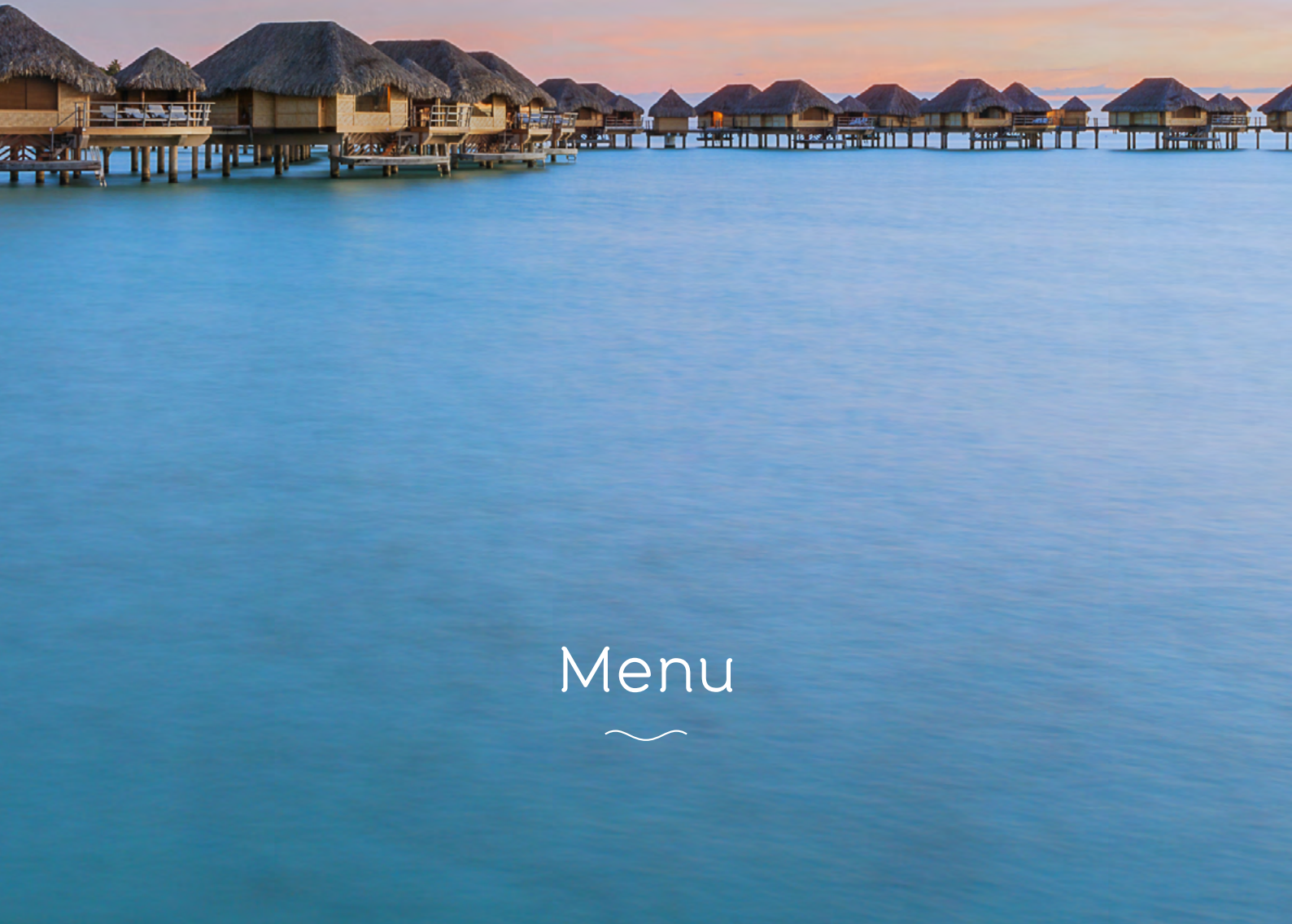




# TĀVAI SPA

Le Taha'a Island  
Resort & Spa



Menu



## TAVAI SPA LE TAHA'A



In polynesian culture the massage is included in many parts of traditional therapeutic medicine and allows everyone to maintain spiritual, psychological and physical harmony.

## THE CLASSIC



### Traditional healing touch

Select the note that you most prefer from our fragrant selection of tahitian Monoï oils extracted by hand from the coconut fruit and perfumed with flowers.

