

## THE OCEANIA SPA

Float into tranquillity with immersive treatments and rituals inspired by Palau's ancient healing traditions and alignment with nature. All Oceania Spa's therapies can be enjoyed in the private treatment area on Four Seasons Explorer's upper deck or a secluded shore setting during your Palauan adventure.

*\*Our starred treatments draw on herbal recipes and the therapeutic knowledge of Mrs. Francisca B Kloulechad, a traditional Palauan practitioner known fondly as 'Cisca'.*

### MASSAGES

**PALAUAN PURITY MASSAGE\*** Soothe stress and release muscular tension with rhythmic flowing Micronesian massage techniques as hypnotic as the lap of waves on remote shores. A traditional local herbal compress of noni, vitex and basil wrapped in a petal-like coconut spathe supports inner balance.

60/90 mins \$215/330  
On shore + \$110

**OCEAN HARMONY MASSAGE** Create a harmonious flow of energy throughout body and mind with this blissful blend of relaxing massage and heated Pacific Ocean lava shells. The thermal conduction of the shells stimulates the circulation and eases deeply held tension to leave you floating on the crest of a wave.

60/90 mins \$215/330  
On shore + \$110

**ULEKED MASSAGE** Alleviate pain and stiffness in the spine and back (uleked in Palauan) and promote relaxation throughout the central nervous system. With so much stress held in the spine and shoulders, this gently manipulating massage positively impacts both physical and mental wellbeing.

30 mins \$110  
On shore + \$110

**OCHID REFLEXOLOGY** Bring relaxation to the entire body and support physical and energetic equilibrium with the ancient art of reflexology. The ideal treatment after a trail hike or day exploring Palau's wondrous islands, this treatment focuses on special reflex points on the feet – *ochid* in Palauan.

30 mins \$110  
On shore + \$110

### OCEANIA SPA RITUALS

**OMENGAT RITUAL FOR WOMEN\*** Tap into the nourishing 'Omengat' traditions that have supported Palauan women for centuries. Begin with a revitalising massage with ginger-infused coconut oil followed by a herbal steam\* before an Epsom salt scrub intensified by a local banana leaf body wrap.

*\*If experienced on land as opposed to onboard the boat, herbal smoke will replace herbal steam.*

120mins \$460  
On shore + \$110

**SASAWASHI SERENITY RITUAL** Prepare for restful sleep with this calming ritual, best experienced at 9:00 pm. Natural exfoliation with Vanderohe's Sasawashi cloth – made from Japanese paper, washi and Kumazasa leaves – precedes a muscle-easing massage, nourishing Vanderohe body serum and mini 'Rooted In Nature' facial.

120mins \$460  
On shore + \$110

**KLISICHEL RITUAL FOR MEN\*** Tap into the innate strength of traditional Palauan masculinity – known as 'klisichel' - with this powerful ritual encompassing stretching, invigorating ginger paste application to spine, palms and soles, a coconut shell body massage and a warm poultice for the face to leave you smiling with Micronesian serenity.

120mins \$460  
On shore + \$110

Rates inclusive of PGST and subject to 10% service charge

## FACE THERAPIES

### ROOTED IN NATURE FACIAL

Purify, nourish and boost skin radiance with this facial therapy by Vanderohe that recalls Palau's deep connection to nature. Aromatherapeutic healing traditions and natural plant actives combine with breathwork, contouring techniques, and hot and cold therapy for total nurturance.

60mins \$215  
On shore + \$110

### SKIN SOOTHER

Calm, cleanse and nourish inflamed skin with this soothing after-sun treatment. After a cooling anti-inflammatory body cleanse, the body is wrapped with Palauan banana leaves for deep moisture retention, while a gentle natural facial and foot massage ease and nurture from head to toe.

60mins \$215  
On shore + \$110

### EQUALISE

Restore equilibrium to the ears and sinuses with this balancing treatment – ideal for divers or after a long flight. Gentle lymphatic drainage massage clears congestion while calming ear candle therapy helps to open the ear passage, restoring clarity and promoting inner relaxation.

30mins \$110  
On shore + \$110

## YOGIC PRACTICES

### GROUP SESSIONS

#### SUNRISE YOGA

Welcome a new Palauan dawn with this 05:30 am class. Awaken body and mind with energising postures and breathwork as you take in fresh sea air and top-deck views in readiness for a magical day ahead.

30 mins Complimentary  
Meet at Top Deck

### PRIVATE SESSIONS

#### YOGA

Restore alignment, improve flexibility and fitness, and enhance overall wellbeing with a private yoga class – a great opportunity to deepen (or begin) your yoga practice at your unique pace.

60/90mins \$150/220  
On shore + \$110

#### PRANAYAMA

Boost mental focus and inner healing with a private breathing practice. Whether used to relieve stress, manage pain or find better balance, these techniques will benefit you for years to come.

60/90mins \$150/220  
On shore + \$110

### Special consideration

Please inform the Spa Therapist of any special or medical needs that require additional attention. If you are pregnant, have high blood pressure, allergies and other physical ailments, some treatments are not recommended. Consumption of alcohol before or immediately after your treatment is not advised.

Considering the nitrogen build-up in your tissue, massages may be enjoyed a minimum of 2 hours after diving.

Contact the Spa Therapist to make an appointment.

Rates inclusive of PGST and subject to 10% service charge