

Manahau Wellness Center

Le MERIDIEN
BORA BORA



Manahau Wellness Center

at Le Meridien - Bora Bora

Treat yourself to the unforgettable pleasure of wellbeing rituals in the magical atmosphere of the little treasure island of Bora Bora.

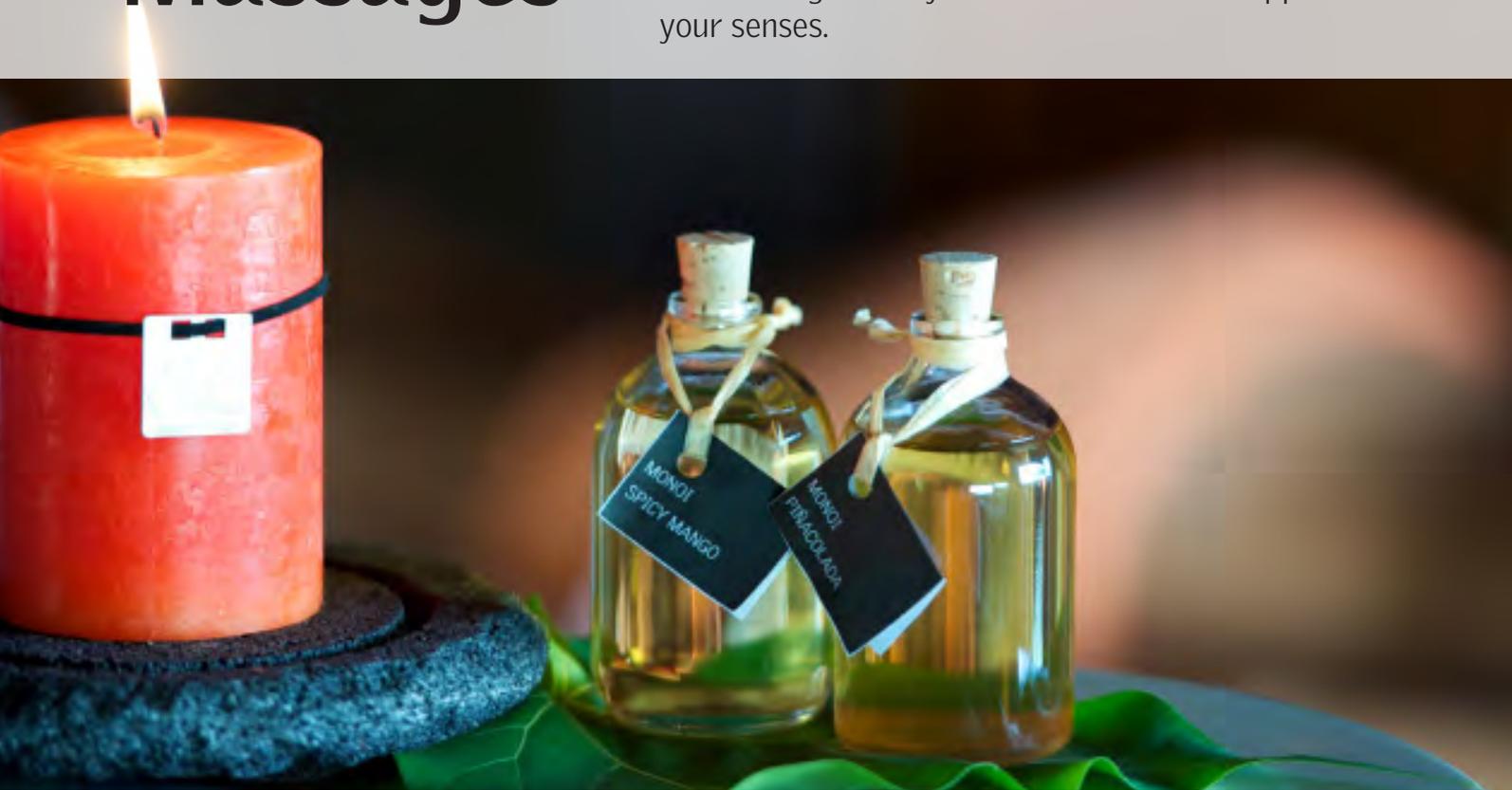
Discover our wellness center, a microcosm of sweetness overlooking the blue lagoon. Let go and be lulled by enchanting nature and the sound of Pacific waves.

Our nutrient-rich spa products are 100% Polynesian. Most of our products are made fresh daily from fruit enzymes, Tamanu oil anti-oxidants, sea salt minerals and nourishing Monoi oil, the liquid gold of Polynesian ancestors.

