

WELLNESS NEWSLETTER

Issue #2 | 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.

THERAPIST SPOTLIGHT ANA RADINICEVA

Meet Ana, with 17 years of experience in the spa industry she brings a wealth of knowledge and care to every treatment at Sofitel Spa her passion for guest well-being shines through in everything she does.

For the past four years Ana has built a loyal following of guests who always return for her warm touch and uplifting presence her kindness and dedication continue to make a lasting impact on both our guests and team.



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\$25.

For more info: sofitelspa@sofitelfiji.com.fj



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NAIL SALON

TUESDAY TO SATURDAY (9AM-5PM)



Nestled within Sofitel Fiji Resort & Spa, the Nail Salon offers a relaxing escape where personal care meets quiet indulgence.

Guests are welcomed by a skilled nail technician who provides manicures and pedicures using gentle techniques and a thoughtfully selected range of polish colours.

From classic finishes to vibrant styles, each session is designed to leave guests feeling refreshed, polished, and pampered.

MINI & ME RETREAT SPA SPECIAL

Enjoy a pampering experience for moms or dads while your daughter indulge in a special treat.

Choose from a relaxing pedicure or foot massage, or Moms can refresh a luxurious hair wash and blow-dry, complete with a nourishing protein treatment.

A perfect time bonding time while Mom or Dad unwinds and your daughters shine!



KERATIN PROTEIN TREATMENT SOFITEL SALON

Give your hair the pampering it deserves with our luxurious keratin protein treatment at Sofitel Hair Salon for just FJ\$150 where beauty meets relaxation in the most indulgent way.

Enjoy a soothing scalp massage that melts away stress followed by a professional blow wave to leave your hair silky smooth and full of life then sit back and sip on a refreshing glass of sparkling wine as our expert stylists work their magic making it the perfect moment to refresh revive and feel fabulous.

