

Treatment Menu  
& Day Spa Packages





A haven of peace and relaxation, Tamanu Spa presents the perfect getaway for Spa Breaks. Combining various treatment methods to bring balance to mind, body and soul, our wide range of spa experiences and the caring touch of our qualified therapists makes us one of the best Vanuatu resorts for a spa vacation.

# price list

Massages	mins	cost
<b>Aroma Indulgence Massage</b>	30	4,000
	60	7,000
	90	10,000
<b>Energise &amp; Detox</b>	60	7,000
	90	10,000
<b>Rejuvenating Tamanu Body Butter</b>	60	8,500
	90	13,000
<b>Volcanic Hot Stone</b>	60	9,000
	90	12,500
	120	16,000
<b>Back, Shoulders, Neck &amp; Scalp</b>	30	4,000
	60	7,000
<b>Tamanu Deluxe Foot Massage</b>	30	4,000
	60	7,000
<b>Mobile (in-room)</b>	30	5,500
	60	8,500
	90	11,500

*Including Aroma Indulgence, Energise & Detox, Back, Shoulders, Neck & Scalp & Tamanu Deluxe Foot Massages*

Facials	mins	cost
Tamanu Deluxe	30	5,500
Revitaliser	60	9,500
Tamanu Signature	60	9,500
Mens Facial	30	5,500
	60	9,500

Body Treatments	mins	cost
<b>Energise, Detox &amp; Exfoliate</b>	105	12,500
<b>Body Scrubs</b>		
<b>Revitalising Foot</b>	30	4,500
<b>Sea, Sand &amp; Salt Invigorator</b>	105	13,500
<b>Tamanu's Signature Lava Lava Exfoliate</b>	105	15,500

Body Wraps	mins	cost
<b>Tamanu's Volcanic Ash &amp; Coffee</b>	120	17,500
<b>Escape to Paradise</b>	120	17,500

Manicure & Pedicure	mins	cost
<b>Tamanu Manicure</b>	60	
Normal Polish		5,000
Shellac		6,000

Tamanu Pedicure	mins	cost
Normal Polish		5,500
Shellac		6,500

<b>File &amp; Polish</b>	20	2,500
<b>File &amp; Shellac</b>	20	3,000
<b>Remove Shellac only</b>		1,500
<b>Little Princess Treatment</b>	20	2,500

Tamanu Packages	mins	cost pp
<b>Half &amp; Half Deluxe Indulgence</b>	60	8,000
<i>Includes a 30 min Aroma Massage &amp; 30 min Deluxe Facial</i>		

<b>Tamanu Harmony</b>	120	15,000
<i>60 min Aroma Massage &amp; 60 min Revitaliser Facial</i>		

<b>Tamanu Ritual</b>	150	21,000
<i>90 min Rejuvenating Body Butter Massage &amp; 60 min Tamanu Signature Facial</i>		

<b>Tamanu Energise &amp; Invigorate</b>	150	22,000
<i>60 min Sea Sand &amp; Salt Invigorating Body Scrub, 90 min Energise, Detox &amp; Exfoliate Treatment</i>		

Mens Packages	mins	cost pp
<b>Tamanu Relax &amp; Unwind</b>	90	12,500
<i>60 min Back, Shoulder, Neck and Scalp Massage, 30 min Mens Facial</i>		

<b>Tamanu Volcanic Man</b>	120	18,000
<i>60 min Volcanic Hot Stone Massage, 30 min Foot Scrub, 30 min Mens Facial</i>		

Hens Package	mins	cost pp
<b>Tamanu Hens Relaxing</b>	180	18,000
<i>60 min Aroma Indulgence Massage, 30 min Deluxe Facial, 90 min Manicure &amp; Pedicure + a glass of bubbles</i>		

Couples Romantic Packages	mins	cost pp
<b>Tamanu Paradise Escape</b>	180	23,500
<i>120 min Tamanu Signature Lava Lava Exfoliate Body Scrub, 60 min Tamanu Signature Facial + a glass of bubbles</i>		

<b>Tamanu Romantic Escape</b>	210	28,500
<i>90 min Sea, Sand &amp; Salt Invigorator, 90 min Signature Rejuvenating Body Butter Massage &amp; 30 min Deluxe Facial + a glass of bubbles</i>		



