

**VARUA**  
te ora  
POLYNESIAN SPA

Tetiaroa private island  
FRENCH POLYNESIA



WELCOME TO VARUA TE ORA POLYNESIAN SPA  
AT THE BRANDO, TETIAROA  
FOR A UNIQUE EXPERIENCE OF WELL-BEING AND BEAUTY

In the infinity of life, [take time for the soul](#)



## VARUA TE ORA POLYNESIAN SPA

Nestled in the heart of the unique surroundings of Tetiaroa atoll, Varua te Ora Polynesian Spa is a **treasure of well-being** set on a freshwater lake; a hidden oasis to be discovered at the end of a path through the tropical undergrowth.

In the past, Tetiaroa was the place where the Tahitian Royal family would retreat to relax and indulge in beauty rituals. **Varua te Ora Polynesian Spa**, the Benevolent Soul of Tetiaroa, is a truly Polynesian sanctuary in keeping with this ancient tradition.

Blending into the lush vegetation covering over 2000 m<sup>2</sup> of natural landscape, it offers unrivalled **holistic treatments** inspired by international and ancestral Polynesian techniques. Sitting high up above in the trees, Fare Manu is an exceptional spa suite nesting like a cocoon between heaven and earth. In perfect osmosis with the natural environment of plant life, water and wood, the spa also has quiet spaces for relaxation including a steam bath, a waterfall, a tea lounge and the Fare Mana, an area set aside for calming energies.

In perfect tune with its magnificent surroundings, it allows each visitor to restore **harmony, relaxation and inner peace**.

## POLYNESIAN INSPIRATION

Varua te Ora's approach is to return our attention to the sacredness of nature's elements. A wealth for which the ancient **Mā'ohi** people have the deepest respect. In seeking symbiosis, they compare their own unalterable and permanent essence to that of a tree. **Te tumu raau** literally translates as *medicine tree* and focuses attention on the healing potential within.

**Mana**, the vital energy, is transmitted and felt through everything in both visible and invisible worlds. To understand the needs of the tree is to understand one's own needs and to affirm a belonging to the greater whole. The Varua te Ora approach is designed to provide visitors with the ideal combination of wellness practices in the form of a journey. The meeting of oriental and Polynesian traditions guides us in this constant quest for balance.

Inspired by this tradition, the **Varua te Ora** range of **body products** with their delightful scents of the *fenua's* fruits and flowers, make every one of the treatments even more special.





## WELL-BEING JOURNEYS

Immerse yourself with four **personalized journeys** considering **body, emotions and spirit**. A focus on our needs and our profound nature, which were believed by Polynesians to compare to those of a tree. Dive into the heart of this ancestral belief and just like a tree, anchor your roots deeply in the soil and its traditions to draw energy from them.



### Fa'a hŌhŌnu To ground

*Allows one to root deeply, reaffirm identity and develop creativity.*

#### DEEPEN (100 mins)

Tamanu foot bath  
White sand body exfoliation  
Polynesian traditional massage  
Beauty flash facial



### Fa'a pŪai To grow stronger

*Brings awareness to the center of the self to purify the body and strengthen the heart's energy.*

#### RENEW (100 mins)

Coconut body exfoliation & mask  
Deeply relaxing massage  
with sacred virgin coconut oil



### Fa'a tei tei To uplift

*Calms the mind and invites you to connect with your innermost self.*

#### INTUITION (100 mins)

Traditional scalp & hair care  
Facial care by Cinq Mondes® or Algotherm®



### Fa'a pori To balance

*An invitation to harmony of body and mind.*

#### ONENESS (100 mins)

Breathing  
Holistic care of your choice  
Sound experience

# POLYNESIAN RITUALS

Our rituals introduce a **holistic approach** which seeks to **restore** and **align internal balance** by immersing you in sound, vibration and nature. Deeply **restorative and calming experiences** designed to connect you with the harmonious surroundings and energies of Tetiaroa, bringing peace to the mind and leaving you blissfully relaxed and liberated.

## RIMATU'U (150 mins)

Breathing  
Hypnotic rhythmic massage  
Facial relaxation

## HONUEA (150 mins)

Tohinau foot bath  
Tropical body exfoliation  
Mindfulness body massage

## ONETAHI (150 mins)

Peue blend massage  
Face, scalp & foot fusion  
Sound & nature experience





## FARE MANU EXPERIENCE

High in the canopy, 6 meters above the ground, **Fare manu** – the bird house – sits like a cocoon between heaven and earth. Discover our **legendary suite** with a breath-taking view, and take flight while you share a moment of unique relaxation with your significant other...

Begin your experience with a moment of **pure relaxation** in an exquisite setting with a panoramic view, an outdoor ritual to awaken the **body's energies**, transport and calm your soul. Once inside the bird's nest, a return to the very origins of ancestral culture with a combination of Polynesian traditional treatments.

