

During your stay at Qamea Resort & Spa, take time to unwind and delight your senses with treatments in our Jungle Spa. We offer an extensive menu of Fijian body therapies and Guinot French facial therapies that relax, rejuvenate, revitalize and renew your mind, body and soul. Nestled deep in the jungle, your own private spa bure awaits you. To reserve your moment of indulgence in Qamea's Jungle Spa, please enquire at the Spa or in the Gift Shop.

FACIAL THERAPIES

AROMATIC

60 minutes / FJ\$145.00

Extremely rich in active principles, plant extracts, and provides a source of energizing essential oils. This facial has a soothing effect and smells delightful. Your skin will be cleansed, gently exfoliated, massaged and renewed using cooling plant extracts, essential oils and a rubberized mask.

BEAUTE NEUVE

75 minutes / FJ\$175.00

Dual effect treatment based on the complimentary action of fruit acids and enzymes which eliminates dead cells and impurities. Your skin will be renewed with a massage and fruit cocktail mask that will leave you feeling refreshed.

LIFTOSOME

75 minutes / FJ\$195.00

A rapid, spectacular 'lifting' effect that instantly makes the skin look more youthful – the first really effective booster treatment with orange extracts that revives the skin. The tone of your skin is immediately improved, fine lines are minimized, facial contours appear firmer. After a massage, you feel renewed both inside and outside.

HYDRADERMIE

75 minutes / FJ\$195.00

Your therapist will choose fortified gels specific to your skin needs which are infused into the skin via roller and ball electrodes transmitting a light galvanic current that draws the ingredients deep into the skin. An oxygenating process follows, along with a lifting massage and mask to complete this truly divine facial.

TRES HOMME SKIN THERAPY FACIAL (masculine fragrance just for men)

60 minutes / FJ\$145.00

Incorporates a deep cleansing scrub to remove dirt and grime and a mask to remove toxins, preparing the skin for a stress relieving scalp and facial massage. A refreshing moisturizing balm completes the treatment, unveiling a healthy and fresh complexion.

TRES HOMME HYDRADERMIE FACIAL (masculine fragrance just for men)

60 minutes / FJ\$195.00

Deep cleansing, exfoliating and extremely relaxing. Specific gels for your skin type are infused into the skin using mechanical, electrical rollers to produce a radiant younger complexion that looks better, even days after treatment. Enjoy the upper body, face and scalp massage that follows.

BODY THERAPIES

ROYAL FIJIAN HONEY AND MILK RITUAL with HOT STONES

80 minutes / FJ\$190.00

Fijian Honey and Coconut Milk are combined to create a Royal Fijian Ritual. Designed to hydrate, nourish, tighten and strengthen the skin. Organic Fijian Cane Sugar is combined with exotic drift nut oils to gently exfoliate the skin. A moisturizing honey masque high in antioxidants and vitamins is applied and gently worked into the skin using warm stones. A Fijian scalp treatment with island milk and honey ends the ritual leaving your body soothed and replenished.

FIJIAN HIBISCUS & COCONUT WRAP

30 minutes / FJ\$125.00 - 90 minutes (with Massage) / FJ\$240.00

High in anti-oxidants and trace elements that deeply hydrates your body. You will be body brushed, cocooned in nourishing coconut body butter with hot stones placed delicately upon and around your body while your scalp is massaged. An application of hydrating Fijian body lotions concludes this treatment, or if you choose, add a relaxing one hour body massage.

TROPICAL SUGAR GLOW

45 minutes / FJ\$140.00

Local Fijian sugar cane combined with exotic tropical nut oils and fruit enzymes that will nourish your skin with vitamins A, B, C and E creating a healthy Qamea glow. Coconut milk is combined with macadamia and coconut oils and are gently massaged into your skin that will be followed by an application of pure sugar cane and tropical nut oils. An application of hydrating body lotion from the Fijian Isles completes this glowing ritual.

SUN-LESS TAN

60 minutes / FJ\$190.00

Your body will be smoothed during a smoothing body buff and polish prior to an application of Guinot Self Tanning Cream for the face and body. The sun-less tan smells like chocolate, tans you immediately with the final result showing up 8 to 10 hours after treatment. A must for brides in waiting.

AFTER-SUN BURN REVIVER

30 minutes / FJ\$120.00

Tropical dilo nut oil works wonders on sunburns, itchy bites and other skin irritations. It is high in vitamins A, C and E and combined with coconut oil and aloe makes a super charged healing cocktail for your skin. Your body will be coated with a cooling dilo nut and pure aloe remedy prior to being cocooned with sunburn relief gel. You will also receive a soothing face treatment with cold stones being lightly held to reduce skin redness and heat prior to a relaxing Fijian scalp massage. This treatment is not recommended for severe sun-burns.