## massages

### **Aroma Indulgence**

30/60/90 mins

*A massage to enhance your senses, relax your body and enlighten your mind.*

Our Aroma Indulgence massages are a specialised combination of high concentrated essential oils derived from plants to give you the ultimate massage experience. At Tamanu on the Beach we pride ourselves in giving you the best treatments whilst using the finest ingredients and products. Our aromatherapy massages are an exceptional option to try as our own unique blends have been designed to bring you the perfect result to suit your every need, from a medicinal purpose, mood, or for the beautiful aromas. Our concentrated oils are blended with enriched coconut oil to give your skin a refreshed and revitalised feel and youthful look. Your massage will be relaxing and soothing for the body and mind with beneficial results to make your stay with us a memorable one.

*Choose one of our special blends*

### **Tamanu Uplifting**

This uplifting blend will revitalise the body and mind while giving great relaxing benefits. The sweet lemon myrtle scent with woody overtones will enhance your beach getaway to make your stay with us the perfect paradise escape.

### **Relaxation**

A calming blend with fresh exotic aromas to encourage relaxation for your body and help to unwind your mind. This combination of oils is one of our most popular choices as it has the wonderful soothing effects to see you tranquil and peaceful for a great start to your holiday.

### **Refreshing**

An invigorating citrus blend to uplift your mood and stimulate your senses to make you feel alive and inspired. This warming blend will revitalise tired and sore muscles and improve circulation. A great blend for those that lead busy and active lives. This blend is also beneficial for anyone who may suffer from sinus issues as it is a breathe easy blend.

### **Energise & Detox**

A blend to detoxify and eliminate toxins, and stimulate the lymphatic system. This blend will help to improve circulation, smooth the skin and improve your complexion. The extra benefits of this oil blend will help to reduce fatty tissue and water retention. This combination of oils is also used for our Energise and Detox Massage and Exfoliate Detox and Energise Body Scrub.

Our oil blends can be used for massages, as a body treatment for specific body areas, or used as a bath oil. Available for purchase at our spa retail shop.

### **Energize & Detox Massage**

60/90 mins *(for a full body treatment)*

*A body treatment to leave you looking good and feeling great.*

Using our special blend of lymphatic and detoxing concentrated oils, this delightful massage will leave you invigorated and energised. If you are feeling sluggish and slow then this is the massage for you. Your therapist will concentrate on the lymphatic system regions of the body to help stimulate the bodies' elimination process. Unwanted toxins and blemishes not only make you feel bad but make your skin look dull. This massage will brighten up your complexion while giving you a healthier, refreshed and toned inner glow.

### Rejuvenating Tamanu Body Butter Massage

60/90 mins

*Start your holiday with our signature massage, a perfect way to relax and unwind.*

This massage is the signature treatment of the Tamanu Day Spa. Our special blend of Tamanu Body Butter will leave your skin luxuriously soft with a glowing complexion. This Ayurvedic treatment has so many benefits for you and your body that you will walk out of the day spa feeling completely revitalised. Your therapist will work the warmed body butter into your skin and over your muscles. A good treatment to tone and condition the muscles, eliminate aches and pains, help to prevent premature aging, and improve sleep while giving you a very relaxing massage. Tamanu oil comes from a local nut tree and is used to give beautiful soft skin and to help clear many skin ailments and irritations. This massage is one of our most popular treatments and is the perfect way to relax and unwind to start your holiday.

Our Tamanu Body Butter has all of the finest ingredients, made in Vanuatu with Tamanu oil, cocoa butter, coconut oil and papaya. Available for purchase at our spa retail shop.

### Volcanic Hot Stone Massage

*An exhilarating massage for a true holiday escape.*

60 mins *(back of body with stones)*

90 mins *(back of body and part front of body with stones)*

120 mins *(whole body with stones)*

Volcanic Hot Stone massages are one of the most exhilarating experiences you will ever encounter. The warmth of the basalt stones as they glide over your body is truly amazing. Your therapist will work the stones into your muscles to help improve circulation, break down fibrosis and to help relieve tired and sore muscles. Volcanic Hot Stone is a therapeutic and relaxing treatment in one and can be performed light or firm depending on your request. This is by far our most popular massage and a must to try if you have not experienced it before, a great massage for couples to enjoy together.

