

AWAKEN YOUR SENSES

For a better you™

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Welcome to the awarding winning Heavenly Spa by Westin™ at The Westin Denarau Island Resort & Spa – Fiji's largest and most sophisticated day spa. Peacefully nestled amidst 1,350 square metres of lush meditation garden with a distinctive Fijian village setting, the Heavenly Spa by Westin is the perfect setting for spiritual healing and sensory pleasure. We offer a range of services to pamper and relax individuals or couples, the stunning surrounds and qualified therapists induce the ultimate in relaxation and tranquility to delight the senses and soothe the soul.

NOURISH YOUR BODY

Enjoy our SuperFoodsRx™ menu and drinks before or after your treatment for a deliciously healthy treat



TAKE TIME FOR YOURSELF

MASSAGES

HEAVENLY TOUCH

Our therapists are certified in a variety of massage and therapeutic techniques, so please inquire if interested in additional modalities

❖ HEAVENLY SPA SIGNATURE MASSAGE

A massage tailored to your specific needs. A heated compress invites back muscles to relax and ease before a relaxing massage leaves you physically rested and mentally uplifted. Renewal comes from the harmonious balance of scent and touch.

(60 minutes - f\$167.00 or 90 minutes - f\$225.00)

❖ ASPIRE MASSAGE

Natural aromatherapy oils and diverse massage techniques are customized to answer one simple question. How do you want to feel?

(60 minutes - f\$167.00 or 90 minutes - f\$225.00)

PEACE MASSAGE

Designated for the active individual, this full body massage uses Swedish technique with deep tissue and direct pressure to release muscle tension and soreness promoting wellness.

(60 minutes - f\$177.00 or 90 minutes - f\$233.00)

FIJI BOBO MASSAGE

This unique massage will provide you with a little history and culture of Fijian healing practice. This traditional massage, passed down for generations, brings you the touch and scent of Fiji to enhance deep relaxation and rejuvenation. Balance is restored with a healing touch.

(60 minutes - f\$167.00 or 90 minutes - f\$225.00)

RENAISSANCE

Massage created to energize, stimulate and inspire using various modalities to reduce tension, soothe sore muscles and increase circulation to promote total relaxation and wellbeing.

(60 minutes - f\$167.00 or 90 minutes - f\$225.00)

❖ Signature heavenly experiences

All prices are exclusive of 25% VAT and Service Tax.

For reservations, please contact the spa to schedule your appointments. We require 6-hour notice for changes or cancellations.

MASSAGES CONTINUED

ULTIMATE PREGNANCY MASSAGE

Relieve tired muscles with a massage designed especially for mums to be. Massage is performed while you lie on your side with pillows placed for extra comfort, leaving you feeling heavenly relaxed and renewed.

(60 minutes – f\$167.00)

WARM SEA SHELL

Experience a unique Fijian ritual of warm seashell massage combined with bliss oil to melt away tension, restore balance and increase positive energy flow bringing your body and mind into harmonious balance. A truly unique experience.

(60 minutes – f\$198.00)

WRAPTURE

World renowned hot stone body ritual by Thalgo Sea and Senses, smoothes the skin using gentle sea salt and nutrient rich marine algae. The skillful use of 40 volcanic stones combined with unique massage stills and profoundly relaxes and renews the skin. Cool marine stones cascade to awaken and re-energized.

(90 minutes – f\$250.00)

COUPLES INDULGENCE EXPERIENCE

Enjoy a perfect romantic relaxing massage side by side in the tranquil surrounds of our Vale Levu suites. Complete the indulgence experience in your own private bath with soothing music to take you both away from it all.

(75 minutes treatments include a 60 minutes massage and 15 minutes outdoor bath – f\$370.00)

ORANGE BLOSSOM COUPLES MASSAGE

Retreat into blissful relaxation side by side with the sounds of nature. Together your skin is gently polished to perfection with raw cane sugar scrub followed by a deep relaxing massage. Start with a hydrating outdoor bath, this ritual will leave your skin hydrated and body transformed.

