

• GROUP FITNESS CLASSES – 50 minutes •

Awakening Body Session

A combination of movements using core activation with breath control to mobilize muscles and joints, bringing more energy to the body for the day ahead.

TRX Training

Full body training with suspension straps. The session takes place in circuit training style with several drills targeting all body muscles. Work can be done by set to target specific muscle groups.

Cross Training

Full training and physical re-conditioning. This training combines functional movements of weight lifting drills or athletic strength with cardio exercises.

Core Training

The core (trunk muscles) are essential for our balance and stability. With different exercises for abdominals and back muscles, we improve the strength and connection of these muscles. The best training for a flat stomach and slim waist!

HIIT Challenge

High Intensity Interval Training. Strength and cardio exercises combined with an interval cycle of high and low intensity. This training allows a significant calorie burn in a short time period.



• GROUP YOGA CLASSES – 60 minutes •

Sunrise Yoga

Yoga movements and synchronized breathing designed to lengthen connective tissue, expand range of motion and improve physical posture, benefitting the whole body for the day ahead.

Mat Pilates

This session will improve your muscle tone, balance musculature, build flexibility and strengthen muscles. It puts emphasis on spinal and pelvic alignment, developing a strong core and improving coordination and balance.

Ashtanga Yoga

A dynamic, flowing style of yoga, which connects the movement of the body with the breath.

Hatha Yoga

A yoga style which develops strength, flexibility, body relaxation and mental concentration.

Sunset Yoga

Meditation, breathing and yoga poses will be combined to bring to the mind and body peace and light while the sun goes down.



Fitness and Yoga offerings are also available as private session. Our specialists will be delighted to assist you in customizing a session according to your needs.

Private Fitness or Yoga Personal Training - 1 guest	13,000 XPF
Private Fitness or Yoga Personal Training - 2 guests	17,000 XPF
Additional guest	5,000 XPF
Group Fitness or Yoga Personal Training	3,500 XPF

Prices listed are in Pacific Francs (XPF) and are subject to modification without notice

Rituals

Golden Sun Embrace	120 minutes	56,000 XPF
Kahaia Haven Ritual	120 minutes	42,000 XPF
Pareo Eclipse Ritual	120 minutes	42,000 XPF
Taurumi Mind & Body Ritual	120 minutes	42,000 XPF

Get the best of your ritual and enjoy relaxing time in the Fare Miti Spa Suite, our exclusive overwater treatment room with private lagoon view. Add only 12,500 XPF per person or 21,000 XPF per couple

Tata Harper Face Therapy

Intensive Multi-Masking	50/80 minutes	19,900 / 25,900 XPF
Travelers Recovery	50/80 minutes	19,900 / 25,900 XPF
Complexion Perfection	50/80 minutes	19,900 / 25,900 XPF
Award Winning Brightening	50/80 minutes	19,900 / 25,900 XPF

Carita Face Therapy

Lagoon Hydration	50/80 minutes	19,900 / 25,900 XPF
Cotton Softness	50/80 minutes	19,900 / 25,900 XPF
Neomorphosis Anti-Wrinkle	80/110 minutes	25,900 / 31,900 XPF
Trio of Gold Global Anti-Aging	80/110 minutes	25,900 / 31,900 XPF

Massages

Pareo Massage	80 minutes	25,500 XPF
Polynesian Massage	50/80 minutes	19,500 / 25,500 XPF
Mana Massage	50/80 minutes	19,500 / 25,500 XPF
Tailor-Made Massage	50/80 minutes	19,500 / 25,500 XPF
Thai Massage	80 minutes	25,500 XPF
Foot Reflexology	50 minutes	19,500 XPF
Mother-To-Be Massage	50/80 minutes	19,500 / 25,500 XPF

Te Mahana Sun Therapy

UV Defense Body & Face Massage	80 minutes	25,500 XPF
Age-Defying UV Damage Repair Facial	50 minutes	19,900 XPF
Te Mahana Ritual – Sunburn Relief	120 minutes	42,000 XPF

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For Men

Men's Deep Cleansing Facial
Men's Age Defying Facial
Deep Back Massage
Tāne Massage

50 minutes	19,900 XPF
80 minutes	25,900 XPF
50 minutes	19,500 XPF
80 minutes	25,500 XPF

Te Mahana Spa Boosters

Face Get Glow
Foot Massage
Mana Connection

15 minutes	6,500 XPF
15 minutes	6,500 XPF
15 minutes	6,500 XPF

Eye Treatments by Carita
Body Scrub
Vahine Hair Treatment
After Sun Wrap

30 minutes	12,500 XPF
30 minutes	12,500 XPF
30 minutes	12,500 XPF
30 minutes	12,500 XPF

Beauty Services

Gel Polish Manicure or Pedicure
Gel Polish Removal & Gel Polish Redo
Gel Polish Removal & Manicure or Pedicure
Manicure or Pedicure

60 minutes	15,500 XPF
80 minutes	20,500 XPF
80 minutes	19,500 XPF
50 minutes	12,500 XPF

Make Up
Hair Services
Bridal Hair & Make Up

45 minutes +	from 17,500 XPF
60 minutes +	from 17,700 XPF
120 minutes +	from 39,000 XPF

Waxing Services

20 minutes +	from 3,100 XPF
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NaiNai Spa

Teen Facial
Natural Coco Scrub
Vanilla Massage
Princess Manicure or Pedicure

50 minutes	17,500 XPF
30 minutes	12,500 XPF
50 minutes	17,500 XPF
30 minutes	12,500 XPF

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