### Back, Shoulder, Neck & Scalp Massage

30/60 mins

*A massage to help you unwind from a busy day.*

If you don't like the full body experience then this is for you. Your therapist will target those areas in your back, shoulders and neck that get stressed and tight. From the moment you lay down you will start to drift away and unwind to the wonderful aromas of our special oil blends. Escape the stresses of daily life and enjoy the sensation of relaxation.

### Tamanu Deluxe Foot Massage

30/60 mins

*A sensational massage to revitalise the feet.*

Our feet deserve a little bit of luxury every now and then. Indulge in our special foot massage that will give your feet and lower legs the chance to bounce back with every vitalizing step. The hot aroma towels and foot oils will encourage circulation and release stress and tension in your feet. Start your treatment with our Tamanu sand and salt foot wash and then revitalise your feet with our peppermint foot cream or sports blend foot oil. This massage is a must for foot lovers and for those with tired and sore feet.

### Mobile (In Room) Massage

*Relax to the sound of the ocean in the comfort of your room.*

Sometimes we feel like not leaving our room and enjoying the comforts of tranquility in our own space. With our mobile massage service your therapist will bring a mobile massage table to your room. Relax and unwind to some of our most popular massages to the sound of the ocean in the background. Choose from Aroma Indulgence, Energise and Detox, Back, Shoulders, Neck and Scalp or our Tamanu Deluxe Foot massage.

All other treatments only available in the day spa.

Aromatherapy Blends are available for purchase in our day spa retail shop.



### Summer Salt Body Range

*The Summer Salt Body Range of facial products are delightful and refreshing.*

The entire range is vegan friendly and not tested on animals. All of the summer salt body products are created using natural and organic ingredients. The range is handcrafted and inspired by the ocean, rich in plant based ingredients which all serve a purpose in nourishing your skin. Indulge your senses with some of the most beautiful clay masks, moisturisers, oils, toners and cleansers.

Available for purchase in our day spa retail shop.

### Tamanu Deluxe

30 mins

*A little bit of indulgence to refresh and awaken your face.*

Our 30 minute facial with all natural ingredients from the Summer Salt Body range' will leave you so relaxed that you will not want to leave when you are finished. Not only will you have healthy and refreshed looking skin but you will enjoy the facial strokes as your therapist softly nourishes your face, neck and shoulders with the ocean inspired ingredients.

This little bit of luxury facial includes aromatic hot towels, cleanser, exfoliation scrub, hand massage, Vitamin E serum oil, face massage, toner and moisturiser.

### Revitaliser Facial

60 mins

*Pure luxury to revitalise and nourish*

Our 60 minute Revitaliser Facial with all natural ingredients is a combination of the Summer Salt Body range with the added benefits of fresh fruits, nuts and natural ingredients from our local markets. This facial has all of the wonderful components as our Tamanu signature facial but we have replaced the face masques with some special fresh components. All of the face masques are edible!

Your facial experience will start with hot aromatic towels, cleanser, exfoliate scrub, fresh masque, cucumber to sooth the eyes, hand massage, Vitamin E serum, foot and lower leg massage, toner, eye cream and moisturiser, luxurious shoulder, neck, face and scalp massage.

**Natural masks to choose from:** *(All seasonal)*

#### PAW PAW

Paw Paw, Oats, Organic Honey, Nangae Nuts

#### AVOCADO

Avocado, Organic Honey, Nangae Nuts, Oats

#### YOGHURT

Yoghurt, Organic Honey, Wheat Germ

## Tamanu Signature

60 mins

*60 minutes of pure luxury to rejuvenate and awaken the senses.*

Our signature 60 minute facial with all natural ingredients is the ultimate in relaxation, a revitalising experience for the face with extra delights for the hands, feet, scalp and neck. If you are looking for a facial treatment with it all, then you can't go past our Tamanu signature 60 minute facial. Enjoy the organic clay masks as they revitalise your face and awaken the senses.

Your facial experience will start with hot aromatic towels, cleanser, exfoliate scrub, clay mask, cucumber to sooth the eyes, hand massage, Vitamin E serum, foot and lower leg massage, toner, eye cream and moisturiser, luxurious shoulder, neck, face and scalp massage.

### Clay masks to choose from:

#### WHITE CLAY MASQUE

This pure White Clay Face Masque is calming, cooling and softens the skin. This is our most gentle facial masque which makes it ideal for sensitive and irritated skin, dull complexions and sufferers of Rosacea. Suitable for all skin types. Particularly good for dry or sensitive skin.