## POLYNESIAN RELAXING

Rediscover your inner balance, surrender yourself to the Polynesian art of a rebalancing massage, in the local language Taurumi. Allow your body and mind to unwind, be lulled by long strokes from feet to head, and fluid movements that resemble to sea waves on your body.

30 min.: 10.000 xpf  
50 min.: 15.000 xpf  
80 min.: 20.000 xpf

## POLYNESIAN DEEP TISSUE

Since the ancient times of Polynesian ancestors, intense pressure massage has been a traditional art of enhancing wellbeing and healing. This massage combines long and deep strokes to ease muscle tensions and reactivate your body and mind.

30 min.: 11.000 xpf  
50 min.: 16.000 xpf  
80 min.: 21.000 xpf







## THE CLASSIC



### CLASSIC MASSAGE

Let yourself be completely at ease as you enjoy a gentle but deep full body massage with palm pressures, strokes, rolls and lymphatic drainage techniques. A peaceful restoration in paradise environment.

50 min.: 14.500 xpf

80 min.: 19.000 xpf

### FACIAL TREATMENT

Discover the relaxing and remineralizing properties of our ritual facial treatment featuring a luxury black pearl face mask. This treatment will leave your complexion purified and renewed.

50 min.: 14.000 xpf

# THE SUGGESTED

80 MINUTES FOR DEEPEST RELAXATION



A suggested menu of all 80 minutes treatments that combine specific masage techniques and holistic healing approach for a blissful regenerating experience.

## HYDROTHERAPY & POLYNESIAN RELAXING

Relax deeply while soaking in a warm water facing the beautiful internal lagoon of the Spa. This water therapy prepares your body and mind to a complete surrender for the following expert Polynesian Relaxing Massage.

80 min.: 25.000 xpf

## POLYNESIAN RELAXING & LEGS AND FEET REFLEXOLOGY

Stimulate your energy level with a massage that begins with a long feet & legs reflexology. This massage will first bring you to a deep relaxed space before reactivating your body to a higher level of energy. The upmost after a long journey.

80 min.: 20.000 xpf

## BACK FEET & HEAD

Enjoy of a long complete back massage followed by feet stimulation and completed with a neck head and cranial massage. This special approach considers the interconnectedness of all your body and focuses on the benefit of your back.

80 min.: 21.000 xpf

## HOT STONE

Enjoy the heat therapy from smooth Taha'a volcanic black stones. This luxury massage combines pure Monoï oil and penetrating warmth to release tensions from within muscular tissues.

80 min.: 22.000 xpf



# LE TAHA'A RITUALS

A UNIQUE EXPERIENCE

## VANILLA DREAM

Jacuzzi, Head & Polynesian Massage

Pamper yourself to the true organic Taha'a vanilla perfume. This balancing treatment for the body will bring you to discover all the glorious fragrances of vanilla.

A sweet feet ritual is followed by a relaxing moment in our private jacuzzi. Enjoy a nourishing hair vanilla balm and then let go to the deep relaxing effects of Vanilla Monoï oil over your body for a 50 minutes Polynesian Relaxing Massage. Tahaa is the Vanilla island. Let your senses be captured by the scent of this rich Tahitian treasure.

1h35 min.: 27.000 xpf

## POLYNESIAN BEAUTY

Jacuzzi, Body Exfoliation ,  
Massage & Facial

Cultivate your beauty and trust the healing power of our therapists touch. The treatment begins with a cleansing feet ritual and follows with a purifying body exfoliation. Pure indulgence Polynesian Relaxing Massage will accompany you to a deep state of relaxation where finally a full facial treatment with black pearl remineralizing mask will awake and rejuvenate your complexion.

