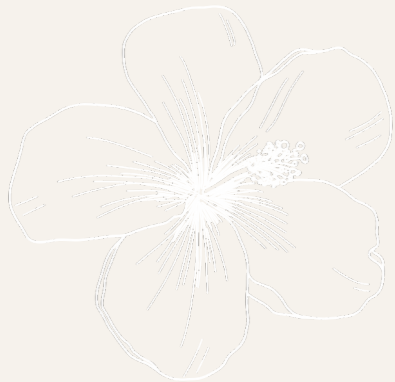




TREATMENT COLLECTION  
BORA BORA



Beginning and ending every treatment within our menu, we take you through a five-breath meditative process. Using pressured touch and synchronized breathing, we encourage your total focus on the space you inhabit in our spa, ensuring total treatment optimization.

Breathing is closely connected to the parasympathetic system in the body, which does the opposite job of the sympathetic system, which prompts the fight-or-flight response. The parasympathetic system is sometimes called the «rest-and-digest» system because it calms and slows your body into relaxation.

The number five is special; we have five fingers on each hand, five toes on each foot, five senses, and in turn five sensory organs. Across cultures, the number five also holds a special place, with many associating it with freedom and curiosity.

# AND BREATHE...

Take five deep breaths.

Take a moment to mindfully inhale and exhale five times to encourage a gentle reset.

Welcome to the moment.



Conrad Spa offers limitless possibilities and the ultimate experience for the modern spa connoisseur.

We invite you to reconnect with yourself and your well-being, immerse yourself in the discovery of our location, and feel refreshed and revived by the Conrad Spa experience.







## THE DESTINATION

Welcome to a sanctuary of serenity.

Located on top of a hill overlooking the crystal-clear waters of Bora Bora's lagoon, Conrad Spa invites you to an unforgettable wellness journey. Inspired by the Polynesian moon goddess Hina, our spa embodies the harmony between nature, body, and spirit.

### Puna Vai Ora

This exclusive treatment blends tradition and innovation, using stones carved from French Polynesia rock to harmonize your energies. A unique massage alternates varied rhythms using intense and light pressure, combining the benefits of warm and cold with heated and chilled stones gliding over the body to release tension, balance energies, and revitalize the mind. Let yourself be transported by this enchanting ritual, designed to awaken your senses and restore your inner harmony.

90 minutes

### Fetia

Illuminate your complexion with a glow as captivating as Bora Bora's starry nights. This exclusive facial treatment features advanced massage techniques and Biologique Recherche products, unveiling smooth, radiant, and deeply revitalized skin. We start with the iconic Lotion P50, followed by our Face Sculpting massage and the application of the Biologique Recherche Pigm sheet mask. While the mask is set, indulge in a soothing scalp massage with luxurious virgin coconut oil from Tahiti.

90 minutes

### Fenua

Embark on a sensory journey to the heart of Polynesia with our FENUA ritual. This treatment begins with a gentle coconut and Tahitian vanilla scrub, followed by a nourishing tamanu oil wrap to hydrate and protect. As you bask in this soothing treatment, enjoy a calming scalp massage with warm virgin coconut oil, guiding you into deep relaxation. To finish, indulge in a traditional Tahitian massage using fluid, enveloping movements to release tension and revitalize.

135 minutes

### Hina View

Whether solo or as a couple, enjoy a massage on our outdoor platform offering the most breathtaking view of Bora Bora for an extraordinary experience. Surrender to the indulgent sensation of a massage, allowing your body and mind to relax with this exceptional treatment. The gentle caress of the breeze and the warm embrace of the Polynesian sun makes this moment truly unforgettable.

60 / 90 minutes





# M A S S A G E

A great massage makes everything better.

Our selection of massages has been designed to offer a balance of physical and emotional benefits that only the perfect massage can truly deliver.

## Conrad Custom Massage

Unwind with this fully bespoke signature massage experience developed by each of our spa team. The embodiment of Conrad’s philosophy, the treatment is inspired by the freedom to fully tailor each massage alongside massage techniques to create a treatment as unique as you.

60 / 90 / 120 minutes

## Traditional Tahitian Massage

Immerse yourself in the essence of Tahiti with this traditional massage, featuring smooth, flowing movements and medium pressure. To enhance your experience, the «Relaxation» essence from Essence des Notes delivers an extra soothing touch. Inspired by ancient Tahitian techniques, this treatment eases muscle tension and restores energy balance.

