



BULA MARAU

VITALITY & BALANCE WELLNESS GUIDE



Fuelling Vitality Naturally

Our resort is a sanctuary for rest, renewal and reconnection with self, nature and well-being. This guide outlines our wellness programs, nutritional and movement philosophy to support you in achieving energy, clarity and vitality during your stay and beyond. **MOVE. BREATHE. THRIVE.**

| WELLNESS PROGRAM

MONDAY

7:00AM	SUNRISE YOGA Meet at the Yoga Deck
8:00AM – 10:00AM	*BREAKFAST AT LEISURE Water's Edge Restaurant
10:30AM	GUIDED BUSHWALK Meet at the Yoga Deck
12:00PM – 3:00PM	*LUNCH AT LEISURE Water's Edge Restaurant
3:00PM – 5:00PM	*SNACK Water's Edge Restaurant
6:00PM – 9:00PM	*DINNER AT LEISURE Water's Edge Restaurant

TUESDAY

7:00AM	SUNRISE YOGA Meet at the Yoga Deck
8:00AM – 10:00AM	*BREAKFAST AT LEISURE Water's Edge Restaurant
10:30AM	FIJIAN COOKING LESSON Meet at the Yoga Deck
12:00PM – 3:00PM	*LUNCH AT LEISURE Water's Edge Restaurant
3:00PM – 5:00PM	*SNACK Water's Edge Restaurant
6:00PM-9:00PM	*DINNER AT LEISURE Water's Edge Restaurant

THURSDAY

7:00AM	SUNRISE YOGA Meet at the Yoga Deck
8:00AM – 10:00AM	*BREAKFAST AT LEISURE Water's Edge Restaurant
TIDE DEPENDENT	SHELL VILLAGE TRIP (fee applies)
12:00PM – 3:00PM	*LUNCH AT LEISURE Water's Edge Restaurant
3:00PM – 5:00PM	*SNACK Water's Edge Restaurant
6:00PM – 9:00PM	*DINNER AT LEISURE Water's Edge Restaurant

FRIDAY

7:00AM	SUNRISE YOGA Meet at the Yoga Deck
8:00AM – 10:00AM	*BREAKFAST AT LEISURE Water's Edge Restaurant
10:30AM	COCONUT LEAF CREATION Meet at the Yoga Deck
12:00PM – 3:00PM	*LUNCH AT LEISURE Water's Edge Restaurant
3:00PM – 5:00PM	*SNACK Water's Edge Restaurant
6:00PM – 9:00PM	*DINNER AT LEISURE Water's Edge Restaurant

SUNDAY

7:00AM	SUNRISE YOGA Meet at the Yoga Deck
8:00AM – 10:00AM	*BREAKFAST AT LEISURE Water's Edge Restaurant
11:00AM	INNER REEF SNORKELING (fee applies)
12:00PM – 3:00PM	*LUNCH AT LEISURE Water's Edge Restaurant
3:00PM – 5:00PM	*SNACK Water's Edge Restaurant
6:00PM – 9:00PM	*DINNER AT LEISURE Water's Edge Restaurant



* See Wellness Menu

NUTRITIONAL PHILOSOPHY

We believe in nourishing the body with wholefoods that support optimal health and sustainable energy. Our wellness-aligned meal plans are designed to avoid highly processed, refined and sugary foods, focusing instead on nutrient-dense ingredients sourced from nature.

WHOLEFOOD-CENTRED EATING

Our culinary approach centres around fresh, minimally processed ingredients. Wholefoods are rich in natural nutrients, antioxidants, fibre and enzymes that support digestion, immunity and long-term wellness. By eliminating artificial additives, trans fats and excess sugars, we promote clearer thinking, better energy levels and greater overall health.

LEADING WITH PROTEIN

Protein is the cornerstone of every meal in our program. Starting your meals with protein is vital because it helps:

- Stabilise blood sugar
- Reduce sugar cravings
- Build and repair muscle tissue
- Support hormonal balance and immune function

Animal protein is a complete source of amino acids and remains the most bioavailable and effective form of protein. We offer high-quality options including lean meats, free-range eggs and sustainably sourced fish.

For our plant-based guests, we offer rich alternatives such as:

- Tofu and tempeh chickpeas and lentils
- Quinoa and buckwheat
- Nuts, seeds and spirulina complex carbohydrates from nature

Following protein, we include generous servings of complex carbohydrates primarily in the form of:

- Leafy greens (spinach, kale, rocket)
- Cruciferous vegetables (broccoli, cauliflower)
- Low-sugar fruits (berries, green apples)
- Root vegetables (sweet potatoes, beets)

These foods provide sustained energy, fibre and phytonutrients that support gut health and mental clarity.