ISLAND MESSAGES

JET-LAG RECOVERY MASSAGE

45 minutes / FJ\$120.00

Essential oils will penetrate your skin using specific massage techniques to soothe and de-stress your back, neck and shoulders. Your legs and feet will be re-energized with the application and massage of a soothing gel that has a "cold effect" to decongest, alleviate heaviness and reduce puffy ankles.

QAMEA SPA SIGNATURE MASSAGE

60 minutes / FJD \$130.00 - 90 minutes / FJ\$175.00

Can be pure relaxation or a combination of relaxation and deep tissue. Your back, neck and shoulders receive extra attention to reduce work tension while the rest of your body is soothed and stretched into heavenly bliss. For total body indulgence we recommend the 90 minute massage as extra time is spent on the feet, face and scalp.

DEEP TISSUE MASSAGE

60 minutes / FJ\$165.00 - 90 minutes / FJ\$195.00

Designed to un-lock muscle tension. Deep pressure is applied to specific trigger point to allow the body to both relax and release muscle aches and pains. For an all over deep tissue massage we recommend the 90 minute massage.

SYNCRONISED 'FOUR HAND' MASSAGE

60 minutes / FJ\$210.00

If you enjoy a massage with two hands, then you will be wonderfully overwhelmed with a 'four hand' massage. It is like two hours of massage in one hour, as one therapist works your upper body while another works your lower body.

FIJIAN WARM SEASHELL MASSAGE

50 minutes / FJ\$140.00

A unique tropical warm seashell massage combined with exotic tropical oils. This treatment is very relaxing and relieves aches and pains especially after a long flight or period of intense work.

EAST meets WEST

60 minutes / FJ\$175.00

If you love your **feet** and **scalp** to be massaged then book for this divine exotic treatment. Take deep breaths listen to the resonating sound of Tibetan chimes as your therapist begins with a scalp treatment known as Shiodaraha. A fine stream of local exotic coconut milk is poured over the third eye (pressure point between the eyebrows), this stimulates neuro-chemicals such as serotonin, which promotes happiness and a calm state of mind. A scalp massage follows, alleviating tension. Now in a deep state of meditative/relaxation your feet will be massaged using reflex acupressure point work on sensitive points that co-relate to other areas of the body, promoting overall well-being. A cooling gel applied to your feet leaves you feeling light and refreshed.

MANICURE AND PEDICURE RITUALS

SOLE DELIGHT PEDICURE

60 minutes / FJ\$120.00 (French Polishing add FJ\$15.00)

Dip your feet into this fragrant treat. Sit back and relax while your feet and lower legs are soothingly exfoliated and massaged. Your nails will be trimmed and tidied and your cuticles treated to perfection. Then select your choice of nail polish which is yours to keep for continued touch ups. A pure delight for both your soles and soul.

EXOTIC HAND RITUAL

60 minutes / FJ\$110.00 (French Polishing add FJ\$15.00)

Your hands and arms will be fragrantly exfoliated and massaged prior to nail tidying and cuticle treatments. Your choice of nail polish colour is yours to keep for continued touch up, keeping your manicure forever fresh.

PARAFFIN WAX RITUAL

Hands (60 minutes) FJ\$130.00 - Feet (60 minutes) FJ\$140.00

For those who prefer natural nails with no polish. This ritual intensively treats your hands and feet with a nourishing paraffin wax treatment which is hygienically sprayed onto your hands and/or feet prior to being wrapped in hot towels to retain heat while encouraging deep moisturizing.

THE BARE ESSENTIALS

Half Leg Wax	30 minutes / FJ\$50.00
Full Leg Wax	45 minutes / FJ\$70.00
Bikini / Underarm Wax	20 minutes / FJ\$35.00
Brazilian Bikini Wax (women only)	45 minutes / FJ\$90.00
Chest Wax	20 minutes / FJ\$40.00
Back Wax	30 minutes / FJ\$50.00
Eyebrow Wax / tweeze	10 minutes / FJ\$25.00
Eyelash / Eyebrow Tinting	20 minutes / FJ\$45.00
Manicure (no polish/no paraffin)	40 minutes / FJ\$80.00
Pedicare (no polish/no paraffin)	45 minutes / FJ\$90.00
Nail Painting/re-polish	20 minutes / FJ\$30.00
French Polish/re-polish	30 minutes / FJ\$45.00

JUNGLE SPA PACKAGES FOR SINGLES

YALEWA EXPRESS for Her **2 hours / FJ\$250.00**
Aromatic Back Massage, Guinot Express Facial, Nail shape up and Polish on your fingers and toes.