60 / 90 minutes

## Hiro Mana Massage

Inspired by the legend of the Bora Bora’s warrior Hiro, this powerful massage releases deep tension in your body. Using the «Energy» essence from Essence des Notes to enhance the effects of the deep tissue techniques and infuse the massage with revitalizing energy.

60 / 90 minutes

## Traditional Balinese Massage

Deeply rooted in Balinese culture, experience the authenticity of a traditional Balinese massage. Combining targeted thumb pressure, gentle stretching, and firm pressure, this treatment is enhanced by the «Energy» essence by Essence des notes, with each movement designed to restore harmony between the body and mind, providing lasting relaxation.

60 / 90 minutes

## Focus Massage

Unwind and recharge with our targeted massage. Providing 30 or 45 minutes of targeted relief, this personalized treatment focuses on your specific needs - whether alleviating tension in your back, soothing your scalp, or relieving tired feet.

30 / 45 minutes

## Blissful Mom

This exclusive treatment is designed specifically for pregnant women, delivering moments of tranquility and joy during this special time. Using gentle and safe techniques to ease tension, relieve muscle pain, and promote deep comfort, specially selected oils suitable for expectant mothers enhance the massage, with nourishing and relaxing benefits.

60 / 90 minutes

|                   |  |
|-------------------|--|
| DESTINATION       |  |
| MESSAGE           |  |
| FACE              |  |
| BODY              |  |
| WELLBEING<br>EDIT |  |
| SPA<br>PACKAGES   |  |
| PIANIGUERE &      |  |

FACE

At this spa, we believe in skin health.

We focus on techniques that deliver more than surface improvements, and a glow that is more than skin-deep.

Skin Solutions

With deep cleansing, gentle exfoliation, and targeted serums, experience a revitalized, radiant complexion with our customized Biologique Recherche facial. Created to address your unique skincare needs, our experts tailor each treatment to target specific concerns like dehydration, uneven texture, and aging.

Products by Biologique Recherche

60 / 90 minutes

Pro - Age

Experience exceptional skincare with our Personalized Skin Solution Treatment by Biologique Recherche. Following a thorough assessment of your skin, a tailored treatment plan incorporates targeted products and techniques, including deep cleansing, gentle exfoliation, personalized serums, and a reparative mask, all tailored to enhance your skin’s natural vitality.