The Fare manu is the promise of an unforgettable experience in a spectacular location. Enjoy the natural splendour of our Fare manu exclusively with your loved one when you indulge in a private escape.

**FARE MANU** – 3 hours including Queen's sacred bath

## ORIGIN EXPERIENCE

In the peaceful setting of your villa's private beach, embrace the gentle way of life in perfect harmony with nature. A return to the very origins of ancestral culture, and movement inherited from the Polynesian land, the wind and the ocean.

The care begins with smooth stretches, deep pressure and slow rocking movements to enable you to let go. Guided breathing will help you **free your mind** of thoughts with every breath. A relaxing massage inspired by the movement of waves will **soothe your body** and **calm your soul**.

This sensory journey will transport you to a world of **peace** and **well-being**.

**ORIGIN EXPERIENCE** – 90 minutes on your villa's private beach

Exclusively at 9 am.

*In case of unfavorable weather conditions, the experience will take place in the comfort of your villa or in our Fare mana located in the spa.*







## SPA COLLECTION

### **TAURUMI MASSAGE (50 mins)**

This massage is both therapeutic and spiritual, promoting harmony between body and spirit. Inherited from Polynesian tradition, this art of many benefits is all about reaching the soul through the body. It is widely used to maintain and restore inner harmony.

### **TAHITIAN HEAD MASSAGE (50 mins)**

Inspired by ancient rituals, this care alleviates tension thanks to the special attention given to the neck, shoulders and back. In addition, a scalp massage with warm oil will rebalance energy flow and restore inner peace and tranquility.

### **ORIENTAL MASSAGE (50 mins)**

Travel to the heart of oriental traditions, enjoy these slow and deep movements to harmonize body and mind. This massage with delicately perfumed Argan oil with scents of cinnamon, eucalyptus and cedar, is an invitation to an inner journey.

### **AYURVEDIC MASSAGE (50 mins)**

Enjoy the vanilla and cardamom fragrances of this toning massage with warm oil inspired by Indian traditions. A succession of energizing and warming motions relieve tension and aching muscles, awakening your senses, and promoting an overall feeling of wellbeing.

### **PEUE BLEND MASSAGE (50 mins)**

The peue blend awakens and balances your energy through soothing motion, deep pressure and revitalizing stretching on the floor. This holistic care will release your muscular and emotional tensions while improving the energy flow in your body.

## SPA COLLECTION

### OCEAN ORIGINS FACIAL (50 mins)

Algotherm® enhances the power and natural benefits of the ocean with tailor-made replenishing care designed to reveal the serenity and beauty of your face.

### KO BIDO FACIAL (50 mins)

Inspired by Japanese traditions, the **Cinq Mondes®** Ko Bi Do care acts like a natural facelift thanks to a range of manual techniques studied to smooth the features and plump the face.

### HEAD TO TOE SCRUB (50 mins)

As a prelude to all body treatments, this exfoliation removes impurities and prepares the skin for specific care. It is also the key to a radiant and long-lasting tan.

### TROPICAL REGENERATING CARE (50 mins)

This treatment combines a tropical body exfoliation with a coconut body wrap for soft, smooth and delicately scented skin.

### MARINE LIGHT LEGS CARE (50 mins)

This leg-specific care combines a manual massage to stimulate circulation and a cryogenic wrap. It instantly relaxes and brings long-lasting relief from the sensation of heaviness. It drains toxins and improves circulation.

### SCALP & FOOT RELAXING MASSAGE (50 mins)

Gentle massage techniques combined with acupressure to rebalance energies.

### POLYNESIAN BEAUTY SECRET (50 mins)

Both exfoliating and nourishing, this gentle exotic treatment includes a body scrub followed by a scalp & hair treatment. This holistic approach helps to oxygenate the vascular system and relieve stress.





## WORLD MESSAGES

### **VOLCANIC HOT STONE MASSAGE (80 mins)**

Combining manual massage techniques and warm stones placed on energy points, the warmth of this treatment will soothe the body. The stones prolong the effect of the manual movements for deeper relaxation.

### **DEEP TISSUE MASSAGE (60 mins)**

An intense deep tissue massage to restore energy whilst helping to maintain muscle tone as well as promote overall well-being and relieve tension.

### **SOUND IMMERSION (60 mins)**

Based on deep relaxation techniques, the sound massage with singing bowls helps relieve tension and let go. The vibrations of the singing bowls spread throughout the body, the sound waves resonate with each muscle, organ and bone, producing a truly cellular massage. A one-of-a-kind exceptional inner journey.