(90 minutes treatment starts with a nourishing outdoor bath – f\$450.00)

HEAVENLY TOGETHER

Escape together for a head to toe heavenly renewal ritual. This escape commences with a 60 minute Heavenly Spa Signature Massage, followed by a 75minute Signature Revive Facial and complete with a 30 minute Signature Nourish Hand & Foot treatment. Tensions eased, skin renewed and palate refreshed with fruit platter and bubbles because you are with that special someone. *(180 minutes includes a light refreshment fruit platter and a glass of bubbly each – f\$995.00)*

ENHANCEMENT RITUAL

Add in the following to customize your body ritual or massage even further. Please enquire at the Heavenly Spa Reception.

❖ RENEWAL RITUAL

An unforgettable 25 minute therapeutic scalp and shoulder massage with a moisturizing hair oil treatment. *(30 minutes – f\$100.00)*

❖ Signature heavenly experiences

All prices are exclusive of 25% VAT and Service Tax.

For reservations, please contact the spa to schedule your appointments. We require 6-hour notice for changes or cancellations.



HYDROTHERAPY SPA

This reparative water treatment for the body incorporates a relaxing element of hydrotherapy water massage with choice of extracts. A treatment that releases and melts away stress leaving your muscles relaxed and full body hydrated. Ideal for muscle pain, soothe aches and stimulate circulation

HYDROTHERAPY

An energized body scrub to exfoliate dead skin cells before being submerged in a body of water (Coconut Milk Bath Soak) feeling weightlessness, as the water kneads your body to relieve the effects of gravity, increasing blood circulation, washing away stress to enhance state of wellbeing. Complete with a light harmonious massage using nourishing body cream.
(60 minutes f\$190.00)

VICHY SHOWER

In preparation your therapist will energize surface skin freeing fresh cells adding eucalyptus sensation while a relaxing massage combined with a cascade of seven water jets triggering energy points to increase vitality, reducing tension around neck, shoulder and back enabling your body to balance.
(60 minutes ~f\$210.00)

BODY TREATMENTS

❖ INTENSE NOURISHMENT

The ultimate spa ritual and uncontested favourite, a veritable journey of the senses. Sweet and savoury actives from the Mediterranean polish and nourish simultaneously, before immersion in Precious Milk Bath reminiscent of Cleopatra. Indian massage embracing energy points soothed with Sacred Lotus and incorporating luxurious massage oil pre-empts a sublime wrap inspired by China. Uniquely delivered with Fijian style and a distinctive tea to complete your experience.
(90 minutes ~f\$295.00)

AWAKEN

The sea is a reservoir of well-being and beauty. Our intense purifying wrap uses natural sea salts. Dead Sea mud and essential oils tailored to treat the body systems with a warming and cooling effect to detoxify, slenderize, demineralize and revitalize.
(90 minutes ~f\$280.00)

UPLIFTING SMOOTHING ALAGE WRAP

The body is remineralized to rediscovers its energy. Slimming has begun. Completes with a harmonious massage
(60 minutes ~f\$240.00)

❖ ENERGIZE SCRUB

A relaxing all-over body exfoliation and layering of richly nourishing products, to leave the mind energized and the skin looking radiant and feeling wonderfully smooth.
(30 minutes ~f\$100.00)

PASSAGE TO FIJI PARADISE

Full body exfoliation followed by a luxurious bath of hydrating coconut milk and a body wrap with warm beach stones leaves you in paradise. Treatment concludes with a harmonious massage.
(90 minutes ~f\$275.00)

HERBAL BODY DETOX

Lighten the load of stress and environmental factors while boosting circulation, stimulation metabolism and ridding the body of harmful toxins. Body is gently massaged with a warm Fijian herbal ball, exfoliating of dead skin cells leaving your skin rejuvenated.
(90 minutes ~f\$292.00)

