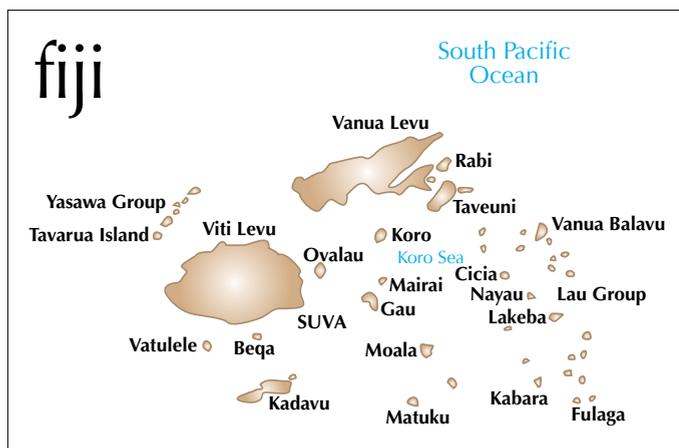


# frolicking in

writer kate graham

## WELCOME TO PARADISE,

333 islands of clear white sand, gently breaking waves and lush green forest. A combination of warm tropical waters and dramatic volcanic mountains this South Pacific treasure oozes laid back charm, so if your idea of rapture is to dive under the waves to explore the deep blue or simply unwind on the endless white sands, you'll find it heaven on earth. However long your stay make sure to make time for the spas, as this charming country is home to some of the world's very best.



## BREEZE SPA, WAKAYA BEACH CLUB

It is little wonder that this luxury private island resort attracts so many celebrities, every inch of the 2,200 acre hideaway is dedicated to pure, unadulterated pleasure. This couples-only retreat is home to the Breeze Spa, one of the best treatment spaces on Fiji, a combination of treatment rooms, a body-temperature-salt-water serenity pool and lanai. For the ultimate in relaxation you can reserve the entire space for three hours. Spend the first two in treatment heaven, choosing from a menu that includes Wakaya East-Meets-West, the signature massage incorporating therapies from around the world and Water Shiatsu, an aquatic therapy combining yoga and traditional Asian massage while you float in the salt water pool, listening to underwater music. Spend your final hour relaxing together by the pool, savouring one of the delicious, gourmet meals on offer. Choices from the all-organic menu include Hot Miso & Soba Noodle Soup, Seared Yellow Fin Tuna with Tomato, Basil, Arugula & Chilli Jam and assorted tropical sorbets.

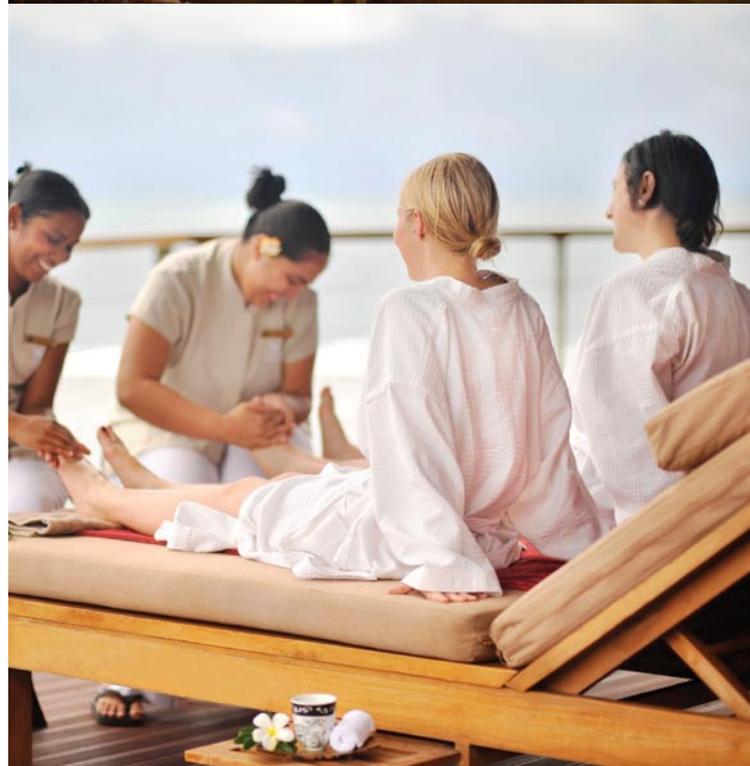
[www.wakaya.com](http://www.wakaya.com)