Immerse yourself into the
thousand-year history
of Polynesian healing arts,
where the true core
is human contact.

Massages

Before your massage, you may choose an aroma-infused original Polynesian Monoi Oil that appeals to your senses.



Traditional Polynesian Massage

Since the ancient times of Polynesian ancestors, massage has been a traditional art of enhancing wellbeing and healing. Rediscover your inner balance through fluid movements that resemble sea waves on your body during a massage that, as you prefer, will be either soft touch or deep tissue.

Traditional Polynesian Massage | 50 minutes / 80 minutes

Classic Massage

Relaxing: Let yourself be completely at ease as you enjoy a professional classic full body massage with palm pressures, strokes, rolls and lymphatic drainage techniques. A peaceful restoration for body and mind.

Classic relaxing Massage | 50 minutes / 80 minutes

Activating: Enjoy an awakening massage to firm and stimulate your tissues. Stretching, finger pressure and an energetic rhythm will refresh your body and spirit.

Classic Activating Massage | 50 minutes / 80 minutes

Foot reflexology

Land feet first on our volcanic island with a stimulating and deeply relaxing foot treatment. Through your body's reflex system, even your metabolism and your internal organs become toned and balanced, your nervous system calms and you ease into a space of quiet mind.

Foot Reflexology | 50 minutes

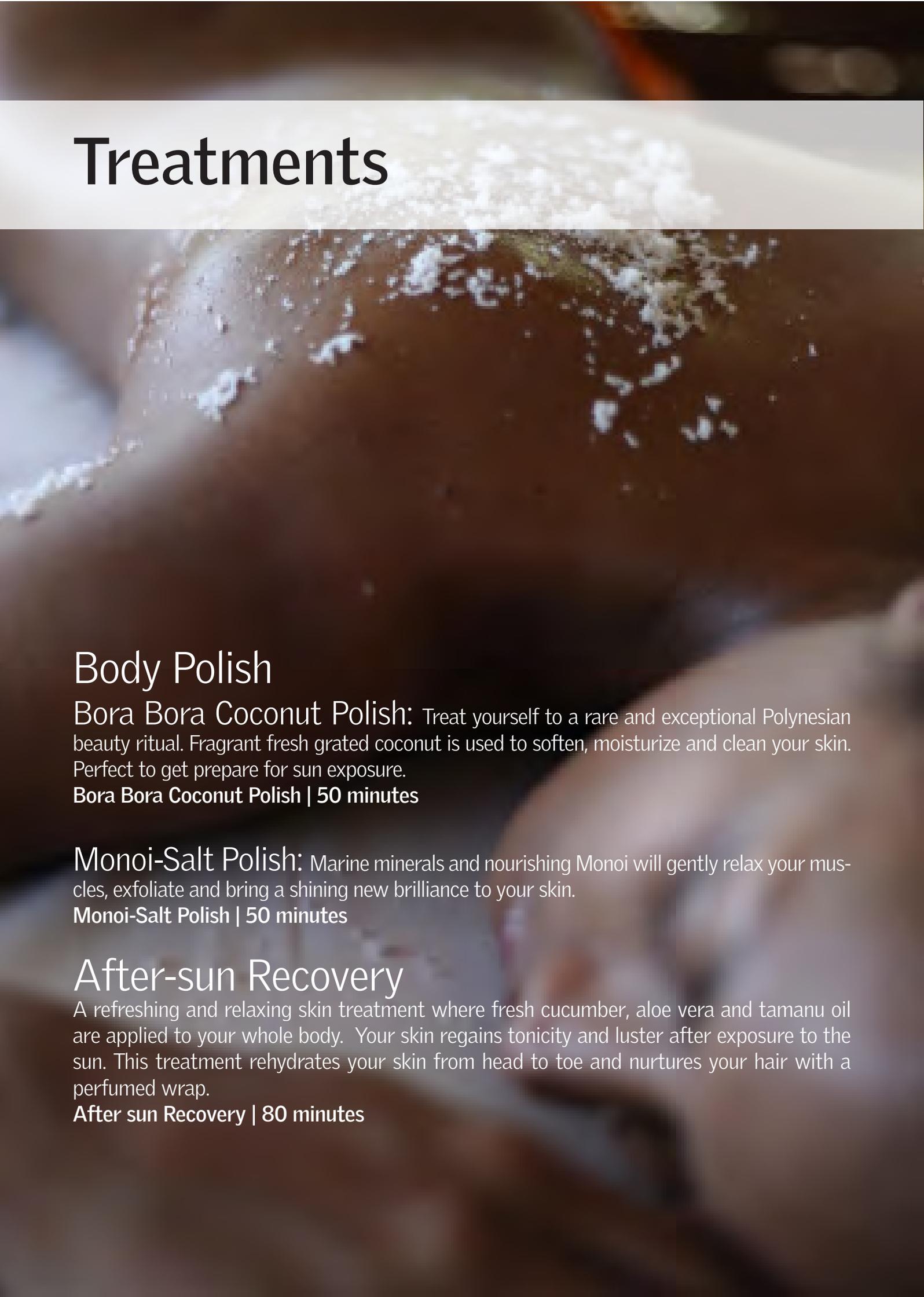
Feet and Legs Massage

A tonifying circulation treatment specifically designed for tired legs. Feel renewed all through your legs so you can walk and swim with new vitality. Be fresh and active again.

Feet and Legs Massage | 50 minutes



Treatments



Body Polish

