

## FACIALS & BODY MASKS

### FACIALS

#### **VATA BALANCING FACIAL**

60 MINS/\$130

A hydrating, nurturing & soothing facial designed to help counter dry & rough skin. Also reduces the appearance of fine lines & wrinkles.

#### **PITTA BALANCING FACIAL**

60 MINS/\$130

For sensitive, oily or acne prone skin, this unique combination of herbal creams allows the skin to heal, encouraging cell renewal & providing a clearer more vibrant complexion.

#### **KAPHA BALANCING FACIAL**

60 MINS/\$130

This facial nourishes & promotes circulation reviving your skins natural glow, ideal for those with pigmentation, redness or puffiness.

#### **SILVER FACIAL**

60 MINS/\$150

The cooling qualities of pure silver gently & safely calms & soothes inflamed skin, leaving the skin refreshed & rejuvenated.

#### **GOLD FACIAL**

60 MINS/\$180

A perfect toning & stimulating facial with 24 carat gold leaves is safely massaged into the skin. Followed by a nurturing & moisturizing herbal face pack, that leaves the skin with a healthy & refreshed glow.

### POLYNESIAN BODY MASKS

ALL 75 MINS/\$180

Overexposure to the elements around us cause our skin to become dry, dull & flaky. Our body scrubs combine pure scents to soothe the mind, while removing the outermost layer of dead skin, revealing soft supple, younger looking skin to be seen, felt & envied. Each treatment concludes with a relaxing Vichy shower & application of nourishing body cream to moisturize & protect your skin.

#### **SEAWEED BODY MASK**

A total body cleanser - natural seaweed minerals cleanse both inside & out. Makes your skin look & feel supple & smooth. Helps to stimulate circulation & increase your metabolism to provide you with more energy & contributes to weight loss.

#### **DEAD SEA MINERAL MASK**

This sultry mud enables you to feel completely at ease as the minerals are founded to relax the nervous system & enhance blood circulation.

Also beneficial to heal wounds, wake up hair roots & eradicate dermatitis & dandruff. This mud has also been credited to eliminating headaches & migraines. Also draws out toxins, which gives the skin a fresher, revived look & feel.

### SUGAR & SALT BODY SCRUBS

ALL 45 MINS/\$140

Choose from our selection of body scrubs that combine pure scents to soothe the mind while lightly exfoliating dead skin cells to reveal soft supple, younger looking skin to be seen, felt & envied.

Our consultant will recommend a combination specifically designed for your individual needs.

Our selection of scrubs consists of...

#### **ORGANIC GINGER & CINNAMON SALT SCRUB**

Ginger is warming, stimulating & grounding, it helps relieve aches & pains & regulates moisture on the skin. Cinnamon has a soothing calming effect on the body & mind.

#### **BROWN SUGAR & ORGANIC LEMON SCRUB**

Lemon firms & strengthens skin cells & tightens blood vessels. Its citrus properties balances out dry skin & is known to help smooth out cellulite. The aroma helps clear the mind allowing you to go into a deep relaxed state.

#### **SEA SALT, JASMINE & VANILLA SCRUB**

Sea salt is beneficial to the skin, it is universally accepted that sea salts can have a wonderful effect on circulation & metabolism. Combined with jasmine, this helps to moisturize weather exposed skin, & with a hint of vanilla to soothe the mind.

## BODY SCRUBS

#### **SUGAR, SALT & CRUSHED ALMOND SCRUB**

Sugar is alpha-hydroxy rich to give you glowing skin, it also stimulates & circulates lymphatic fluids & moisturizes & restores skin cells. Sea salt contains many minerals beneficial to the body; it helps to combat stress & fluid retention, slows skin aging & calms the nervous system. Almonds are especially effective for treating dry & sensitive skin, leaving it feeling revitalized & refreshed.

#### **CHOCOLATE & COCONUT SCRUB**

For all you chocoholics! Cocoa is known to increase the hydration of skin & blood circulation, & promotes smoothness & suppleness. Combined with 'nu' (coconut) gives richness to the cocoa that does provide both a cleansing & moisturizing experience for you skin.

#### **HONEY & FRANGIPANI SCRUB**

Honey helps to promote alpha hydroxy acids which exfoliate the skin & reveal new skin cells, it also effectively relieves sunburn pain & razor burn. Frangipani is known for having a calming effect & is thought to restore inner peace & harmony.



## MASSAGES,

### MASSAGES

#### **RELAXATION MASSAGE**

30 MINS/\$80

60 MINS/\$130

90 MINS/\$180

A smooth flowing massage that induces deep relaxation, improves circulation & ultimately relieves muscular tension. The ultimate stress reliever!

#### **WARM STONE MASSAGE**

60 MINS/\$140

90 MINS/\$190

Heat therapy is applied using water heated basalt stones to accomplish complete relaxation & release of tired, overworked muscles. Helps to provide relief of chronic conditions such as arthritis, OOS & sports injuries. Stones are used by the therapist for massage & also for placement.

#### **AROMATHERAPY MASSAGE**

60 MINS/\$135

90 MINS/\$185

A full body massage using a tailored blend of essential oils to provide a total relaxation experience through the sense of smell.