ANTI-AGING GUAVA NOURSHING WRAP

Combat the visible effects of skin aging and restore the appearance of a younger and toned body. Treatment commence with a raw cane sugar scrub followed by a body masque application finishing with warm oil scalp massage. Anti-aging botanical blend is enriched with Fiji guava fruit, high in Vitamin C boosting collagen production, toning the skin whilst hydrating, nourishing and leaving skin with a healthy glow!
(75 minutes ~f\$255.00)

HONEY MELT RITUAL

Designed to hydrate and nourish skin, exotic nut oils gently exfoliate the body before a moisturizing honey masque is applied and massaged into skin with warm stones. A soothing scalp massage to finish leaves you truly rejuvenated.
(60 minutes ~f\$210.00)

DILO RENU’AL / SUN COOLING WRAP

A cooling wrap of dilo oil and aloe vera is gently applied over the whole body with cooling towel to sooth skin and gives comfort by easing away the painful effects of too much sun.
(60 minutes ~f\$155.00)

FACE EVERY MOMENT WITH A SMILE

FACIAL TREATMENTS

60 minutes facials includes a hand and arm massage.

75 minutes includes a hand massage plus choice of scalp or foot massage.

THALGO

The Power of Marine Spa and Beauty Thalgo treatments are renowned for their incredible results. World leader and originator of the marine spa and beauty trend, Thalgo harnesses the riches of the sea so you can benefit from powerful healing, revitalising and rebalancing properties vital for health and well-being. Facials offer spectacular results in anti-ageing, hydrating, purifying: and treat virtually any concern. All Thalgo facials begin with the “Discovery of the Sea” massage to ease tensions and immerse you in a relaxing aquatic cocoon. For best results, Thalgo recommends a course which can be tailored to your stay in conjunction with the accompanying homecare range to continue effectiveness.

❖ REVIVE FACIAL

Created to purify the skin with natural cleansing elements customized based on how you want to feel after the treatment.

(60 minutes – f\$217.00)

SILICIUM SUPER-LIFT TREATMENT 45+

Dare to defy time with this super lift facial, designed to combat all the signs of ageing loss of firmness, pronounced wrinkles. A duo of masks collagen and a super-lifting mask is applied to fill deeper wrinkles and lift and contour the face and neck. Your complexion will glow, lines will be less noticeable, and your skin firmer.

(75 minutes – f\$237.00)

HYALURONIC SMOOTH AND FILL TREATMENT 35+

Correct the signs of ageing as they appear, with this smoothing and filling facial designed for more pronounced wrinkles. Targeted strips infused with Hyaluronic Acid Microspheres are applied to wrinkles and areas of concern to plump out lines and reduce their appearance, leaving your complexion glowing and skin younger looking.

(75 minutes – f\$227.00)

COLLAGEN RADIANCE TREATMENT 25+

Give your skin a Collagen boost and correct the signs of ageing as they appear with this facial designed for first wrinkles, with instant anti-ageing results. The Collagen mask smoothes fine lines and has a plumping effect. Your skin will be radiant, its collagen reserves restored. .

(75 minutes – f\$227.00)

SERENITY FOR MEN OCEAN FACIAL

This high-tech facial for stressed male skin combines energising marine active ingredients with relaxing massage movements to diffuse them directly to the heart of the skin. Relaxed and recharged, your skin regains all its energy and balance and signs of tiredness are erased.

(75 minutes – f\$217.00)

FACIAL TREATMENTS CONTINUED

RENEWAL - EXTREME COMFORT RITUAL

A haven of comfort for dry skin. Concentrates, rich in algae extracts and replenishing oils, is gently infused to counteract the signs of dryness. Leaves the skin soft, soothed and restores comfort to dry or very dry skin. A moment of pure delight

(60 minutes – f\$217.00)

TRANQUILITY - COCOONING MARINE RITUAL

The SOS treatment for sensitive, fragile or reactive skin. A repairing serum, infusions of soothing plant extracts, including witch hazel and chamomile banish irritation and redness. Shielding your skin from external aggression and irritation. Your skin is left fresh and luminous, with redness visibly reduced.

