



VARUA
POLYNESIAN SPA





in the infinity of life, **take time for the soul**



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varua polynesian spa

varua polynesian spa is a unique haven of tranquillity nestled on a restful pond in the heart of the atoll of Tetiaroa. **VARUA**, meaning “the Soul”, perpetuates the tradition established by the Royal family who retreated there in the past to relax and indulge in beauty rituals.

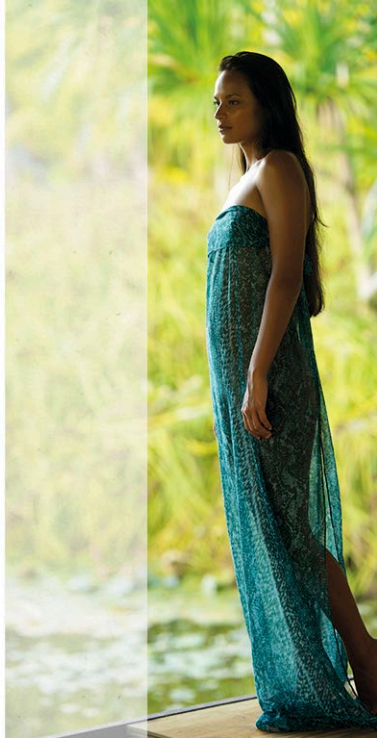
Blending into the lush vegetation, it is a hidden oasis at the end of a path through the tropical undergrowth. The spa is in harmony with its surroundings of plant life, water and wood. Aware of the need to preserve its pure and unspoilt habitat, it offers unrivalled holistic treatments inspired by international and ancestral Polynesian techniques in a truly exceptional setting.

The spa suites offer amazing views over 2000 m² of natural landscape on an islet covered in abundant vegetation. And high above in the trees, sits Fare Manu, an exceptional suite nesting like a cocoon between heaven and earth. The spa also has quiet spaces for relaxation including a steam bath, waterfall, tea lounge and Fare Mana, an area set aside for gentle energies.

varua polynesian spa, the soul of Tetiaroa, is a truly Polynesian sanctuary. In perfect tune with the magnificent surroundings, it allows all to rediscover harmony, relaxation and inner peace.



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polynesian inspiration

Traditional treatments and the art of “Taurumi” massage are deeply rooted in ancient and modern Polynesian culture as therapeutic and spiritual practices. It is the means to both maintain and restore inner harmony, and balance relations with the outer world.

Taurumi means to massage deeply. It is an expression of love and goodwill towards others and provides the opportunity to touch the soul through the body. Combined with traditional massage, monoï oil is expertly used to draw numerous benefits from plant properties.

This tradition is the inspiration behind **VARUA**, a range of body products whose enchanting scents of fruits and flowers of the fenua make every treatment a pure delight.



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Algotherm

marine expertise

The marine cosmetics specialist Algotherm has developed made to measure facial care for this exclusive location, and created a line of **ALGOSUN** sun care products which respect the fragile marine ecosystem.

This new range of ethical and eco-friendly suncare products provides high protection for all skin types thanks to a patented marine plant formula, whilst also respecting the ocean and coral environment.

For over 40 years, the brand Algotherm has shared its passion for beauty, ocean life and well-being the world over. Renowned for its expertise, the company has created partnerships with the most prestigious spas to offer a broad range of professional skincare combining the power and the natural riches of the ocean, which we invite you to experience for yourself.



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fare manu

fare manu experience

High in the treetops, 6 metres above the ground, **fare manu** or "the birdhouse" sits like a cocoon between heaven and earth.

Discover our legendary suite with a breath-taking view and take flight when you share a moment of unique relaxation together...

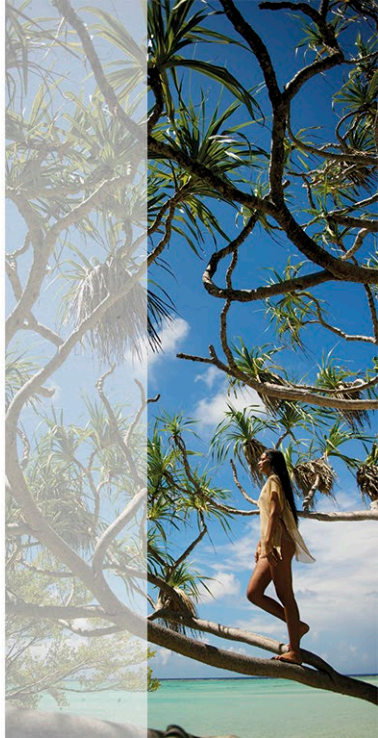
Begin your experience with a moment of pure relaxation in an exquisite setting with a panoramic view. Then, in true Polynesian tradition, the Queen's 'sacred bath' is the perfect prelude to beauty and well-being. The selection of treatments is individually tailored to suit your needs and any combination of care or experiences is possible.

