

## TYPES OF MASSAGE

### Reflexology

30mins, WST\$145 | 60mins, WST\$185

Traditional Swedish and sport techniques are applied to the foot, calf, and upper leg. This will not only help relieve toe pain, ankle pain, plantar fasciitis and common forms of arthritis.

### Connective Tissue Massage

30mins, WST\$150 | 60mins, WST\$200

A dynamic solution to pain relief. By releasing restrictions in your body more effectively and efficiently than other massage techniques.

### Trigger Point Therapy

30mins, WST\$160 | 60mins, WST\$220

An effective therapy for relief of muscle knots where contracted fibres are unable to release.

### Back, Neck, Shoulder & Myofascial Massage

30mins, WST\$130 | 60mins, WST\$180 | 90mins, WST\$280

Soothes away tensions in your body, breakdown knots and improves flexibility. Helps relieve myofascial headaches by stimulating the nerves on scalp and blood circulation.

## MASSAGES AND HOT ROCKS

### Fofo Fa'asamoa Massage

60 mins, WST\$180 | 90 mins, WST\$270

Our therapists use ancient local techniques, Samoan scented coconut oil and leaves applied in a full body massage to release tension and rejuvenate the mind, body and soul.

### Aromatherapy Massage

60 mins, WST\$180 | 90 mins, WST\$270

Take a deep breath and allow the Aroma to penetrate your lungs ... your body ... and your soul.

### Deep Tissue Massage

60 mins, WST\$200 | 90 mins, WST\$260

Deep tissue techniques based on Samoan fofo, combined with reflexology, relaxation strokes and hot rocks that will relieve tension and soothe tired and stressed muscles.

### Samoan Organic Hot Rocks

60 mins, WST\$250 | 90 mins, WST\$320

Your journey begins with warm exotic Samoan coconut oil drizzled onto your body. Heated volcanic Samoan rocks are placed and used for a firm rhythmic massage releasing their healing energies.



**Sheraton**

SAMOA  
AGGIE GREY'S  
RESORT

## Sheraton Samoa Aggie Grey's Resort Manaia Polynesian Spa

## THE DETAILS

Manaia Polynesian Spa opening hours: 8am–4pm. Appointments 4pm–7pm must be made a minimum of 24 hours in advance, fully prepaid or guaranteed with a credit card and are non-refundable. All prices are in Samoan Tala and are VAGST inclusive.

For the most relaxing spa experience, we recommend making advance reservations, which must be guaranteed with a credit card. Same-day appointments are always welcome, subject to availability.

If you need to cancel or change your reservation, we request at least six hours' notice, or the full amount will be charged. Late arrivals may result in a shorter treatment time.

We suggest arriving 15 minutes early to ease into your spa experience with a visit to our sauna, plunge pool, and other facilities.

Be sure to notify the spa staff before your treatment if you are pregnant or have any health concerns. During your treatment, it is customary to wear just your robe. Our therapists are all trained to use the utmost discretion and professional draping methods to ensure your complete comfort.

Fa'afetai Lava  
Manaia Polynesian Spa team



spg<sup>\*</sup>  
Starwood  
Preferred  
Guest

SHERATON SAMOA AGGIE GREY'S RESORT  
Aggie Grey's Resort Entrance Road  
Mulifanua, Samoa  
t — 685 45611

sheraton.com/samoaresort  
spa.samoaresort@sheraton.com

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# Talofa and afio mai

to Manaia Polynesian Spa at Sheraton Samoa Aggie Grey's Resort. Set in the most peaceful and serene tropical gardens, Manaia Polynesian Spa offers an ultimate relaxation experience with its unique array of traditional Samoan therapies and locally made products.



## ESSENCE OF MANAIA FACIALS

### Vitamin Infusion Facial

30 mins, WST\$110

Perfect for sensitive skin, simple and effective treatment with high concentration of vitamins and mild exfoliating properties, rejuvenates the skin and lessens the appearance of wrinkles.

### Samoana Facial

30 mins, WST\$110

Skin healers soften and moisturise your skin. Samoan honey, lime and cucumber combined with essential oils reduce skin irritations and promote new cell growth.

### Luxury Aromatherapy Facial

60 mins, WST\$160

The ultimate facial. Let us spoil you and indulge in an hour of pure relaxation of face, neck and chest massage and scrub treatments.

### Talofa Temptation

120 mins, WST\$350

Lay down, rest and relax while we pamper you with a one hour full body massage and a one hour aromatherapy facial.

## FOOT TREATMENT

### Polynesian Foot Treatment

30 mins, WST\$160

A delightful soothing floral footbath with essential oils, exfoliation of the lower leg and reflexology. Reduce stress and improve circulation through the healing power of acupressure.

## FRUIT BODY TREATMENTS

### After Polynesian Sun

60 mins, WST\$180

After a day in the sun, treat and heal your skin. A cold infusion of cucumber, lavender, camomile, geranium and peppermint covers your whole body, followed by a lauti tree wrap.

### Fruit Body Cocoon

120 mins, WST\$380

A blend of nonu, banana, papaya, samoan organic honey and the purest essential oils is massaged in from top to tow (including face and hair). To seal the deal a covering of the most powerful leaves used by Samoan healers; the lau nonu, a cool compress overwhelming into exotic bliss.

### Simply Paradise

2 hours & 30 mins, WST\$490

Simply paradise for two WST\$900

The ultimate facial. Let us spoil you and indulge in an hour of pure relaxation of face, neck and chest massage and scrub treatments.

## BODY SCRUBS AND WRAPS

### Suka Enaena Scrub

30 mins, WST\$110

Samoan brown sugar, fresh lime and local Samoan honey scrub.

### Coffee Lemon Treatment

60 mins, WST\$140 | 90 mins, WST\$280

Manaia Polynesian Body Polish: Purifies your skin with an invigorating coconut sugar scrub followed by a soothing application of coconut moisturizer.

### Launonu Wrap

45 mins, WST\$125

Papaya, banana and fresh lime wrap with nonu leaves.

### Manaia Polynesian Body Polish

60 mins, WST\$270 | 90 mins, WST\$390

Manaia Polynesian Body Polish: Purifies your skin with an invigorating coconut sugar scrub followed by a soothing application of coconut moisturizer.