



REFRESHMENTS

(prices are in Samoan Tala)

SOMETHING TO DRINK

Chilled fresh coconut (Niu)	\$5	
Freshly squeezed lime juice (Vaitipolo)		
Juices – orange, apple, cranberry and pineapple	\$8	
Tropical Smoothie—Daily special	\$15	
A selection of Iced teas	\$15	
Lemon, peach, lemongrass, daily blend		
Sparkling grape juice	Glass \$12	Bottle \$35
Red or White		
Wines	Glass \$18	Bottle \$75
Bubbly, Chardonnay, Pinot Gris, Pinot Noir, Rose, Savignon Blanc		

SOMETHING TO NIBBLE

Fresh fruit platter	\$16
Sashimi with dipping sauces	\$25
Oka with crispy taro chips	\$25
Poke with wedges of fresh coconut	\$25
Tuna Tasting Trio	\$65
Oka	

Available for SPAradise customers only



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PAMPER YOURSELF WITH TRADITIONAL SAMOAN MASSAGE

Massage (**Fofo**) has been a healing art in Samoan culture for over a thousand years. Passed down from generation to generation, selected members of most families are chosen to learn this practice. **Fofo** is regularly given to babies and the elderly, the sick, the depressed and the plain tired as an aid to healing and relaxing. The oils used for **Fofo** are also ancient recipes based on plant extracts with known healing properties passed down and refined over the generations.

Paradise offers a menu of massages based on these ancient **Fofo** techniques and traditional blends of healing oils and plant extracts. We invite you to experience a pampering, relaxing massage by our staff who have been trained by their parents and grandparents to provide healing **fofo**.

The basis for most **fofo** massage treatments is coconut oil. This is extracted from freshly picked coconuts and infused with fruits, leaves and flowers with other healing properties to create the perfect organic natural massage creams and oils. Coconut oil has been used for wound healing since time immemorial. It improves antioxidant enzyme activity and stimulates higher collagen cross-linking in repairing damaged tissue. It is used for anti-inflammatory properties.

CHOOSE YOUR TREATMENT EXTRACT

KOKO SAMOA - Cold pressed coconut oil, virgin oil, with avocado extract, Samoan cocoa, and vanilla scent. Cocoa is known as a super food taken internally, or used externally. It has a wide range of essential vitamins and minerals that act as an antibacterial and protector of the cardiovascular system. The caffeine and theobromine in cocoa combat fatigue and boost energy. (Make sure you enjoy our Koko Samoa while you are here)

ESI BLEND – Cold pressed coconut oil combined with extracts of fresh papaya and mango. Papaya (paw paw) is an excellent source of dietary fibre, vitamin A, C and E and rich in antioxidants. It also strengthens the immune system. Mango is known to protect the immune system and clear clogged pores

FRANGIPANI – Cold pressed coconut oil combined with the heady scent of extract from freshly picked frangipani flowers. Frangipani is traditionally used for its rejuvenating qualities and its ability to revitalise the skin and gives optimum moisture. It relieves cracked skin and has antioxidant properties.

NATURAL – cold pressed coconut oil with a slight fragrance from a range of flowers.



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TREATMENTS

(prices are in Samoan Tala)

SPARADISE SIGNATURE SCRUB RITUALS

Restore your skin to a healthy glow with our unique exfoliating treatments using a sweet or salty treatments

Radiant Facial

Normal Skin - Honey, Lime, and Cucumber

Matured Skin – Lemon Grass, Lime, and Papaya

A warm facial towel, followed by exfoliating scrubs. Removed mask and apply moisturizers, followed by shoulders and head massage. Replenish with fresh coconut juice.

60 minutes \$90

Return to Paradise Salt Scrub

Treat yourself with our Paradise secret recipe salt scrub, followed by 40-minute back massage.

90 minutes \$190

Maeva Sugar Scrub

Relax whilst our masseuse give you a sweet sugar scrub, followed by 40-minute back massage.

90 minutes \$190

Coffee and Coconut Scrubs

Coffee grounds are just so good for you in so many ways, Followed by a 30-minute hydro massage.

90 minutes \$190

HANDS AND FEET

Manicure

Soak hands in warm water, trim, file, buffer nails. Followed by massaging hands and polished fingernails with your favourite nail colour.

60 minutes \$90

Pedicure

Relax while your feet are soaked in warm water. Apply foot scrub then pamper your feet with 30-minute massage. Trim and polished toenails with your favourite nail colour from our colour selection.

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CHOOSE YOUR MASSAGE

(prices are in Samoan Tala)

Head and shoulders – relax as our skilled masseurs apply techniques that will relax your head and your mind while all the worries of work and home just melt away.

30 minutes - \$50 60 minutes - \$85

Shoulders and back – relax your body and revive your skin at the same time with a deeply relaxing stress-relieving massage.

30 minutes - \$50 60 minutes - \$95

Head, shoulders and back – This is necessary for anyone who has come from a stressed life to relax in Paradise.

40 minutes - \$70 90 minutes - \$120

Foot massage – a massage that enhances circulation as our skilled masseuse manipulates the nerve endings that connect with every part of your body.

30 minutes - \$50 60 minutes - \$85

Body massage – head, shoulders, back, legs and feet all receive the special treatment

60 minutes - \$70 90 minutes - \$120

For hands Body Massage – Head, shoulders, back, legs, feet, stomach for women, and chest for me

45 minutes - \$120 90 minutes - \$195

Full body massage – Head, shoulders, back, legs, feet, stomach for women, and chest for men

60 minutes - \$90 120 minutes - \$150

Couples massage

A shoulders, back and legs massage for couples on side by side massage beds. Fall asleep or wave to each other, it's up to you.

60 minutes - \$150 90 minutes - \$215

Samoan Fofu massage

Discover the time-tested benefits of a traditional Samoan fofu massage using lauti leaves.

60 minutes - \$140

Champagne bubbles Spa

Relaxing in our mineral water spa pool with your choice of fresh coconut, tropical juices, sparkling grape juice or sparkling wine

20 minutes - \$45

Hydro Spa

An oil-free pore cleaning massage under mist spray. Choose from refreshingly cool to hot water.

Shoulders and back 30 minutes - \$55

Shoulders, back and legs 60 minutes - \$100



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