In such an incredible location, **fare manu** is the promise of an unforgettably divine experience.

3 hours - 125000 cfp for 2 persons



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your stay at the spa

Your stay includes one 50-minute treatment per day per villa chosen from the following :

taurumi*

Both therapeutic and spiritual, Taurumi massage promotes harmony between body and spirit. As a Polynesian tradition, this multi-faceted art combines touch and petrissage of the body to heal the soul deeply. It is widely used to maintain and restore inner harmony.

facial care*

Algothem enhances the powers and the natural riches of the ocean, with exclusive replenishing facial treatments designed to reveal the natural glow and beauty of your face.

* 50 minutes - 17000 cfp / 80 minutes - 23000 cfp

Daily inclusions can be combined to enhance your choice of beauty care and experiences.

experiences – 100 minutes

Whether alone or as a couple there are 4 experiences available to further your inner journey of discovery and pleasure:

chill out in tetiaroa, marine experience by algothem, oriental experience and varua mana signature experience.

Relax and unwind completely with a combination of treatments.



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experiences

chill out in tetiaroa

The natural properties of papaya fruit offer a sensory experience like no other, whilst leaving your skin velvety soft. The naturally delicious scent of the satiny massage oil mingles with the rough and smooth sensations of the papaya body scrub and facial. With divinely scented and moisturized skin you will journey to a state of deep relaxation.

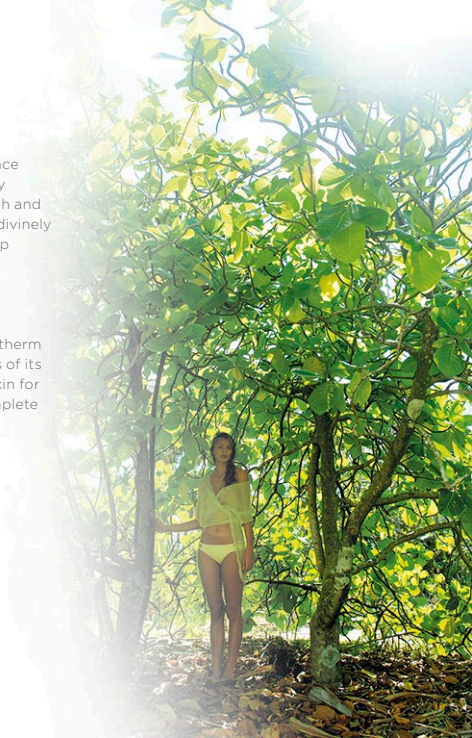
marine experience by Algotherm

Inspired by the unrivalled natural benefits of the sea, this Algotherm signature marine experience envelopes you with the goodness of its remineralising properties. A black sand scrub prepares your skin for a full body beauty mask followed by replenishing facial to complete this pure moment of relaxation.

100 minutes - 34000 cfp



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A woman with dark hair, wearing a white, strapless, flowing dress, stands on a sandy beach. Her arms are raised, and she is looking down. The background shows the ocean waves and a bright sky. The overall mood is serene and natural.

experiences

oriental experience

This oriental experience designed to lighten your body, mind and soul will leave you feeling refreshed and energized. The ritual begins with an oriental massage with soft honey from Tahiti followed by foot reflexology and a choice of facial massage or scalp reflexology. The soothing, moisturizing and regenerating honey from Tahiti combines the nectar's powerful properties with the sweet pleasure of its texture and dreamy aroma.

varua mana signature experience

Enjoy a unique experience in harmony with natural resources, enhanced beauty and inner peace.

Begin with a moisturising Tamanu oil scrub followed by a deeply relaxing Polynesian massage with extra virgin coconut oil, leaving your skin delicately scented. All the benefits of the Tamanu, 'sacred oil of a thousand virtues' combined with cold-pressed coconut oil to deep cleanse your skin leaving it soft and silky.