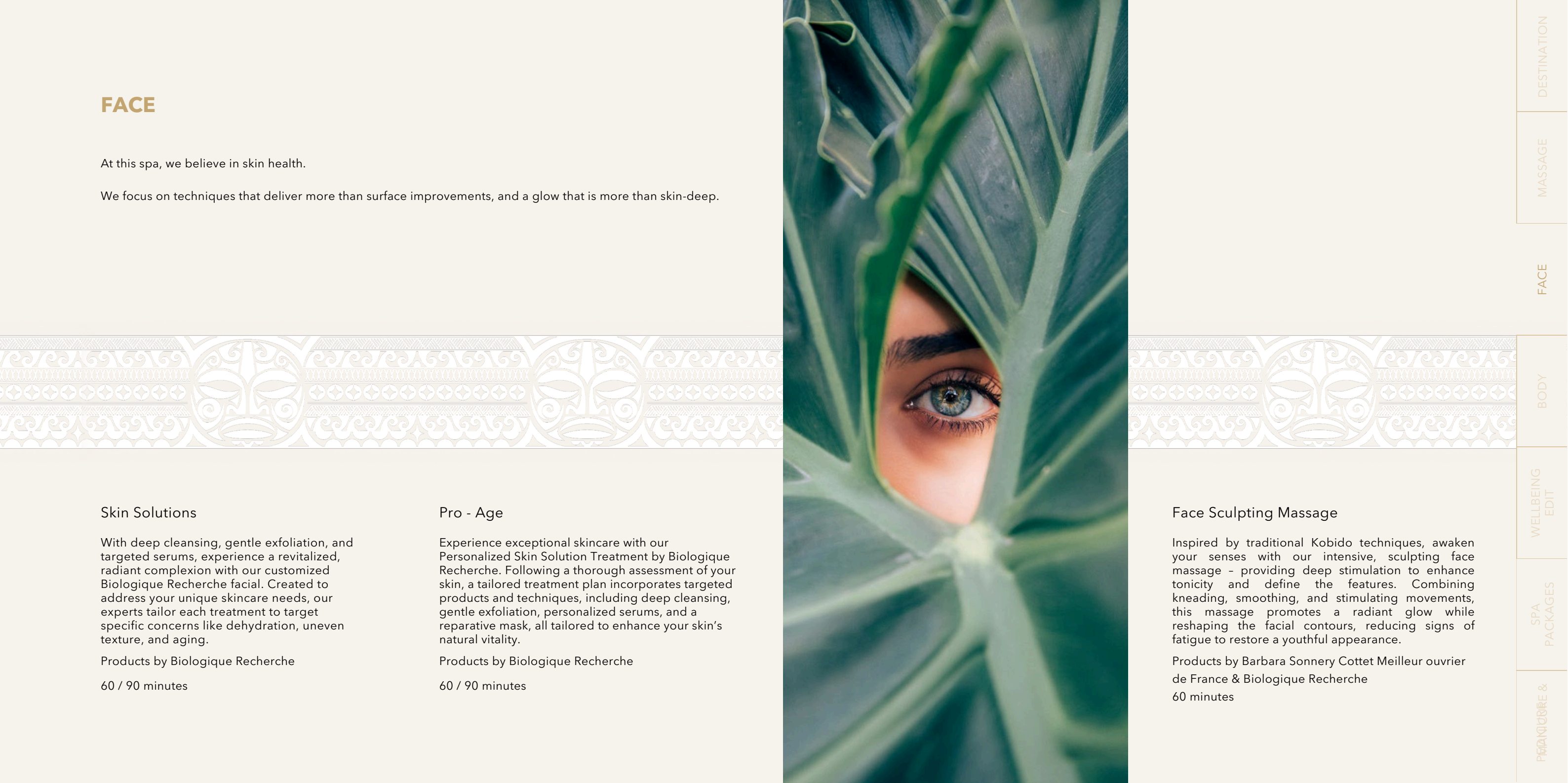
Products by Biologique Recherche

60 / 90 minutes

Face Sculpting Massage

Inspired by traditional Kobido techniques, awaken your senses with our intensive, sculpting face massage - providing deep stimulation to enhance tonicity and define the features. Combining kneading, smoothing, and stimulating movements, this massage promotes a radiant glow while reshaping the facial contours, reducing signs of fatigue to restore a youthful appearance.

Products by Barbara Sonnery Cottet Meilleur ouvrier de France & Biologique Recherche  
60 minutes



DESTINATION

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BODY

WELLBEING  
EDIT

SPA  
PACKAGES

PIANIGUERE &





BODY

Indulge in treatments that nourish your body and mind. Our focus on well-being ensures you leave feeling refreshed and revitalized from head to toe.

After Sun Treatment

Give your skin the care it deserves after sun exposure with our Complete After Sun Treatment for your face, body, and hair. From a nourishing tamanu oil wrap to soothe and repair, to aloe vera gel for intense hydration and healing, this comprehensive treatment uses natural, revitalizing products to support your skin’s recovery.

60 minutes

Jet Lag Treatment

Designed to revitalize and alleviate travel-related fatigue, this invigorating wrap stimulates blood and lymphatic circulation, reducing swelling while refreshing the skin. Lymphatic drainage techniques are utilized to promote toxin elimination and improve circulation, leaving you with a sense of lightness and well-being.

60 minutes

Vanilla Body Wrap

Discover the ultimate cocoon of softness with this luxurious treatment, enveloping your body in a rich blend of vanilla, known for its nourishing properties. To help your skin absorb the benefits, you’ll be wrapped in a blanket, resulting in a state of deep relaxation and soft, smooth, perfectly hydrated skin.

45 minutes

Body Scrub

Experience exquisite softness with our Polynesian Body Scrub, featuring refined ingredients inspired by the treasures of Polynesia to gently exfoliate and leave the skin smooth and radiant. Choose from a variety of scents including coconut, vanilla, papaya, or pineapple, each evoking the sunny beaches and vibrant landscapes of this paradise.

45 minutes

DESTINATION

MASSAGE

FACE

BODY

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WELLBEING EDIT

Explore our handpicked selection of essential add-ons to your spa experience. The following enhancements are designed to complement other treatments already booked.

ENHANCEMENTS

Eye Treatment

Revive tired eyes with our Biologique Recherche eye treatment. Hydrating eye patches, combined with soothing cold spoon treatment, reduce dark circles and signs of fatigue.