2h20 min.: 34.000 xpf





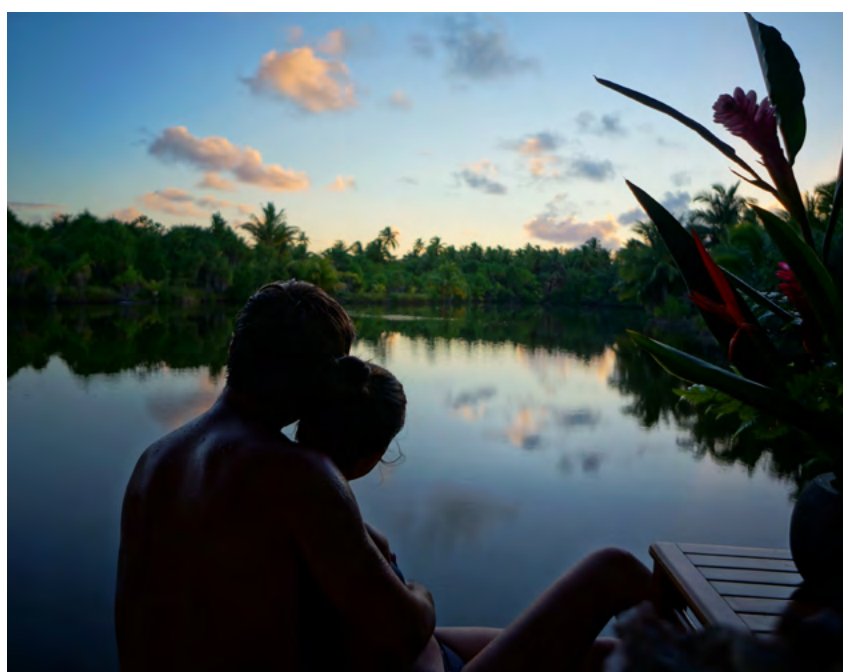


“The ultimate body and mind relaxing experience by Le Spa. The most regenerating and unforgettable treatment.”

## **LE TAHA'A ROYAL TREATMENT - HYDROTHERAPY , HEAD & FEET REFLEXOLOGY, MASSAGE & FACIAL -**

A dream in Polynesian paradise. Begin soaking in a warm whirlpool bath to relax body and mind, and then fall into deep relaxation with head and feet reflexology massage, applied with nurturing and revitalizing Polynesian ingredients. Allow your body and mind to unwind, through a Relaxing Polynesian massage and a gentle cleansing facial treatment.

2h20 min.: 38.000 xpf





## THE TAMANU OIL

Treat yourself with this unique 100% polynesian product and bring with you all the flavor and benefits of Polynesian nature. It is the perfect souvenir, apply it on your skin to feel its millenary and curative properties.

Tamanu, the local term is Ati, one of the most sacred tree in French Polynesia. Have a look in the gardens of Le Taha'a Resort to find this majestic tree, depending on the period of the year you will notice the fruit, a green ball, 1 inch in diameter, seen frequently in clusters. The oil is obtained by mechanical cold extraction and is totally organic as no pesticides are used in Polynesia to treat these strong trees.

### Tamanu Benefits:

Stimulates production of new skin tissue  
Reduces Sun burns Reduces insect bites  
Nourishes the skin Reduces muscles and joints pain  
Anti-aging antioxidant properties  
Anti-inflammatory properties

## AFTER SUN TREATMENT

with Tamanu oil by Le Tahaa

Try on your skin the rejuvenating and healing properties of the tamanu oil in a studied treatment to regenerate your skin after sun exposure. This treatment features also a refreshing Aloe Vera gel.

50 min.: 16.000 xpf



## INFORMATION

### Treatment Reservation:

Please make your spa reservation in advance by contacting the Activities Desk on 8427. All treatments are subject to our schedule availability. We recommend that all your jewelry and valuables be placed in your room safety box.

### When to arrive:

To take better advantage of your massage session you are encouraged to arrive 5 minutes before the beginning of your treatment, we recommend that you take a shower in advance in order to enjoy the benefits of the oil.

### Health Conditions:

Please inform us about your health condition: pregnancy, allergies, recent medical or cosmetics interventions or incidents that may affect our service. We will refrain from vigorous massaging for women less than three months pregnant.

### Cancellation:

You can cancel your reservation up to 24 hours in advance of the time set for your treatment. Please note that past this limit there will be a charge of 50%. All missed appointments will be charged at the full rate.

Open from 10:30 am. to 6:00 pm.

Call now to reserve your appointment:

Tavai Spa ( 9:30 am / 15:00 pm ) : 84 16

Activities Desk ( 8:00 am / 8:00 pm ) : 84 27

E-mail: [activites@letahaa.com](mailto:activites@letahaa.com)





# TĀVAI SPA

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## Info & Reservations

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Tavai Spa Reception (9:30 am / 15:00 pm): 8416  
Activities Desk (8:00 am / 8:00 pm): 8427  
Resort: (+689) 40 608 400  
E-mail: [activites@letahaa.com](mailto:activites@letahaa.com)

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