### **DEEP REGENERATING SUN CARE (80 mins)**

A head-to-toe treatment for the face and body combining exfoliation and deep moisturizing. Before or after sun exposure, this treatment leaves the complexion smooth and glowing.

### **DETOX MASSAGE (40 mins)**

Regenerate your system with a gentle draining and rebalancing detox body massage. This treatment uses a combination of detox techniques such as kneading, friction and percussion to detoxify and drain the tissues. A complete body and mind balance to restore energy and serenity.

### **THAI MASSAGE (80 mins)**

On a futon placed on the floor and without the use of oil, Thai massage moves from feet to head, alternating deep pressure and revitalizing stretches to individually relax and tone each muscle. It realigns energy meridians, stimulates the detoxification process of the body and helps the mind to unwind and find serenity.

## FACIAL CARE

Restore radiance and revitalization through unique protocols with the latest skincare innovations. For a results-driven experience tailored to each skin type, bespoke facial treatments that are perfect for you.

### **OCEAN ORIGINS by ALGOTHERM®**

50 mins

This cellular activity-boosting treatment is combined with a relaxing massage to regenerate and tonify dehydrated skins lacking vitality.

80 mins

The ultimate facial care to firm the skin, reshape the contours of the face and optimize complexion radiance. A massage combined with one or more technical accessories for younger and brighter skin.

### **OCEAN TECH by ALGOTHERM®**

50 mins

This treatment offers the choice of two technologies. LED treatment to address issues such as pigmentation spots, sensitivity and even anti-aging. Ultrasound technology to reactivate the natural process of tissue rejuvenation for a lifting effect.

80 mins

The ideal treatment for a fresh, glowing complexion and firmed, detoxified skin. A stretching massage is combined with ultrasound and LEDs to deeply relax facial muscle fibers and restore flexibility and elasticity.

### **KO DI DO by CINQ MONDES®**

50 mins

This anti-wrinkle care acts deeply on the face and neck to restore toned, smoothed features and to plump the face.

80 mins

An exceptional treatment combining the power of Dermapuncture® and Ridoki movements. To give the face, neck and neckline a truly natural lift.





## BEAUTY TREATS

Treat yourself to one of our add-ons to enhance your beauty and complete your spa experience.

### HAND or FOOT CARE

60 mins

### EXPRESS MANICURE

40 mins

### EXPRESS PEDICURE

40 mins

### POLISH CHANGE

20 mins

### SEMI PERMANENT NAIL POLISH CHANGE

40 mins

### SEMI PERMANENT NAIL POLISH REMOVAL

30 mins

WAXING SERVICES upon request

## TAMARI'I SPA

Each treatment is specifically tailored for our younger guests from 8 to 12 years old. A perfect introduction for up-and-coming spa lovers.

### MAEVA MASSAGE (25 mins)

A specially adapted massage for young ones for a first experience of serenity. This massage will transport your child to a bubble of well-being.