Bora Bora Coconut Polish: Treat yourself to a rare and exceptional Polynesian beauty ritual. Fragrant fresh grated coconut is used to soften, moisturize and clean your skin. Perfect to get prepared for sun exposure.

Bora Bora Coconut Polish | 50 minutes

Monoï-Salt Polish: Marine minerals and nourishing Monoï will gently relax your muscles, exfoliate and bring a shining new brilliance to your skin.

Monoï-Salt Polish | 50 minutes

After-sun Recovery

A refreshing and relaxing skin treatment where fresh cucumber, aloe vera and tamanu oil are applied to your whole body. Your skin regains tonicity and luster after exposure to the sun. This treatment rehydrates your skin from head to toe and nurtures your hair with a perfumed wrap.

After sun Recovery | 80 minutes



Facial

Vahine Facial: A special treat for women who care about their inner and outer beauty. This relaxing facial and scalp massage treatment refreshes and tones your skin with precious natural Polynesian ingredients.

Vahine Facial | 50 minutes

Tane Facial: A nourishing facial massage and treatment just for men to relax facial tension, rehydrate and regenerate sun-exposed skin.

Tane Facial | 50 minutes

Esthetic

Keep your hands, feet and nails perfect during your stay, walk barefoot and at ease with sleek and polished femininity.

Classic Manicure

Classic Pedicure

Combinations 80 minutes:

Massage and Body Care for Deepest Relaxation

Body Polish and Massage: Healthy and shining.

Relax with a full body massage and body polish. You will feel reborn as your muscles relax and your skin is nurtured back to a silky hydrated luster.

Body Polish and Massage | 80 minutes

Massage and Express Facial: Total Serenity.

Feel serene and in balance with this complete Facial and Body Massage treatment.

Massage and Express Facial | 80 minutes

Massage and Foot Reflexology: Deep Restore.