(60 minutes – f\$217.00)

RESTORATION - HYDRA MARINE RITUAL

A moisture boosting delight for all skin types but particularly dehydrated delivers intense and lasting hydration. A powerful antidote to the effects of travel and environmental stress. Leaves the skin rehydrated, its texture improved and the complexion smooth, plump and radiant. (60 minutes – f\$217.00)

ASPECT

Aspect is an Australian made and owned condition-specific cosmeceutical range. It contains chirally corrected active ingredients in the highest concentrations that communicate effectively with your skin to bring about change in a very short amount of time. Ingredients are sourced from the world’s most advanced pharmaceutical and bio-technology companies, and the products and peels are tailored to address and support all skin conditions and concerns. Aspect contains no harsh preservatives or ingredients that will irritate or inflame the skin. Pure essential oils, chosen specifically for their beneficial effect, are used as a natural fragrance. When used as part of a prescribed homecare regime, Aspect products and peels are an extremely effective way to manage all skin concerns and conditions.

HYDRATING MEDI-FACIAL

A deeply hydrating antioxidant facial treatment for all skin types in need of a little TLC. An ideal skin conditioning treatment suitable as a peel substitute when a peel is not the best option. Perfect for a stressed, tired skin in need of revitalization.

(60 minutes f\$200.00)

MEDI-DETOX MEDI-FACIAL

A deep cleansing detoxifying facial treatment for impure, clogged and congested skin types. An ideal deep cleansing treatment that may be administered as an alternative treatment when a peel is not appropriate, that leaves the skin glowing with good health.

(60 minutes f\$200.00)

FACIAL ENHANCEMENT - THALGO

Add in the following to customize your beauty even further. Please enquire at the Heavenly Spa Reception.

EYE TOUCH / EYE EXPERT TREATMENT

This treatment can be combined with any face or body treatment. The eye area is cleansed and massaged using dedicated eye products. The Thalgo Eye Massage device gently massages the eye contour area. An instant rejuvenation of the eye contour area with puffiness and dark circles reduced, lines and wrinkles gently smoothed.

(30 minutes – f\$120.00)

ESSENTIAL CARE FOR THE HANDS AND FEET

❖ HEAVENLY HANDS & FEET

The ultimate treatment for your hands and feet. A warm paraffin treatment will soothe and soften the skin and your escape is complete.
(120 minutes - f\$228.00)

ORANGE BLOSSOM MANICURE

Precious and expressive, your hands deserve to be nourished and pampered. This true spa treatment for hands combats all of the signs of ageing. Skin is exfoliated and finishing off with AHA perfecting masque, leaving skin deeply nourished.
(60 minutes - f\$113.00)

PARADISE PEDICURE

Balance is restored to your feet with a coconut milk cleanse followed by an exfoliation. While your feet are wrapped in a nourishing warm honey wrap, your experience will be enhanced with a body butter leg massage.
(60 minutes - f\$130.00)

ESSENTIAL FINGERS

Reshape the nails, clean up the cuticles and massage moisture into the hands. Finish with a fresh coat of enamel.
(45 minutes - f\$82.00)

ESSENTIAL TOES

Feet are soaked and gently exfoliated; cuticles perfected and nails shaped, buffed and polished.
(45 minutes - f\$96.00)

HAIR AND BEAUTY

WAXING- LADIES

Eye Brow	f\$33.00
Lip & Chin	f\$50.00
Underarm	f\$38.00
Bikini/Speedo	f\$68.00
Brazilian	f\$120.00
Half leg	f\$70.00
Full Leg	f\$90.00

WAXING - MEN'S

Back	f\$70.00
Chest	f\$70.00

TINTING

Lash Tint	f\$45.00
Brow	f\$32.00

BRIDAL SERVICES

Our qualified Hairstylists with years of experience will pamper you on any special occasion.