### ANGEL FACE (25 mins)

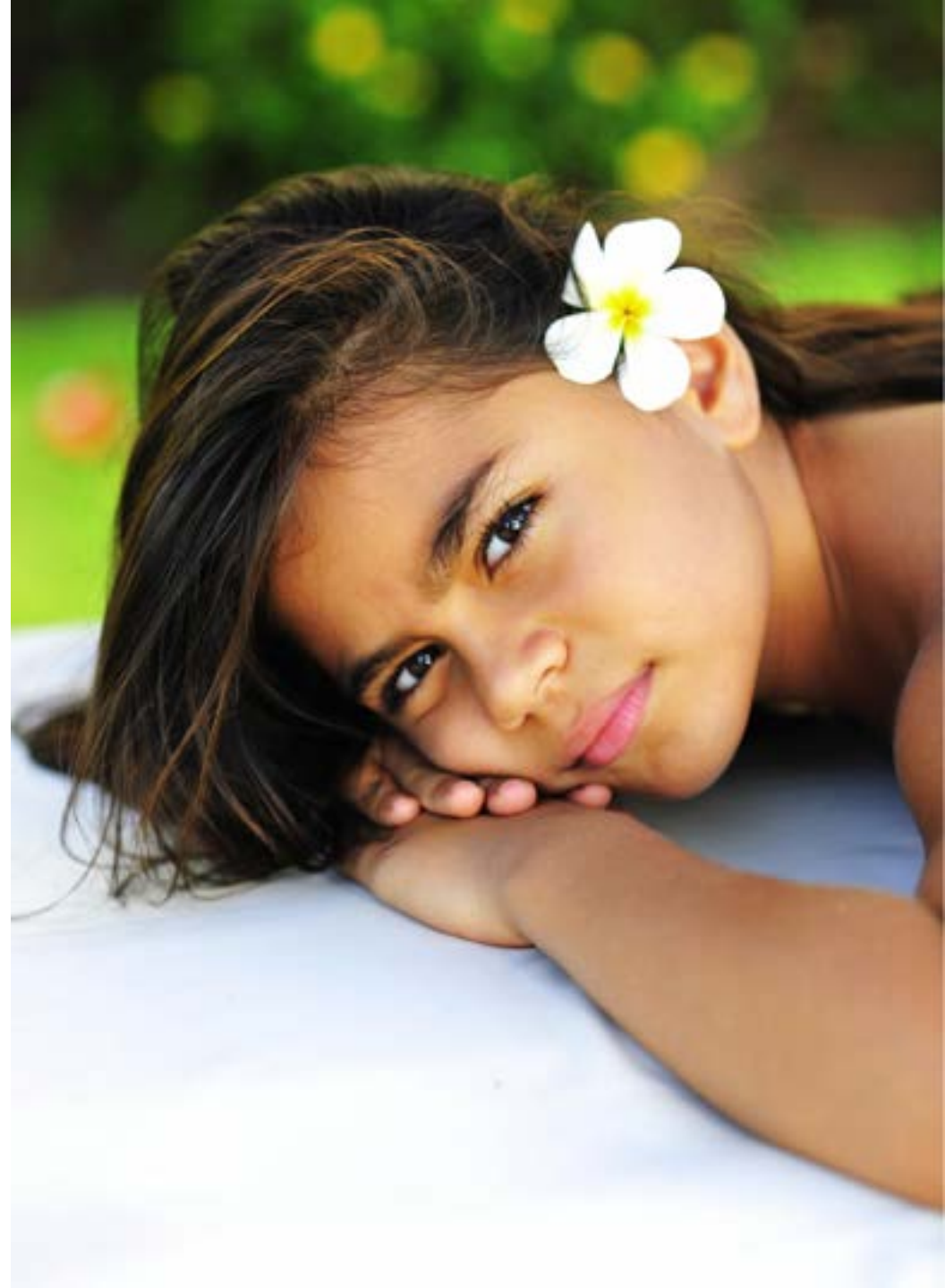
An organic and gourmet treatment including a gentle cleansing facial, a hydrating face mask and a relaxing facial massage. This care is specially designed to leave the skin refreshed and rebalanced.

### FAIRY HANDS or PRINCESS FEET (25 mins)

This manicure or pedicure includes filing, moisturizing and an application of nail polish.

*When accompanied by an adult, well-being is available for all.*

*The minimum age for access to spa facilities is 16 years old accompanied by an adult.*



# VARUA TE ORATTITUDE

## How to book

We advise you book your treatment in advance for maximum availability. Bookings can be made via telephone from your villa (dialing ext. 6360) or at the Varua te Ora Polynesian Spa reception.

## What to wear

It is important to be comfortably dressed and relaxed. Remember to bring your swimwear if you wish to use the steam bath. Our therapists will ensure that the intimate parts of your body are covered during your care. Disposable underwear is available for your comfort.

## When to arrive

We suggest arriving at least 30 minutes before the time of your appointment to have time to change and unwind. It is obligatory to shower with soap before any treatment at the spa. If you arrive late, the length of time specified for your care cannot be guaranteed.

## Valuables

For safety reasons we advise you to leave all valuables and jewellery in your villa's safe. Please ensure your locker is correctly locked. Varua te Ora Polynesian Spa cannot be held responsible for loss or theft in the changing and spa areas.

## State of health

The care provided at Varua te Ora Polynesian Spa is reserved exclusively for individuals in good health. The spa is a non-medical environment and the sole purpose of all care provided is for well-being. When booking an appointment, we recommend you advise us of your state of health, recent allergic reactions, medical problems or injuries which could affect your treatment.

## Service charge

Rates are listed in Pacific francs including VAT. They are subject to a service fee to be added to the brochure rate.

## Spa environment

The spa is a world of tranquillity, harmony and wellbeing. For this reason, smoking, vaping and the use of mobile phones are prohibited in the spa. The minimum age for access to spa facilities is 16 years old when accompanied by an adult.

## Modification and cancellation

For any change or cancellation, we ask our guests to contact the spa a minimum of 24 hours before your appointment. After this period, you will be invoiced in full for any no-show or cancelled session.

## Tips

Our staff are dedicated to making your spa experience one to remember. Tips are not included in our rates; they are left to your discretion at the spa reception.

## Services in your villa

A selection of services is available in your villa during spa opening hours for an additional 50% fee and 100% additional fee outside opening hours.

## Hygiene measures

For your safety, we are reinforcing our health measures further. From the moment you enter the spa, our staff do everything possible to ensure the safety of all. We have taken all the necessary steps to welcome you according to our health protocols.



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To book from your villa dial ext. 6360



**THE BRANDO**

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