#### **DEEP TISSUE MASSAGE**

30 MINS/\$90

60 MINS/\$140

A deep tissue massage mixed with Neuromuscular Therapy & Trigger Point Therapy. Specifically used for pain relief, postural alignment & elimination of trigger points & muscle spasms. Also beneficial for relieving headaches, back pain or muscle strain.

#### **NATURAL WATER MASSAGE**

30MINS/\$100

60 MINS/\$155

This is the ultimate relaxation experience! Enjoy a full or half body massage whilst having natural water cascading over the entire body. Also known as Vichy Shower Massage.

#### **PREGNANCY MASSAGE**

30 MINS/\$80

60 MINS/\$130

Gentle massage that helps calm the discomforts of pregnancy.

Ease your aching muscles & give your baby & yourself a special experience. Available for those in their second or third trimester.

#### **HERBAL MASSAGE**

60 MINS/\$140

90 MINS/\$190

Herbal compress massage aids emotional well being while soothing aching muscles & stiff joints. Sticking to traditional technique, a muslin cloth is infused with herbs and spices and then steamed to release their medicinal properties.

#### **FOOT REFLEXOLOGY**

30 MINS/\$75

60 MINS/\$125

Foot reflexology is the application of appropriate pressure to specific points on the feet. Reflexologists believe that these points correspond to different body organs & systems & that pressing them has a beneficial effect on the persons health. (Not recommended for pregnant women)

## ESCAPE PACKAGES

### HALF-DAY ESCAPE

2½ HOURS/\$300

#### OPTION A

A Polynesian Body Scrub of your choice followed by a 90 minute Warm Stone Massage & finished off with a glass of bubbly or juice.

#### OPTION B

A Polynesian Mask of your choice followed by a 60 minute Aromatherapy Massage & finished off with a glass of bubbly or juice.

### ESCAPE TOGETHER

2½ HOURS/\$550 (FOR TWO)

In the complete privacy of our waterfall spa couples enjoy a Balancing Facial of choice for her & a Polynesian Body Scrub for him, followed by a 60 minute couples massage & a glass of bubbly or juice.

### COUPLES MASSAGE

60 MINS/\$300 (FOR TWO)

Massage can be even more enjoyable when shared, so relax & enjoy time together in our candlelit therapy room for two. Finish off with a glass of bubbly or juice

### ULTIMATE ESCAPE

3½ HOURS/\$420

Balancing Facial of your choice, followed by a Polynesian Body Scrub or Mask, & any 60 minute Massage of your choice. Finish with a glass of bubbly or juice & your personal spa gift for tropical memories on your return home.

*\*These prices are current as of November 2021 & are subject to change without notice.*

## TRY OUR VICHY SHOWER

Our Vichy Shower has seven adjustable shower jets to caress your body under an invigorating waterfall. The therapist adjusts the pattern, placement and temperature of the jets to achieve whole-body water massage treatment. When all 7 jets are on, there is about 50 litres of water a minute flowing over your body, producing in many people a sensation of floating on water.

The effect of so much water movement on your skin is to increase the blood circulation, hydrate the skin and soothe the nervous system, enabling your body to balance and your muscles to relax.

During the Vichy Shower treatment, you lie on a padded table, with the shower jets above you. The treatment is particularly effective following a body scrub or wrap, to circulate the recently absorbed products through your system, producing enhanced benefits.

#### Specific benefits from regular Vichy Shower treatments include:

- ✓ Increasing the benefits of products recently absorbed by your skin
- ✓ Reducing toxins and waste, improving your elimination system
- ✓ Stimulating the skin drawing blood to the surface
- ✓ Boosting your immune system
- ✓ Hydrating your body through your skin, improving skin & muscle tone
- ✓ Reducing your stress response through skin nerve stimulation

*R*  
**RUMOURS**  
LUXURY VILLAS & SPA  
RAROTONGA - COOK ISLANDS



*THE Multi Award Winning*

★★★★★

**WATERFALL SPA**

## BENEFITS OF HYDROTHERAPY

Hydrotherapy treatments improve your life quality by producing a large increase in blood and lymph circulation, strengthening your immune system, improving your metabolism and detoxifying your body.

#### Hydrotherapy has the following general effects on your body:

- Dramatically increase your elimination of waste assisting detoxification
- Loosen tense, tight muscles and encourage your relaxation
- Increase your metabolic rate and digestion activity
- Hydrates your cells improving skin and muscle tone
- Boosts your immune system allowing it to function efficiently
- Improve the function of your internal organs by stimulating their blood supply

Hydrotherapy gives your body valuable time to return to balance, improving its functions, decreasing the effects of stress and allowing you to return to optimum health. To improve your life quality we recommend you have regular treatments every 2 to 8 weeks, depending on your general and specific conditions.



INDOOR WATERFALLS

VICHY SHOWER

COUPLES MASSAGE

& VARIOUS OTHER MASSAGES

HALF DAY ESCAPES

FACIALS & BODY SCRUBS

FULLY TRAINED THERAPISTS