Hair styling	f\$165.00
Make-up	f\$130.00
Shampoo blow wave	f\$82.00
Flower Girls Hair	from f\$78.00

ADDITIONAL HAIR SERVICES

Hair straightening (straightening iron)	f\$35.00
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BRIDAL BLISS

For all Brides who want to be pampered and look radiant on their special day. Start your blissful journey with our Signature Revive Facial followed by a bridal hair styling and make-up. Tailored to suit your need.
(150 minutes - f\$410.00)

ESPECIALLY FOR BRIDE

Personalize your look on your special day and achieve the bridal image you've always dreamed of. Includes bridal up styling, bridal make up, setting of your tiara or veil plus extra personal touches to bring out your inner beauty.
(105 minutes - f\$300.00)



HOW TO RECEIVE FULL BENEFITS OF A HEAVENLY SPA BY WESTIN TREATMENT

RESERVATIONS

The Heavenly Spa by Westin Fiji is open from 8:00am to 8:30pm daily. Reservations are required in advance for all treatments and can be made by calling the Spa on +679 675 8945, or contacting Guest Services on #3 from Resort phone. All reservations must be secured with a credit card, telephone or room number.

SPA HOURS OF OPERATION

Daily from 8 am - 8.30 pm. First service to begin at 8.15 am and last 60 minutes service will begin at 7.00pm. WestinWORKOUT® is open 24 hours daily and is accessible by guestroom key or complimentary for the day with a spa reservation. Spa hours of operation are subject to change.

CANCELLATION POLICY

Cancellations are required 6 hours prior to appointment, any cancellations received after this time will incur a cancellation fee of up to 100%. Arriving late for a service may require us to shorten the length of your treatment, with full charges applied.

TAKE TIME

Please arrive a minimum of 15 minutes early to allow time to check in and unwind. Arriving late will shorten your time spent with us. All personal belongings should be locked in your hotel room safe as the spa will not take responsibility for misplaced or lost items.

Give yourself plenty of time to enjoy the steam room and jet showers prior to your services. This will relax and warm the muscles, which will aid in the therapeutic benefits of all your treatments and services. Respect yourself and others by turning off communication devices prior to entering the spa, locker rooms, fitness and treatment areas.

SHOWER

A quick shower just before your massage or treatment is relaxing and washes off any salts, minerals or chemicals that could clog pores when mixed with oils or other treatment products. Your therapist will usher you to your treatment bure (room).

TREATMENT ATTIRE

Unless the service description specifies otherwise, it is usually customary to wear just your robe to your service. You will be given the opportunity to disrobe and cover yourself in privacy. Throughout your services, your body will be draped with linens. Atnotimeduringyourtreatmentwillyoubefullyexposed.

COMMUNICATION

Prior to the start of your service, tell your therapist the areas you would like to focus on, and any areas to be avoided. During your service, let the therapist know if you feel any discomfort. Communication is the key to getting full benefit from your Heavenly Spa by Westin experience.

LET GO

Close your eyes. Allow your mind to be free. Breathe deeply. Let the tension slip away with each breath. Remember, this time is your time.

GRATUITIES

Gratuities should reflect your level of satisfaction with our services and your personal providers; therefore all gratuities are left solely at your discretion.

GIFT CERTIFICATES

Give the gift of priceless serenity and stress relief to someone you care about. A delightful way to introduce someone to the benefits of spa services, Heavenly Spa by Westin gift certificates are perfect for any occasion and are available for individual treatments, spa or bridal packages or predetermined denominations

ADDITIONAL THOUGHTS

Guests of Heavenly Spa must be at least 16 years of age for the use of the locker rooms, fitness facilities and spa treatments. Salon treatments are available for guests under 16 with parental supervision.

Valuables must be stored in your guest room at the time of your service. The Westin Denarau Island Resort & Spa and Heavenly Spa by Westin are not responsible for lost, stolen or misplaced items.

All prices are exclusive of 20% VAT and Service Turnover Tax, and are subject to change without notification. Our spa guest service agents will assist you with any pricing inquiries you may have at the time of your reservation.