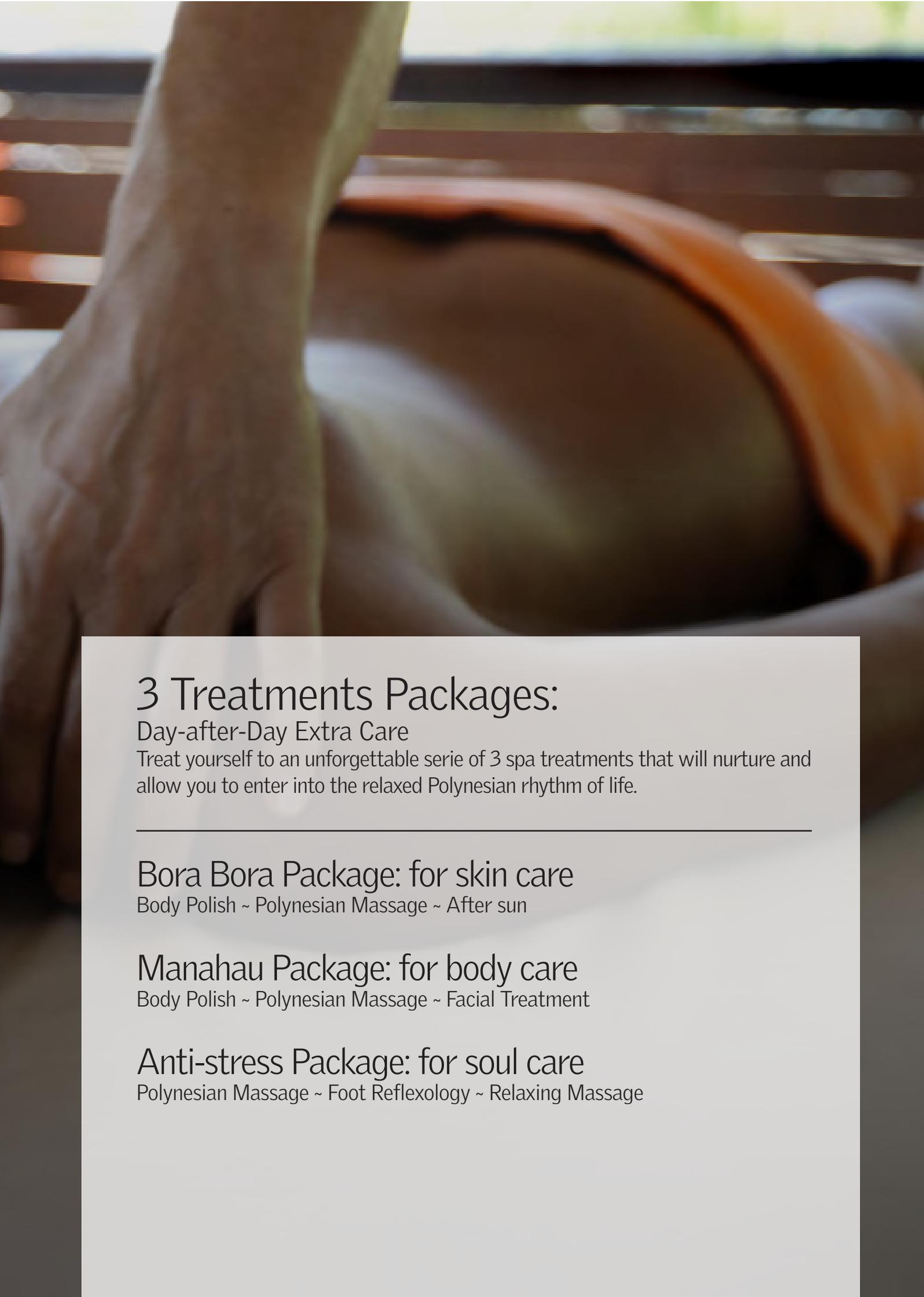
Peaceful foot reflexology and a full body massage will help you feel balance, vital and rejuvenated.

Massage and Foot Reflexology | 80 minutes

Back, Head and Feet Massage: Lightness for your back.

A unique formula to deeply relax your back. A complete back massage followed by feet stimulation and completed with a cranial massage. A helpful approach which addresses the interconnectedness of all your body from feet to head and permits tension to release from the very core.

Back, Head and Feet Massage | 80 minutes



3 Treatments Packages:

Day-after-Day Extra Care

Treat yourself to an unforgettable serie of 3 spa treatments that will nurture and allow you to enter into the relaxed Polynesian rhythm of life.

Bora Bora Package: for skin care

Body Polish ~ Polynesian Massage ~ After sun

Manahau Package: for body care

Body Polish ~ Polynesian Massage ~ Facial Treatment

Anti-stress Package: for soul care

Polynesian Massage ~ Foot Reflexology ~ Relaxing Massage



Wellness Activities

Wellness classes are held in the heart of Polynesian nature feeding your life force energy and helping you come back into personal balance and happiness.

Yoga

Experience harmony of body, mind and soul through a gentle yoga approach that includes flowing movements, opening and tonifying postural exercises, breath-work and deep relaxation techniques. Discover the beauty of simply being.

Back Stretching

Through mindful and enjoyable slow stretching, open the muscles, connective tissue and vital energy channels of your back. These stretches are very useful to restore flexibility, correct posture, strengthen energy and vital health.





Informations

Treatments for couples: Reserve both your massages at the same time, and you can relax together while receiving your treatments in the quiet atmosphere of our private bungalow.

When to arrive: To make the most 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. Please keep in mind that arriving late may result in a reduction of the time required for your treatment.

Treatment Reservation: To book a treatment, please speak with one of our receptionists at the Activities Desk who will guide you in choosing the most appropriate treatment. For reservations call the Activities Desk: 1103.

Health Conditions: Please inform us about your health condition, allergies, recent medical or cosmetics interventions or incidents that may affect our service.

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%.

Our therapists will welcome you from 09:00 to 19:00. We offer massage service in your room with an extra Commission of 50%.

Call now the Activities Desk to reserve your appointment: 1103

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Le **MERIDIEN**
BORA BORA

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Bora Bora · French Polynesia

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