100 minutes - 34000 cfp

massages of the world

volcanic stone massage

Combining an oil massage and warm stones placed on energy points, this treat is more than just regenerating. You will experience a new dimension of deep relaxation and well-being.

80 minutes - 23000 cfp

Thai massage

On a futon placed on the floor and without the use of oil, Thai massage moves from feet to head, alternating deep pressure and surface touch to individually relax and tone each muscle. It realigns energy meridians and helps unwind the mind and the emotions.

Comfortable clothing is recommended for this treatment.

60 minutes - 21000 cfp

90 minutes - 28000 cfp

rima rima

For a unique and authentic moment of indulgence, the four-handed massage is a sensory experience like no other. Four hands move over your body in perfect synchrony leaving you in an ultimate state of relaxation.

50 minutes - 34000 cfp

reflexology

An age-old manual therapy focusing on reflex points, this massage realigns energy flow, freeing tension and stress in the body by simply applying pressure to specific areas.

Scalp reflexology

25 minutes - 9900 cfp

Foot reflexology

40 minutes - 14000 cfp



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holistic techniques

yoga

The Yoga at **varua polynesian spa** originates from Hatha Yoga traditional techniques and is adapted to individual needs. Through physical and spiritual exercises, this art of living harmonises body, mind and spirit. As a physical and spiritual exercise it helps relax muscles and release the mind. It improves suppleness and when practiced regularly can help maintain excellent health.

pranayama

The stresses and strains of modern day living deeply affect the way we breathe. Pranayama, meaning an expansion of "prana" or vitality, promotes an awareness of our breathing. Pranayama techniques help consciously correct breathing, free energy blockages, boost vitality and heighten relaxation.

We offer private sessions of Hatha Yoga, Pranayama and Meditation for individuals, couples or small groups.

It is preferable to avoid meals just before a session and to wear comfortable clothing.

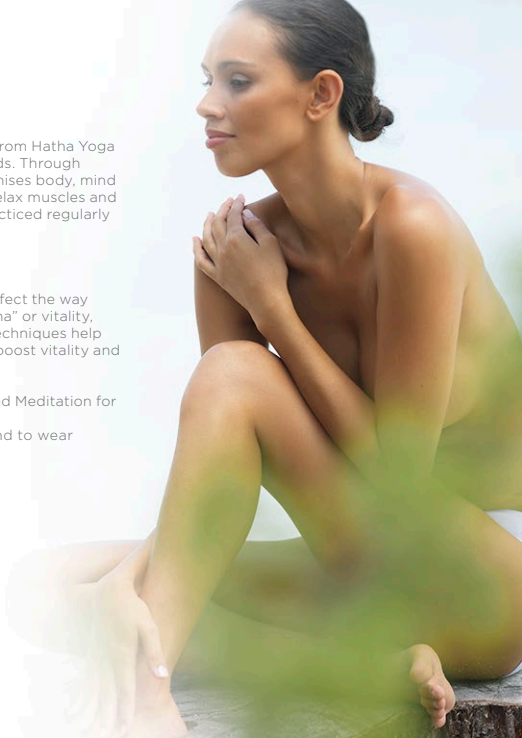
1 hour private session

Individual - 15500 cfp

Additional participant - 5500 cfp



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Algotherm facial care

Since its creation, Algotherm has drawn its inspiration and natural ingredients from marine algae and the depths of the ocean to develop excellent facial care products. These unparalleled treatments combine powerful results, with a sensory experience which will leave you with a sensation of well-being. We offer three categories of skin care: **ALGOECLAT**, **ALGOINTENSE** or **ALGOPERFORMANCE** tailored to suit individual needs and tastes.

ALGOECLAT facial care

This customized beauty treatment will reveal the natural radiance of your skin. Relax while you experience Algotherm's range of facial care, which will make your skin feel refreshed and energized.

45 minutes - 15500 cfp

ALGOINTENSE facial care

Relax while you feel the results of ALGOINTENSE combining effective beauty expertise with top of the range products. Beauty care is completed by the application of specifically adapted serums according your needs and your skin type.