#### MEDITERRANEAN CHOCOLATE CLAY MASQUE

This mineral rich Chocolate Clay Face Masque is a must have for all chocolate lovers out there. It has wonderful anti-aging properties and is very beneficial for oily or impure skin. It purifies and detoxifies as it draws toxins, dirt and oil from your pores. This masque will also stimulate oxygenation and firming of skin tissues. Suitable for all skin types. Particularly beneficial for oily skin as well as mature skin.

#### SEA CLAY MASQUE

Sea Clay originated as mud laid down under the sea millions of years ago. It acts as a mild exfoliant and has detoxifying properties with a high mineral content. This facial masque will fight off free radicals that accelerate the aging process, and help to restore youthful, healthy skin. It will balance the moisture levels in your skin while giving you a deep cleanse and reducing the occurrence of acne. Suitable for all skin types and is an excellent detox treatment.

## Mens Facial

30/60 mins

*A sensational face experience that every man deserves.*

It's not always about the girls having fun at the day spa, men can also have that same little bit of pampering from time to time as well. We have some wonderful woody spice facial blends for the men so they can have vitalised and refreshed looking skin. Our men's facial will consist of the Summer Salt Body range with Volcanic Earth products.

Our men's facial includes aromatic hot towels, cleanser, exfoliation scrub, hand massage, Vitamin E serum oil, face massage, aftershave splash and moisturiser.

Summer Salt Body, and Volcanic Earth products are available for purchase in our day spa retail shop.



## body treatment

### **Energise, Detox & Exfoliate**

105 mins - Full body treatment

*This body treatment will leave your skin zinging and smooth with a refreshed feel and sensational glow.*

This delightful body treatment is the ultimate workout for your skin and lymphatic system. A fantastic zinging treatment that will invigorate your body while still giving you relaxing benefits. Kick start your treatment with removing dead skin cells with the exfoliating body gloves, followed by a sensational body brush to stimulate circulation, encourage elimination, and break down fibrosis and fatty tissue. Our special oil blend with your aroma massage will enhance your body to be invigorated and energised. If you feel like your body isn't performing well then you can't go past this stimulating treatment to give a healthier glowing complexion.



## body scrubs

### **Revitalising Foot Scrub**

30 mins

*A perfect way to revitalise your feet and stimulate your toes.*

Our feet need to be spoilt from time to time as they walk, run and do activities to get us around, so it only seems fair to give them the treatment they deserve. This divine foot and lower leg treatment will see your feet springing back into life with a splash of indulgence. Start your treatment with a foot wash, hot aroma towels, Tamanu's special blend of sand, black ash, Himalayan and sea salt foot scrub to remove dead skin cells and revitalise the feet, a foot and lower leg massage with our peppermint foot cream or our aroma sports oil blend, hot aroma towels. Leap out of the day spa ready for a night on the town.

Our Peppermint Foot Scrub and Peppermint Foot Cream are available for purchase at the day spa retail shop.

### Sea, Sand & Salt Invigorator

105 mins

*An invigorating exfoliating experience to send your body into total zinging sensations.*

Tamanu's special Sea Sand and Salt Invigorator is a body scrub to help remove impurities and exfoliate the skin while drawing out toxins from the body. The sensation of our Tamanu sand, black ash blend, with Himalayan and sea salt combination with coconut and essential oils will have you zinging and invigorated when you step out of the day spa. This body scrub is sure to enliven your body and stimulate your mind.

Start your treatment with body gloves to remove dead skin cells, then experience our sand and salt body scrub to exfoliate and enliven your skin. Enjoy your outdoor shower experience to remove the body scrub and then finish your treatment with our relaxing Aroma Indulgence Massage.

### Tamanu's Signature Lava Lava Exfoliate Body Scrub

105 mins

*A volcanic ash and coffee enriched body scrub to enhance your senses and rejuvenate your skin.*

This wonderful body scrub with volcanic ash and coffee in green clay will have you feeling refreshed with beautiful glowing skin. Volcanic Ash provides a wide range of beauty and health benefits due to its anti-viral, anti-bacterial, and general purification, cleansing and exfoliating qualities.

Start your treatment with body exfoliation to remove dead skin cells, then the volcanic ash and coffee combination body scrub to nourish the body, remove impurities and enrich the skin. Enjoy your shower to remove the body scrub and then finish your treatment with our relaxing Aroma Indulgence Massage.