Sheet Mask

You will have the choice between a hydrating, nourishing, anti-pigmentation, or after-sun mask.

Coconut Oil

Enjoy a generous application of coconut oil to your hair, the secret to the soft, silky locks of the Vahines.

Personalized Aromatherapy

Olfactotherapy harnesses the power of essential oils to enhance emotional and mental well-being. By stimulating the limbic system, these scents promote relaxation while reducing stress.

After Sun Aloe Vera

Treat your skin to instant relief with our After-Sun Mask. This complementary treatment is designed to soothe and repair your skin following sun exposure.



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S P A   P A C K A G E S

Tita’a

Embark on a 5-hour journey of relaxation and rejuvenation. Our personalized spa experience allows you to choose from a variety of treatments to create your ideal day of pampering. Aimed to deliver a bespoke experience that aligns with your well-being needs, we recommend a visit to the Spa reception to discuss the best possible combination of treatments during your stay.

300 minutes

Te Mahana | Te Moana

Immerse yourself in a day of pure indulgence with our Full Day at the Heart of Our Spa experience, offering a sensory journey of relaxation. Begin with a purifying Hammam & Sauna session for 30 minutes, followed by a revitalizing Polynesian scrub. Enjoy a coconut scalp massage, followed by a healthy lunch with stunning views. Next, choose from our Signature or Custom Massage for 90 minutes, followed by a 60-minute personalized Biologique Recherche facial. Conclude your day with a private jacuzzi session and sunset views.

360 minutes

la Orana

Begin your stay beautifully with our la Orana treatment, a complete experience designed to prepare your skin and provide total relaxation. This treatment includes a 30-minute Polynesian scrub, followed by a 60-minute massage from our range, and a 30-minute private jacuzzi session.

Enhance your experience with a half-bottle of Besserat de Bellefon Champagne and a plate of fresh fruits for 12,000 XPF

120 minutes

Mahana

Mahana, meaning «sun» in Tahitian, offers a complete wellness experience that revitalizes your body and mind. Start your treatment with 45 minutes of massage on your desired areas, followed by 45 minutes of Biologique Recherche facial treatment. Conclude with a 30-minute private jacuzzi session.

Enhance your experience with a half-bottle of Besserat de Bellefon Champagne and a plate of fresh fruits for 12,000 XPF

120 minutes



|             |         |      |      |                   |                 |              |
|-------------|---------|------|------|-------------------|-----------------|--------------|
| DESTINATION | MASSAGE | FACE | BODY | WELLBEING<br>EDIT | SPA<br>PACKAGES | PIANIGUIRE & |
|-------------|---------|------|------|-------------------|-----------------|--------------|





M A N I C U R E AND PEDICURE

Express Manicure Or Pedicure

A quick manicure with a clear base coat to protect and strengthen your nails.  
30 minutes

Spa Manicure Or Pedicure

Includes nail care, exfoliating scrub, relaxing massage, and application of classic nail polish.  
75 minutes

Long Wear Polish Package

An express manicure or pedicure followed by the application of semi-permanent nail polish.  
60 minutes

Classic Nail Polish Package

Includes an express manicure or pedicure with classic nail polish application.  
60 minutes

Removal Of Long Wear Polish

Gentle removal of semi-permanent nail polish for healthy nails.  
30 minutes







S P A   T E R M S   A N D   C O N D I T I O N S

Opening Hours

The Conrad Spa welcomes you every day from 10:00 AM to 06:00 PM. Please note that hours may vary depending on the season.

Reservations

To contact the spa from your room, please call 3228. External guests can book by sending an email to: pptbn\_spa@hilton.com. Please note that a day pass is required to access the spa. With it, you receive a 10% discount on our treatment menu. We strongly recommend booking your treatment 48 hours in advance.

Arrival

We suggest arriving at the spa at least 30 minutes before your treatment to fill out the medical questionnaire and prepare for your treatment. We suggest arriving even earlier to enjoy the facilities before your treatment.

Please note that late arrivals will result in reduced treatment time. As a courtesy to the next client, your treatment will end at the scheduled time and will be charged in full.

Facilities

The Conrad Spa offers wellness facilities in both men’s and women’s changing rooms, including a sauna, hammam, and relaxation area.

In-Room Massages

You can enjoy a massage in the comfort of your room. A 100% surcharge will apply to the treatment rate.

Cancellation Policy

If you wish to cancel or reschedule your appointment, please inform us at least 24 hours in advance. Otherwise, the full amount will be charged.

