

WELLNESS NEWSLETTER

Issue #1 | 2025



MICHELLE JOHN
SPA & SALON MANAGER

Meet Michelle, our talented Spa & Salon Manager. With a Diploma in Beauty and Hair and over a decade of experience, she has worked with hundreds of brides across Fiji.

Since joining Sofitel in 2020, her visionary leadership has elevated the Spa & Salon to new heights, earning prestigious FETA awards, including Silver for Spa Operator of the Year and Gold for Wedding Operator of the Year in 2025.

Passionate about staying ahead of global trends, Michelle regularly attends the Australian Hair & Beauty Expo, ensuring our guests receive only the best, most up-to-date services.

SOFITEL YOGA CLASS

MONDAY, WEDNESDAY, FRIDAY, & SATURDAY

Start your mornings right with complimentary yoga classes at Sofitel Fitness Centre at 8am.

Rejuvenate your mind and body as our expert instructor guides you through a one-hour class.

It's the perfect way to start your day with balance and well-being.



DILO RESCUE SUNBURN TREATMENT

SPA SPECIAL



Soothe, hydrate, and restore with cold-pressed Dilo oil, moringa, and nourishing oils. This powerful blend calms sunburn, reduces redness, and promotes skin recovery, leaving it deeply hydrated and refreshed.

For bookings: sofitelspa@sofitelfiji.com.fj



THERAPIST SPOTLIGHT

SALASEINI KAUTOGA

Meet Sala, our dedicated spa therapist from Togalevu Village, Ba. A graduate of Pivot Point International Institute, she specializes in hairdressing and beauty therapy, bringing over 12 years of experience from top resort spas across Fiji.

Since joining Sofitel Spa on 29th November 2021, Sala has been passionate about delivering exceptional service and creating unforgettable guest experiences. Committed to continuous learning, she ensures every treatment is both rejuvenating and memorable.

Let Sala take you on a journey of relaxation and renewal!



ALLA MALLERICH

YOGA & WELLNESS COACH

Join us for a blissful morning of Yoga Healing every once a month from 7:30AM to 8:30AM at our beautiful Spa Beach Lawn or by the beach.

Led by Yoga and Wellness Coach Alla Mallerich, this session will focus on breath work, mindful movement, and somatic awareness to bring harmony to your body and mind.

Outside guests are welcome for FJ\$50.

For more info: sofitelspa@sofitelfiji.com.fj



PURE FIJI

Enriched with exotic botanicals and pure island goodness, Pure Fiji is at the heart of our spa rituals. Relax, rejuvenate, and restore your skin with nature's finest touch.

Visit the Pure Fiji Boutique in the lobby near the La Parisienne Café to take a piece of island luxury home with you.