Our volcanic ash and coffee scrub natural ingredients come from Volcanic Earth in Vanuatu. The Volcanic Earth Range, have formulated this special blend for our resort to give you a unique experience. Our volcanic ash and coffee scrub is available for purchase at the day spa retail shop.



### Tamanu Volcanic Ash & Coffee

120 mins

*A volcanic ash and coffee enriched body scrub and wrap to rejuvenate your body, enhance your senses and enrich your skin.*

This amazing body wrap with volcanic ash and coffee in green clay will have you feeling alive and refreshed with beautiful glowing skin. Volcanic Ash provides you with a wide range of beauty and health benefits due to its anti-viral, anti-bacterial, and general purification, cleansing and exfoliating qualities. Coffee is beneficial for its fantastic elimination properties, so this body scrub and wrap will give your whole body a healthy and rejuvenated radiance.

Start your treatment with body exfoliation to remove dead skin cells, then the volcanic ash and coffee combination body scrub to nourish the body, remove impurities and enrich the skin. Warm bandage wrap to draw out toxins and nourish the skin. Then it is time to indulge in our Tamanu Mini Facial while you are waiting for your body wrap to work wonders on your skin. Our mini facial is combined of our Summer Salt Body Range with aromatic hot towels, cleanser, exfoliation scrub, Vitamin E Serum, toner and moisturiser. Bandages will then be removed to enjoy your shower and then finish your treatment with our relaxing Aroma Indulgence Massage.

Our volcanic ash and coffee scrub natural ingredients come from Volcanic Earth in Vanuatu. The Volcanic Earth Range, have formulated this special blend for our resort to give you a unique experience.

Our volcanic ash and coffee scrub is available for purchase at the day spa retail shop.

### Escape to Paradise

120 mins

*This luxurious body wrap has it all when it comes to delightful, the amazing health benefits which are nutrient enriched to give you full goodness to leave your skin feeling delicious!*

In this exclusive and unique body wrap experience we use natural products which have been sourced from our local markets. Using all the wonderful ingredients of coconuts, limes and Nangae nuts which will give your complexion a youthful boost while the fresh aromas will make you feel exotic and free like you are on a true paradise escape. A wonderful way to spend a few hours of your day!!

Your Escape to Paradise experience begins from the moment you walk through the door to be greeted with a bed of Lap Lap (similar to banana) leaves. As you lay down you will feel the nice texture and coolness of the leaves underneath you. Finding yourself relaxing immediately, your therapist will begin this luxurious 2 hours with exfoliating body gloves to remove dead skin cells. Then experience the wonderful aromas of coconut and limes using the pulp, water and oil from coconuts, Lime juice and the zest of limes, crushed Nangae nuts which make up your body scrub mixture for further exfoliation.

Once you have been body scrubbed and massaged with the wonderful combination of natural products, you will then be covered in the lap lap leaves to lock in the benefits of these ingredients. While you are enjoying the benefits of your body wrap it is now time to relax your face with our special paradise escape facial. Your facial will begin with hot aroma towels, cleanser, exfoliation scrub, natural ingredients face mask with cucumber to soothe the eyes. Enjoy a relaxing scalp massage.

Now it is time to have your shower and come back for your Aroma Indulgence Massage followed by toner and moisturiser to finish your facial. A scrumptious scalp massage to finish off and now it is time to wake up and enjoy the rest of your day.

**Relaxing, revitalising and feeling fabulous!!!**



### Tamanu Manicure

60 mins

This beautiful manicure commences with a hand soak to alleviate dry skin and condition even the driest of cuticles followed by a massage which will nourish and hydrate your hands. Includes cuticle care, hand soak, massage and paint in a polish or Shellac color of your choice.

Normal Polish	5,000
Shellac	6,000

### Tamanu Pedicure

60 min

Indulge and relax with a foot soak to soften your feet followed by gentle exfoliation using a scrub of your choice and finish with a massage using a refreshing peppermint foot cream. Includes cuticle care and paint in a polish or Shellac color of your choice.

