAVOURITES

Tropical Fijian Bobo Massage

60/90 minutes

Discover the time tested benefits of a traditional Massage - enhanced with select techniques passed from our ancestors. This massage increases circulation leaving you feeling deeply relaxed.

Detox Body Treatments

90 minutes

Detoxify the body, boost circulation and metabolism with this targeted body ritual. A warm Fijian herbal ball begins the detox process followed by a dilo nut exfoliation and ginger root masque wrap. This is followed by a detox facial massage. This treatment concludes with a lymphatic drainage massage.

Dilo After-Sun Soother

60 minutes

Rapidly hydrate and soothe sun-damaged or hydrated skin while naturally and gently introducing a bevy of nutrients to stimulate the healing process.

FOR MUMS TO BE

Cocoon Massage

60/90 minutes

This massage, specially developed for expectant mothers in their 2nd & 3rd trimester, is simultaneously gentle, comforting and toning. It aims at improving blood circulation and relaxing muscles to soothe the legs and back of the mother to be.

WORLD'S BEST

Orient Stone Ceremony Massage

75/90 minutes

Warmed stones are placed on the body and combined with a nourishing Exotic Body Massage oil to release tension, restore balance and increase positive energy flow. The stones are used to gently encourage sore muscles to relax and surrender as circulation increases bringing a sense of well-being harmony.



SPECIALS

Tropical Trio

90 minutes

Enjoy total relaxation as your skin is gently buffed to perfection with a raw cane sugar scrub, followed by a deeply relaxing back massage. A refresher facial concludes this heavenly ritual leaving you looking radiant and feeling renewed. Enjoy a delicious selection of canapés and a glass of champagne to finish. This treatment is the ultimate introduction to the tropics.

Island Journey

120 minutes

Relaxing, rejuvenating and completely indulgent. Begin your journey with a massage of your choice followed by an express facial. Complete your island journey with a soak in a private milk spa bath. Enjoy a glass of champagne as an accompaniment.

Coconut Milk & Honey Firming Ritual

135 minutes

Indulge in a delightful blend of Fijian Honey and Coconut milk. This ritual will hydrate, nourish, firm and strengthen the skin. A Fijian Scalp treatment concludes this ritual leaving your body soothed and replenished. End your spa experience with a firming facial followed by a glass of sparkling wine.

SOFITEL SPA RITUALS

Coconut Lime Blossom Body Skin Renewal

90 minutes

An ultimate body renewal treatment. This skin renewal peptide activates the regeneration of skin and collagen products for brighter, uniform and radiant skin tone. A body exfoliation, wrap and light massage with a final application of a Coconut Lime Blossom Hydrosol assists the body's tone, sooth and restore the natural moisture balance found in your younger skin.

Nourishing Moringa Melt

120 minutes

Blissfully melt away life's daily stresses as your treatment begins with a crushed coconut shell scrub to exfoliate and cleanse. Drift away as warmed coconut & moringa exotic oils are massaged deeply to release tension, nourish, repair and detoxify. Skin is left feeling silky, refreshed and rejuvenated. Retreat into a blissful state of total relaxation.

MALE ON THE GO

Mana'ia Body Buff

60 minutes

Feel the cleansing and conditioning power of coconut, drift nut oil and ground drift nuts as they revitalize your body. This buffing scrub is expertly applied to banish dull skin cells leaving your skin feeling smooth and supple.

A Gentleman's Escape

120 minutes

Created specifically for men, this spa experience is tailored to your needs. Start with a body buff, then relax with body massage of your choice followed by tropical choice of hand or foot ritual. This treatment will leave you feeling totally refreshed and reviewed.

Purifying Facial

60 minutes

An essential facial treatment to boost and detoxify the skin for a more resilient and impeccable complexion. Fine clay and tropical fruit enzymes remove dead skin cells, minimize pores and even out skin tone. Skin is left deeply hydrated, cleansed and rejuvenated.

Mana'ia Foot Ritual

45 minutes

Relax and pamper. Begin with a ritual foot soak in coconut milk bath which eliminates stress, softens and hydrates the skin. Then, proceed to an exfoliating foot scrub followed by a warm body butter wrap for your feet and a warm oil massage of your legs.

Mana'ia Hand Ritual

45 minutes

Relax and pamper. Begin with a ritual hand soak in coconut milk bath which eliminates stress, softens and hydrates the skin. Then, proceed to an exfoliating hand scrub followed by a warm body butter wrap for your hands and a warm oil massage of your arms.

COUPLES RETREATS

Duo - His & Hers

120 minutes

Enjoy a romantic moment in a private couple's treatment room for your "his & hers" spa journey. Relax, revive and pamper with our Sofitel Spa signature treatments - Exhilarating Body Massage followed by a Rejuvenating Facial Treatment.

Orange Blossom Couple's Retreat

120 minutes

Lay side by side and retreat into a blissful state of total relaxation as your skin is gently buffed to perfection with a raw cane sugar scrub, followed by a deeply relaxing massage.

A refresher facial concludes this heavenly ritual leaving you both looking radiant and feeling renewed. This treatment is the ultimate couple's head to toe pamper.

Couple's Massage

60/90 minutes

Enjoy a relaxing massage treatment side by side in our couple's suite.

Luxury Journey

210 minutes

Treat your mind, body and spirit with pampering from top to toe with full body sugar scrub relaxing massage, facial, basic manicure and pedicure. Options of shampoo and blow wave. Includes canapés and bottle of wine.

DESSERT

Scalp Massage

20 minutes

A traditional Fijian coconut bowl is used to slowly drizzle warmed exotic nut oils that are then massaged gently into the scalp and neck restoring balance and leaving hair shiny and healthy.