55 minutes - 18000 cfp

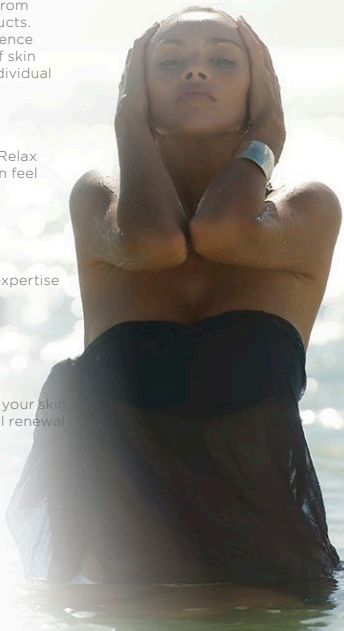
ALGOPERFORMANCE facial care

Choose this ultimate facial care for an expertly tailored programme adapted to your skin. ALGOPERFORMANCE care combines the very best techniques to stimulate cell renewal of the skin on your face and restore its natural beauty.

85 minutes - 23000 cfp



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classics

hydrating and relaxing leg and foot care

60 minutes

19000 cfp

Your legs and feet will feel fresher and lighter with this treatment, which incorporates a circular movement massage following a black sand polish. The experience is completed with a combination of hot and cold sensations; a warm paraffin mask for hydration and relief, contrasted with a soothing and toning lotion to lighten heavy legs.

hand or foot care

60 minutes

13500 cfp

Beauty care for hands or feet and nails.

This relaxing treatment cleanses and moisturises hands or feet, followed by nail polishing and shaping.

polish change 20 minutes
french add on 10 minutes
paraffin add on 20 minutes

4000 cfp

3000 cfp

4000 cfp

waxing

Lip or chin or eyebrows

10 minutes

3000 cfp

Underarms

15 minutes

4000 cfp

Bikini or arms

20 minutes

4500 cfp

Brazilian

35 minutes

7000 cfp

Half legs

25 minutes

5000 cfp

Full legs

40 minutes

9000 cfp

Half legs / underarms / bikini

55 minutes

13000 cfp

Full legs / underarms / bikini

70 minutes

16000 cfp

Back or chest

30 minutes

6000 cfp



tamarii spa*

Specifically developed care adapted for those aged 8-12 years.
When accompanied by an adult, well-being is available to all.

maeva massage

Just let go during this relaxing tropically fragrant back and leg massage, which will free your body of tension and leave your skin delicately scented.

25 minutes - 9900 cfp

angel face

Treat yourself to a facial adapted to your individual needs.

35 minutes - 11000 cfp

delicious body scrub

Indulge in an enticingly delicious papaya scrub to soften your skin.

30 minutes - 10500 cfp

fairy hands or princess feet

Have fun with nail colour and decoration during this tropically scented hand or foot care.

35 minutes - 7500 cfp

* the minimum age for access to spa facilities is 12 years old and children must be accompanied by an adult.



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varuattitude

how to book

We advise you book your treatment in advance for maximum availability. You can book via telephone from your villa (**ext. 6360**) or at the **varua polynesian spa** reception.

what to wear

It is important to be comfortably dressed and relaxed. Remember to bring your swimwear if you wish to use the steam bath. Our therapists will ensure that the intimate parts of your body are covered during your care. Disposable underwear is available for your comfort.

when to arrive

We suggest you arrive at least 30 minutes before the time of your appointment in order to have time to change and unwind. If you are late, the length of time specified for your care cannot be guaranteed.

valuables

For safety reasons we advise you to leave all valuables and jewellery in your villa's safe. Please ensure your locker is correctly locked. **varua polynesian spa** cannot be held responsible for loss or theft in the changing and spa areas.

state of health

The care provided at **varua polynesian spa** is reserved exclusively for individuals in good health. The spa is a non-medical environment and the sole purpose of all care provided is for well-being. When booking an appointment we recommend you advise us of your state of health, recent allergic reactions, medical problems or injuries which could affect your treatment.

service charge

Rates are listed in Pacific Francs including VAT. They are subject to a 4% service charge to be added to the brochure rate.

spa environment

The spa is a world of tranquillity, harmony and well-being. For this reason smoking and the use of mobile phones are prohibited in the spa. The minimum age for access to spa facilities is 12 years old when accompanied by an adult.

modification and cancellation

For any change or cancellation we ask our guests to contact the spa a minimum of 24 hours before your appointment. After this period you will be invoiced in full for any no-show or cancelled session.

tips

Our staff are dedicated to making your spa experience one to remember. Tips are not included in our prices, they are left to your discretion.

services in your villa

A selection of services are available in your villa during spa opening hours for an additional 50% fee and 100% additional fee outside opening hours.



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