Normal Polish	5,500
Shellac	6,500

**File and Polish** 2,500 20 min

**File and Shellac** 3,000 20 min

**To remove Shellac only** 1,500

**Little Princess Treatment** 2,500 20 min



## tamanu packages

Prices are per person

### Half and Half Deluxe Indulgence

60 mins

*Indulgence to enhance your senses, relax your body and enlighten your mind.*

*30 minute Aroma Indulgence Massage & 30 minute Deluxe Facial).*

Start your treatment with our 30 minute Aroma Indulgence massage to soothe your back, shoulders and neck with our unique oil blends that are designed to bring you the perfect result to suit a medicinal purpose, mood, or for the beautiful aromas. Our concentrated oils are blended with enriched coconut oil to give your skin a refreshed and revitalised feel and youthful look.

Now it is time to give your face a refreshing and vitalising glow with our Deluxe Facial using all natural ingredients from our Summer Salt Body range. This 30 minute facial will nourish your skin to keep it healthy and rejuvenated. This little bit of luxury facial includes aromatic hot towels, cleanser, exfoliation scrub, hand massage, Vitamin E serum oil, face massage, toner and moisturiser.

### Tamanu Harmony

120 mins

*60 minute Aroma Indulgence & 60 minute Revitaliser Facial*

Our 2 hour harmony package will leave you feeling relaxed and special as you deserve. Take time out to enjoy some luxury to awaken the senses and bring tranquility to the mind.

Start your treatment with our 60 minute Aroma Indulgence Massage to give your whole body some tender loving care. Our unique oil blends will help to set you into the perfect mood to relax and unwind. Choose from our unique concentrated oil blends with enriched coconut oil to give your skin a refreshed and revitalised feel and youthful look.

Our signature 60 minute facial with all natural ingredients is the ultimate in relaxation, a revitalising experience for the face with extra delights for the hands, feet, scalp and neck. Enjoy the organic clay masks as they revitalise your face and awaken the senses. Your facial experience will start with hot aromatic towels, cleanser, exfoliate scrub, clay mask, cucumber to soothe the eyes, hand massage, Vitamin E serum, foot and lower leg massage, toner, eye cream and moisturiser, luxurious shoulder, neck, face and scalp massage. Choose from our White Clay Masque, Mediterranean Clay Masque or Sea Clay Masque.

### Tamanu Ritual

150 mins

*90 min Rejuvenating Body Butter Massage & 60 minute Tamanu Signature Facial.*

This 2,5 hour signature package is one of our best to indulge in. An extremely luxurious treatment for a sensational relaxation experience. Start with your 90 minute Rejuvenating Body Butter massage, which will leave your skin luxuriously soft, with a glowing complexion. This Ayurvedic treatment has so many benefits for you and your body that you will walk out of the day spa feeling completely revitalised. Your therapist will work the warmed body butter into your skin and over your muscles to help give you the best therapeutic and relaxation experience in one. This massage is one of our most popular treatments and is the perfect way to relax and unwind to start your holiday.

Our signature 60 minute facial with all natural ingredients is the ultimate in relaxation, a revitalising experience for the face with extra delights for the hands, feet, scalp and neck. Enjoy the organic clay masks as they revitalise your face and awaken the senses. Your facial experience will start with hot aromatic towels, cleanser, exfoliate scrub, clay mask, cucumber to soothe the eyes, hand massage, Vitamin E serum, foot and lower leg massage, toner, eye cream and moisturiser, luxurious shoulder, neck, face and scalp massage. Choose from our White Clay Masque, Mediterranean Clay Masque or Sea Clay Masque.

### Tamanu Energise & Invigorate Package

150 mins

*60 minute Sea Sand and Salt Invigorating Body Scrub & 90 minutes Exfoliate, Energise and Detox Treatment*

An invigorating exfoliating experience to send your body into total zinging sensations.

Start your Tamanu spa experience with our delightful Sea, Sand and Salt Invigorator which is a fantastic body scrub to help remove impurities and exfoliate the skin while drawing out toxins from the body. The sensation of our Tamanu sand, black ash blend, with Himalayan and sea salt combination with coconut and essential oils will have you zinging and invigorated when you step out of the day spa. This body scrub is sure to enliven your body and stimulate your mind.

Once you have had your shower and you are back on the table it all begins again with pure luxury at its finest. This delightful body treatment is the ultimate workout for your skin and lymphatic system. A fantastic zinging treatment that will invigorate your body while still giving you relaxing benefits. Begin with the body brushing to stimulate circulation, encourage elimination and break down fatty tissue. Our special energise and detox oil blend for your aroma massage will enhance your body to be invigorated and energised. If you feel like your body isn't performing well then you can't go past this stimulating treatment to give a healthier glowing complexion.