## NAMALE FIJI RESORT & SPA

If verdant green rainforest, volcanic cliffs and crystal clear waters is your idea of heaven, then this is the perfect spa choice. Inspired by the spectacular surrounding, this ten thousand square foot temple to wellbeing is constructed from natural materials, a combination of thatch, rocks and wood. The views alone are enough to justify a visit; floor-to-ceiling windows showcase the Koro Sea and dramatic blowhole below in all its glory. Enjoy the amazing view in the hydrotherapy and aromatherapy rooms, picking your spot from a selection of deep tubs, waterfall dipping pool and spacious Jacuzzi. Once you have let the view soothe your head to the treatment rooms, where an excellent selection of massages and facials are on offer. The sacred speciality massages like the Spirit of Fiji, which uses Bobo massage to reclaim energy and invigorate the spirit, are particularly interesting. The Wellness Therapies are also worth considering. The Cagi or 'Air Balancing' treatment can focus the mind, using hot stones and soft body brushing to ground both body and spirit.

[www.namalefiji.com](http://www.namalefiji.com)

THIS PAGE: Interior of Breeze Spa, Wakaya Beach Club; girls on deck getting pedicure at Bebe Spa, Outrigger on the Lagoon; and Namale Fiji Resort & Spa. OPPOSITE PAGE: Open air treatment bure at Heavenly Spa, The Westin Denerau Island. OPENING PAGE: Heavenly Spa, The Westin Denerau Island.





## PURE FIJI DAY SPA, SUVA

Many spas create a cream coloured bubble, cossetting you completely from the environment beyond their walls. But while this may sound fabulous, it is a shame to be cut off from your natural environment. Step forward Pure Fiji, the only cosmetics factory in the country, and one which celebrates the islands' beauty heritage, incorporating pure coconut oil and flower extracts which have been used by Fijians to moisturise and beautify for centuries. They source many of Fiji's top hotels, or you can choose to visit their stand-alone spa in Suva. Moving beyond the bliss of an excellent massage, when you are receiving a treatment here you know that you are giving something back. Pure Fiji has set up community projects and student scholarships, assisting the brightest and most in need by giving them the very best start in life. And if that doesn't give you a glow, then nothing will. [www.purefiji.com](http://www.purefiji.com)

## CHI THE SPA AT SHANGRI-LA'S, YANUCA

Featuring the largest spa bure in Fiji, set well away from the main resort, CHI delivers five-star luxury and a pampering you wont forget. The setting is serene, spacious relaxation areas overlooking the ocean, blossoming gardens, outdoor tubs and a herbal steam room. Inspired by the traditional Chinese philosophy this spa strives to maintain wellbeing and health through the unobstructed flow of chi through the body. This free movement of energy is created through relaxation, meditation, stretching and hydrotherapy, all on offer here. But treatment choice is also determined by your personal element sign, which you discover through a brief questionnaire upon entry. Once it has been determined if you are Metal, Water, Wood, Fire or Earth, the treatments then harmonise to bring perfect balance to the body. With so much at stake why rush it? Instead choose one of the glorious half day rituals, which combine water therapy, body wrap, stone massage and facial. [www.shangri-la.com](http://www.shangri-la.com)

## LAUCALA ISLAND

At Laucala four spa suites are hidden on tropical Nawi Hill, overlooking the sparkling ocean. Reached by walking over wooden boardwalks below a running creek, guests arrive to discover a completely private treatment room, complete with open fire, relaxing Asian day bed, open-air bathtub and gorgeous views of the water below. Highlighting the importance of healing through water, each spa suite also offers a variety of experience showers. Each of the spa journeys combines South Pacific traditions with modern techniques. Favourites include island volcanic scrubs and mineral crystal therapy, Indian bath rituals and body wraps.

All the tailor-made treatments use Laucala's four signature scents: Molikaro (native citrus), Wainimate (which uses local curing botany), Senikau (tropical blooms) and Qele (indigenous roots, woods and spices). Guests can also visit the spa garden, where you can explore and learn about the topical flowers, spices and fruits so revered in Fiji. You can create your own concoction at the distillery, first picking your own bouquet and then watching as it is transformed in the press. And for those who would like to learn even more, soap and lotion making classes are available at the spa kitchen. Using a tropical combination of vanilla, cocoa, coffee, pepper and ginger, guests can make their very own products. [www.laucala.com](http://www.laucala.com)

## coming soon...

VATULELE ISLAND RESORT,  
MANAGED BY SIX SENSES, FIJI

Set on the spectacular island of Vatulele, this award winning resort is now managed by Six Senses Resorts and Spas, a mark of quality the world over. Although currently they do not offer spa services with Six Sense's spa reputation it will certainly make its mark once those hallowed doors open.

[www.sixsenses.com/Vatulele-Island-Resort/](http://www.sixsenses.com/Vatulele-Island-Resort/)