Foot Massage

30 minutes

A true treat for tired and aching feet. Feet will be massaged and nourished leaving you feeling rejuvenated

Soothing Scalp & Shoulder Massage

30 minutes

This massage is customised to produce optimal stress reduction: while the scalp is massaged with warm relaxing oil leaving you feeling relaxed.

Instant Glow Facial

30 minutes

An express facial which completely refreshes the skin with a series of gentle phases; cleansing, a detoxifying facemask and a soothing scalp massage.



HAIR SALON

CREATIVE CUTS

Child Haircut (Under 12)
45 minutes

Teen Haircut (13-17 years)
45 minutes

Mens Haircut
45 minutes

Mens Haircut with Manager
45 minutes

Ladies Haircut
60 minutes

Ladies Haircut with Manager
60 minutes

COLOUR ME

Bleach and Tone
90 minutes

Full Head Highlights
120 minutes

Half Head Highlights
75 minutes

Quarter Head Highlights
50 minutes

Full Hair Colour
60 minutes

Permanent/Semi-Permanent Retouch
60 minutes

Toner
30 minutes

HAIR TREATMENTS

Keratin Smoothing Treatment
180 minutes

Powerplex Express Treatment
30 minutes

Powerplex #1 & #2 Treatment
45 minutes

Protein Treatment
45 minutes

Permanent Hair Straightening
180 minutes

FINISHING TOUCHES

Shampoo & Blow Dry
45 minutes

Style Curl or Straighten
30 minutes

Makeup
45 minutes

HAIR & BRIDAL SERVICES

TRIALS

Hair Trial
60 minutes

Makeup Trial
60 minutes

MAKEUP SERVICES

Bride
60 minutes

Bridesmaids
45 minutes

Guest Make-up
45 minutes

Bridesmaids less than 16 yrs
35 minutes

Flower girls under 10 yrs

HAIR SERVICES

Bride
60 minutes

Bridesmaids
45 minutes

Guest
45 minutes

Bridesmaids less than 16 yrs
35 minutes

Flower girls under 10 yrs
15 minutes

Hair must be washed and blow waved ready for hair pinups

BRIDAL PACKAGES

Here comes the Bride

260 minutes

Coconut Milk & Honey Ritual followed by a Trial Hair and Makeup

Groom to Be

180 minutes

Deep Tissue Massage, Refresher Facial, & Hand Ritual followed by a Wash & Style

Just the two of us

135 minutes

Couples Sugar Glow Scrub & 60 min Massages followed by a Wash & style

HENS PAMPER PARTY

Select a 60 min spa treatment of your choice from our Revisited Facial or Massage Classics collection. Followed by a glass of champagne & Chef's selection canapés.

To book this package we require a minimum of 4 guests.



NAIL SALON

Deluxe Manicure

60 minutes

Indulge in a coconut cream scrub & hand massage followed by a warm body butter masque. Our luxury manicure ritual includes Basic Manicure.

Deluxe Pedicure

60 minutes

Save your soles and revive your feet with the magic touch of the islands. Smooth your skin with a sugar rub, warm coconut milk foot soak & warm body butter masque. Includes Basic Pedicure and callus removal.

Foot Massage

30 minutes

Enjoy soothing coconut oil combined with warm stones to relax your calf muscles. Includes Coconut Milk Foot Soak.

Wellness Foot Treatment

45 minutes

A massage that solely focuses on those weary feet as your practitioner gently stimulates the acupressure points in each foot to help your mind and body to relax and unwind. Includes knee to toe scrub, massage, warm foot mask with wrap & callus removal.

Basic Manicure

30 minutes

Soak, Buff, Shape & Gel Polish

Basic Pedicure

30 minutes

Soak, Buff, Shape & Gel Polish

Poly Nails Natural

45 minutes

Includes Basic Manicure

Poly Nails French

45 minutes

Includes Basic Manicure

Poly Nails Colour

45 minutes

Includes Basic Manicure

Nail Extension Stick On

35 minutes

Includes Basic Manicure

Nail Fix

Each Nail with Extension

Gel Polish Removal

Polish Removal Only

Henna Design

WAXING MENU

FACE

Eye Brow
Upper Lip
Chin
Neck
Sideburns
Full Face

UPPER BODY

Arms (Half)
Arms (Full)
Underarm
Shoulder
Back (Lower)
Back (Upper)
Back (Full)
Chest
Stomach

LOWER BODY

Leg (Upper)
Leg (Lower)
Full Leg

BRAZILIAN

Bikini
Bikini (Full)
Brazilian
Butt (Strip)

TINT

Eyelash Tint
Eyebrow Tint

Gift Voucher

A chic and refined gift that suits every occasion, from 30 minutes to an entire day of wellbeing. The Sofitel Spa team is at your disposal for any information or purchase.

Cancellation Policy

Cancellation is free of charge if made 24 hours in advance. Hotel guests must give four hours notice, after which the full cost of the treatments will be charged.

Reservations

Bookings made by hotel guests directly with Sofitel Spa are guaranteed by the signing of a reservation. Bookings made by external guests may be secured by a credit card or cash payment.

Arrival at Sofitel Spa

To enhance your spa experience, we encourage you to arrive 15 minutes prior to your treatment. Leave your cares at the door and indulge yourself with our luxurious robes and slippers in our relaxation patio. Give yourself time prior to your treatment to optimise the overall effects and completely renew your mind, body and spirit.

Events and Occasions

What better way to celebrate than to spend some quality 'me-time' with your friends? Ask the Sofitel Spa team for more information on how to make your day extra special.

REJUVENATE,
THE
FRENCH
WAY

S O F I T E L
FIJI RESORT & SPA