## MENS PACKAGES

### Relax and Unwind

90 mins

*60 minute Back, Shoulder, Neck & Scalp Massage, 30 minute Foot Scrub or 30 minute Men's Facial*

At Tamanu on the Beach we would like to include the men in to our day spa so they can have just as much indulgence as the ladies do. Enjoy some of our special manly treatments to kick start your holiday experience. Start your 90 minutes of manliness with our 60 minute Aroma Indulgence Massage to give your tired, sore and overworked muscles some recovery time as your therapist works into your back, shoulders and neck with our special oil blends.

#### ***Choose from our men's 30 minute facial or 30 minute Foot Scrub***

If you choose the 30 minute facial we have a fantastic mens range from Volcanic Earth that will help to nourish and rejuvenate your skin. This Tamanu oil and volcanic ash range will give your face a boost. Your 30 minute facial includes aromatic hot towels, cleanser, exfoliation scrub, hand massage, Vitamin E serum oil, face massage, toner and moisturiser.

If you choose the Revitalising Foot Scrub it will be the perfect way to revitalise your feet and stimulate your toes. This divine foot and lower leg treatment will see your feet springing back into life. Start your treatment with a foot wash, hot aroma towels, Tamanu's special blend of sand, black ash, Himalayan and sea salt foot scrub to remove dead skin cells and revitalise the feet, a foot and lower leg massage with our peppermint foot cream or our aroma sports oil blend, hot aroma towels. Leap out of the day spa ready for a night on the town.

### Volcanic Man

90 mins

*60 minute Volcanic Hot Stone, 30 minute Revitalising Foot Scrub.*

It's not all about the women, men can have just as much fun in the day spa when it comes to relaxing and pampering. With this special package you are bound to be feeling free and revitalised.

Start your 90 minutes of relaxing down time with our Volcanic Hot Stone massage which will be one of the most exhilarating experiences you will ever encounter. The warmth of the basalt stones as they glide over your body is truly amazing. Your therapist will work the stones into your muscles to help improve circulation and help relieve tired and sore muscles. This is by far our most popular massage and a must to try if you have not experienced it before, a great massage to start your holiday escape. The 60 minute Volcanic Hot Stone massage will include the whole back of the body.

Once you have finished your massage it is now time to lay back and have your feet pampered. This divine foot and lower leg treatment will see your feet springing back into life with a splash of indulgence. Start your treatment with a foot wash, hot aroma towels, Tamanu's special blend of sand, black ash, Himalayan and sea salt foot scrub to remove dead skin cells and revitalise the feet, a foot and lower leg massage with our peppermint foot cream or our aroma sports oil blend, hot aroma towels. Leap out of the day spa ready for a night on the town.

## HENS PACKAGE

### Hens Day Out

180 mins

*60 minute Aroma Indulgence, 30 minute Deluxe Facial, 60 minute Manicure & Pedicure + a glass of bubbles*

Our 3 hour Hens Day Out is the perfect package to share with your best friends and family to get some time out from the hustle and bustle before the big day. A great combination to leave you all feeling relaxed and special to awaken the senses and inspire the mind.

Start your day with us with a glass of bubbles as you sit down to experience our unique foot wash. Then kick start your first treatment with our 60 minute Aroma Indulgence Massage to give your whole body some tender loving care. Our unique oil blends will help to set you into the perfect mood to relax and unwind. Choose from our unique concentrated oil blends with enriched coconut oil to give your skin a refreshed and revitalised feel and youthful look.

Now it is time to give your face a refreshing and vitalising glow with our Deluxe Facial, using all natural ingredients from our Summer Salt Body range. This 30 minute facial will nourish your skin to keep it healthy and rejuvenated. This little bit of luxury facial includes aromatic hot towels, cleanser, exfoliation scrub, hand massage, Vitamin E serum oil, face massage, toner and moisturiser.

Now it is time to come out to reception and catch up with your friends and family to have a few good laughs while having your hands and feet pampered. Your Manicure and Pedicure will see you leaving the spa ready for a big night out. 150 minutes for mini or 180 minutes for full Manicure and Pedicure.