TAGANE EXPRESS for Him **2 hours / FJ\$250.00**
Aromatic Back Massage, Guinot Express Facial, Nail shape up and buff on your fingers and toes.

TOTOKA SARA (very beautiful) **3.5 hours / FJ\$490.00**
Tropical Sugar Glow, Hand Ritual, Sole Delight Pedicare and Liftosome Facial.

URO LEVU (very handsome) **3 Hours / FJ\$490.00**
Tropical Sugar Glow, Manicure, Pedicare and Tres Homme Hydradermie Facial.

ISLAND ESCAPE **3 Hours / FJ\$420.00**
Sun-Less Tan, Pedicure and Guinot's remarkable Beaute Neuve Facial.

JUNGLE SPA PACKAGES FOR COUPLES

DODOMO MASSAGE **Per couple 90 minutes / FJ\$320.00**
Relax together with our Signature 90 minute side by side massage – it's simply the best !

LOVERS TANGO **Per couple 90 minutes / FJ\$420.00**
It takes two to Tango. You will both receive a Tropical Sugar Glow prior to a full body massage with exotic massage oil and luxurious body butter to melt your senses.

HONEYMOON DUET **Per couple 2 Hours / FJ\$490.00**
You will both receive an aromatic full body massage followed by Guinot's Aromatic Facial.

WEDDED BLISS **Per couple 4 Hours / FJ\$950.00**
This is the perfect package for those just married or those about to be. For the Bride and Groom: A sun-less tan (which includes a smoothing body buff and polish) to ensure you glow with tropical radiance, a manicure, pedicure and Hydradermie facial. It's then time to take your bride by the hand and say "I DO !"

QAMEA NIGHT OF DECADENCE **Per Couple / FJ\$1,000.00**
A romantic night of Decadence in our spectacular "Jungle Spa" starts with a Fijian Warrior escort from your Bure to your unbelievable private spa experience. Our Guinot.Paris trained Therapists will greet you with Champagne and a tropical fruit platter, your journey into pure relaxation begins. Your bodies will be polished with a Tropical Sugar Glow leaving your skin refreshed and revived, as your mind is soothed into heavenly island bliss, followed by a sensual candlelit outdoor shower together in the Jungle Spa. To follow you can either choose a side by side 75 minute Jungle Spa Signature Massage or a specialized Guinot Liftosome Facial that will brighten and lift your complexion, adding to your overall glow.

Further relaxation awaits prior to your Fijian Warriors escort back to your bure for a romantic, candlelit dinner on your verandah. Your menu for the evening is a choice from our daily selection or you may wish to try our divine Qamea Lobster. Enjoy another bottle of Champagne with your dinner while being serenaded by our own Qamea Band.

SPA ETIQUETTE

Please arrive on time for your spa appointment.

Cancellation / No Show Fee? Yes a fee will be charged, please read below.

Fiji Time ? Due to the time of spa treatments we cannot allow for 'Fiji Time' in the spa, so please arrive on time for your appointment. All latecomers will have their treatment times shortened to not inconvenience other guests. Failure to show for your appointment will incur the full service fee being charged.

Can I change or cancel a spa booking ? Sega na leqa (no problem), simply let us know at least 24 hours in advance so as to avoid being charged. If you are unable to make your spa treatment due to the late arrival of your resort organized activity, there will be no fee charged.

Out of Spa Fee ? For all out of spa treatments eg: in your bure or ocean-side massage there will be an additional charge of FJ\$20.00 per person.

Can I pre-book my spa treatments via email ? Feel free to email us at Qamea Resort and Spa prior to your vacation to reserve times and days that suit you and your partner. This is especially necessary if you would like a treatment on your arrival date.

What should I wear ? Come as you are. At the spa we provide you with your own locker with a robe/sulu and slippers to wear. We suggest all valuables be left in your bure safe. Our spa therapists are trained to drape you appropriately for complete privacy. Please wear flip flops/shoes to the spa especially open toe shoes for those having toe nails painted.

Can I request a specific spa therapist ? At Qamea Jungle Spa we pride ourselves on the fact that all our spa therapists are trained to the same degree of excellence by an internationally recognized New Zealand trainer. However, if you prefer to be treated by one person, we will gladly do our best to accommodate your request.

Should I remove my make-up or shave before my facial ? The main part of a facial is deeply cleansing and exfoliating the skin, so it is not necessary for you to remove make-up prior to your treatment. It is advised for men to shave a couple of hours before their facial, however if you are indulging in a Beaute Neuve fruit enzyme acid facial we suggest waiting until after treatment.