Age Restrictions

Treatments: Depending on their age, treatments are available for children and teenagers. An adult must complete a consent form for children under 18.  
Sauna and Hammam: Children under 14 must be accompanied by an adult.

Spa Attire

There is no specific dress code. You will find everything you need for your comfort in our changing rooms (robe, slippers, and disposable underwear).

Etiquette

The spa is a place of peace and tranquility. For the comfort of other guests, we ask that you set your devices to silent mode or turn them off during your visit to the spa. Please speak quietly and be mindful of the volume. Smoking or vaping is prohibited.

Pregnancy

For the safety of expectant mothers and babies, facial treatments are the only treatments available during the first trimester of pregnancy. The «Blissful Mom» massage is the only one offered during the second and third trimesters unless contraindicated.



THE DESTINATION

|              |          |            |           |         |            |
|--------------|----------|------------|-----------|---------|------------|
| Puna Vai Ora | 90 mins  | 42 000 XPF | Hina View | 60 mins | 29 000 XPF |
| Fetia        | 90 mins  | 38 000 XPF |           | 90 mins | 37 000 XPF |
| Fenua        | 135 mins | 55 000 XPF |           |         |            |

MASSAGE

|                              |          |            |                              |         |            |
|------------------------------|----------|------------|------------------------------|---------|------------|
| Conrad Custom Massage        | 60 mins  | 28 000 XPF | Traditional Tahitian Massage | 60 mins | 26 000 XPF |
|                              | 90 mins  | 35 000 XPF |                              | 90 mins | 35 000 XPF |
|                              | 120 mins | 53 000 XPF |                              |         |            |
| Hiro Mana Massage            | 60 mins  | 26 000 XPF | Focus Massage                | 30 mins | 13 000 XPF |
|                              | 90 mins  | 35 000 XPF |                              | 45 mins | 20 000 XPF |
| Traditional Balinese Massage | 60 mins  | 26 000 XPF | Blissful Mom                 | 60 mins | 26 000 XPF |
|                              | 90 mins  | 35 000 XPF |                              | 90 mins | 35 000 XPF |

FACE

|                        |         |            |                |         |            |
|------------------------|---------|------------|----------------|---------|------------|
| Pro - Age              | 60 mins | 30 000 XPF | Skin Solutions | 60 mins | 28 000 XPF |
| Face Sculpting Massage | 60 mins | 42 000 XPF |                | 90 mins | 40 000 XPF |
|                        | 90 mins | 28 000 XPF |                |         |            |

BODY

|                     |         |            |                   |         |            |
|---------------------|---------|------------|-------------------|---------|------------|
| After Sun Treatment | 60 mins | 29 000 XPF | Vanilla Body Wrap | 45 mins | 20 000 XPF |
| Jet Lag Treatment   | 60 mins | 26 000 XPF | Body Scrub        | 45 mins | 16 000 XPF |

THE WELLBEING EDIT

|                     |           |                           |           |
|---------------------|-----------|---------------------------|-----------|
| Eye Treatment       | 6 000 XPF | Personalized Aromatherapy | 4 000 XPF |
| Sheet Mask          | 6 000 XPF | Coconut Oil               | 2 000 XPF |
| After Sun Aloe Vera | 3 500 XPF |                           |           |

SPA PACKAGES

|          |          |           |            |                      |          |           |             |
|----------|----------|-----------|------------|----------------------|----------|-----------|-------------|
| Ia Orana | 120 mins | 1 person: | 50 000 XPF | Te Mahana I Te Moana | 270 mins | 1 person: | 150 000 XPF |
|          |          | 2 people: | 95 000 XPF |                      |          | 2 people: | 280 000 XPF |
| Mahana   | 120 mins | 1 person: | 45 000 XPF | Tita’a               | 300 mins |           | 130 000 XPF |
|          |          | 2 people: | 85 000 XPF |                      |          |           |             |

BEAUTY

|                              |         |            |                             |         |            |
|------------------------------|---------|------------|-----------------------------|---------|------------|
| Express Manicure Or Pedicure | 30 mins | 7 500 XPF  | Classic Nail Polish Package | 60 mins | 15 000 XPF |
| Spa Manicure Or Pedicure     | 75 mins | 17 000 XPF | Removal Of Long Wear Polish | 30 mins | 3 000 XPF  |
| Long Wear Polish Package     | 60 mins | 15 000 XPF |                             |         |            |