## COUPLES ROMANTIC PACKAGES

### Tamanu Paradise Escape

180 mins

*120 minute Tamanu's Signature Lava Lava Exfoliate Body Scrub,*

*60 minute Tamanu Signature Facial + a glass of bubbles*

Welcome to the Tamanu day spa for the most exhilarating spa treatment you will encounter. This fantastic romantic honeymooners delight will enriched your body, enhance your senses, rejuvenate your skin and put some spice into your life.

Walk into the day spa to be greeted with a glass of bubbles on arrival while you enjoy your Tamanu foot wash and scrub. Start your 3 hours of total relaxing bliss with our unique volcanic ash and coffee scrub, which will have you feeling alive and refreshed with beautiful glowing skin. Volcanic Ash provides beautiful benefits for purification, cleansing and exfoliating, while the coffee is fantastic for elimination properties. This body scrub will give you amazing health benefits with a refreshed glowing complexion. Enjoy a shower to remove the body scrub and then it is onto your relaxing Aroma Indulgence Massage.

Our signature 60 minute facial for him and her with all natural ingredients is the ultimate in relaxation, a revitalising experience for the face with extra delights for the hands, feet, scalp and neck. Enjoy the organic clay masks as they revitalise your face and awaken the senses.

### Tamanu Romantic Escape

210 mins

*90 minute Volcanic Ash Scrub, 90 minute Signature Rejuvenating Body Butter*

*Massage & 30 minute Deluxe Facial + a glass of Bubbles*

A fantastic getaway experience to spend with your loved one to get you in the perfect mood for romance. Walk into the day spa to be greeted with a glass of bubbles on arrival while you enjoy your Tamanu foot wash and scrub. Then be taken into our couples retreat to experience our body scrub with volcanic ash and coffee in green clay which will leave you feeling alive and refreshed with beautiful glowing skin. This unique body scrub blend will give your whole body maximum benefits to be healthier and rejuvenated.

A rainforest shower awaits you and then return to your retreat to start the next amazing 90 minutes with our special blend of Tamanu Body Butter for your massage. Your therapist will work the warmed body butter into your skin and over your muscles to help give you the best therapeutic and relaxation experience in one. This massage is one of our most popular treatments and is the perfect way to relax and unwind to start your holiday.

To highlight your time with us you are now ready to have your face pampered. For her the Tamanu Deluxe Facial and for him the Mens Facial. A combination of our Summer Salt Body Range and Volcanic Earth products.

## Get the most out of your Tamanu Spa experience

**Arrival Time** - Please arrive 15 minutes before your scheduled time, so you have ample time to relax and unwind with our herbal tea before your spa treatment. If you do arrive late and there is no appointment after yours, then you will be given full duration of your appointment. However, if another guest is waiting, then treatment will end at that guest's appointed time to avoid delay in their schedule.

**What To Wear** - Please wear what you will be comfortable in, either your own bikini or briefs. We also provide hygienic disposable briefs for those who would like them. Your comfort is our priority and our therapists are well trained with draping techniques to provide you with the utmost privacy and comfort.

**During The Massage** - Prior to a body massage, please let the therapist know the strength and pressure that you prefer. During the massage, if you would like more or less pressure, do not hesitate to let your masseuse know about the adjustment you would like.

**Health Conditions** - Please notify a Spa receptionist when booking treatments if you are pregnant, have allergies or any physical ailments, or disabilities. In accordance with international spa industry standards, certain medical conditions may prohibit the application of certain products and treatments. Accordingly, we will provide each guest with a medical questionnaire to be completed prior to your treatment which will allow our staff to tailor your treatment needs specifically for you.

**Cancellation policy** - We require six (6) hours notice for changes, rescheduling or cancellations for our a la carte services and a 24 hour notice for services that are part of the package. The full price of your service(s) will be charged for all late cancellations, rescheduling or no shows.

**Service charge and gratuities** - All prices are inclusive of 12.5% Tax, and are subject to change without notification. No other fee or charge is a tip, gratuity or service charge for any employee. Additional gratuities may be given at your discretion for exceptional service.

**Hours** - The Spa is open Monday to Saturday 9am to 5pm.

*Note: To keep the serenity of the spa, we ask that you silence all mobile devices upon arrival.*





Tamanu on the Beach - White Sands Road, Efate, Vanuatu

**SPA RESERVATIONS** | +678 27279 extn 104 | [spa@tamanuonthebeach.com](mailto:spa@tamanuonthebeach.com)

**OPENING HOURS** | Monday - Saturday 9am to 5pm