THE POWER OF COCONUT OIL

Coconut oil plays a key role in our wellness kitchen due to its incredible health benefits:

Antimicrobial & Antifungal

Thanks to lauric acid (48%), caprylic acid and capric acid, coconut oil helps combat harmful bacteria, viruses and fungi in the body.

Quick Energy Source

Unlike other fats, coconut oil is quickly metabolized by the liver and used as fuel rather than stored as fat. It bypasses the need for bile or pancreatic enzymes, making it ideal for those with digestive issues.

Supports Weight Loss & Muscle Gain

It encourages fat burning, helps maintain lean muscle and boosts metabolism.

Brain & Organ Health

Coconut oil is used in medical nutrition for its cognitive support, with references such as Dr. Bruce Fife's Coconut Cures highlighting its use in addressing conditions like Alzheimer's and Autism.

| WELLNESS WEEKLY MEAL PLAN

MONDAY

BREAKFAST | Oatmeal porridge bowl with roasted nuts, fruits & seeds
LUNCH | Summer green salad with chickpeas, kidney beans & lemon olive dressing
SNACK | Greek yoghurt bowl
DINNER | *Herb grilled protein with green salad & roasted sweet potato

TUESDAY

BREAKFAST | Smoothie breakfast in a cup
LUNCH | Brown rice & tofu salad
SNACK | Carrots, celery & capsicum sticks with hummus dip
DINNER | Stir fry vegetables with tofu & ginger, served with steamed brown rice

WEDNESDAY

BREAKFAST | Tofu omelet with vegetables
LUNCH | Quinoa salad with roasted vegetable & nuts
SNACK | Sliced apple with peanut butter
DINNER | Deviled egg salad with roasted sweet potatoes

THURSDAY

BREAKFAST | Smoothie breakfast in a cup
LUNCH | Greek salad with grilled chicken breast
SNACK | Greek yoghurt bowl
DINNER | Chickpeas & cauliflower curry served with brown rice

FRIDAY

BREAKFAST | Oatmeal bowl with roasted nuts, fruits & seeds
LUNCH | Summer green salad with chickpeas, kidney beans & lemon olive dressing
SNACK | Tropical fruit salad
DINNER | *Herb grilled protein with green salad & roasted sweet potato

SATURDAY

BREAKFAST | Smoothie breakfast in a cup
LUNCH | Green papaya salad with grilled chicken
SNACK | Carrots, celery & capsicum sticks with hummus dip
DINNER | Stir fry vegetables with tofu & ginger, served with steamed brown rice

SUNDAY

BREAKFAST | Veggie egg scramble (egg whites)
LUNCH | Lentil soup with sliced wholemeal bread
SNACK | Sliced apple with peanut butter
DINNER | Sweet potato gnocchi salad with grilled protein*



** Protein options: chicken/beef/fish
We offer high-quality options including lean meats (chicken & beef) and sustainably sourced fish.
Please alert staff of any allergies.*

A close-up photograph of a pink lotus flower in full bloom, surrounded by large, green lily pads. The flower has many layers of petals, with a gradient from light pink to deep magenta. The center of the flower shows yellow stamens. The lily pads are large and have a prominent vein pattern. The background is softly blurred, showing more lily pads and a hint of water.

THE SIGNATURE VALE NI VEIBOBO

Spa & Massage Experience



| SPA & MASSAGE EXPERIENCE

WELCOME TO THE

Spa & Massage Wellness Program,

your first step on a journey toward total well-being. Designed for first-time visitors and wellness seekers, this program offers a personalized and immersive experience that nurtures the mind, body and spirit.

SPA WELLNESS OVERVIEW

Our program is carefully curated to help you discover the holistic benefits of spa and wellness therapies in a calming, supportive environment. Whether you're looking to de-stress, boost your energy, or explore natural healing, we guide you through a selection of signature treatments and mindfulness practices tailored to your unique needs.

WHAT'S INCLUDED:

Guided Spa Experience: Enjoy a curated selection of any three (3) spa treatments such as aromatherapy massage, detoxifying body scrubs, or rejuvenating facials. A calming aromatherapy pillow mist gift is included in your check-in package to promote a restful night's sleep.

Benefits You'll Feel:

- Reduced stress and tension
- Improved sleep and mental clarity
- Increased energy and vitality
- Enhanced awareness of self-care practices

YOUR SPA & MASSAGE JOURNEY BEGINS HERE

Let our skilled therapists and serene environment guide you through an unforgettable introduction to spa wellness.

SUGAR GLOW! | 50 MINUTES

A perfect complement to those requiring a thorough exfoliation! Restore your skin to a healthy glow with this unique exfoliating and hydrating treatment using coconut and natural cane sugar.

REVIVAL! | 60 MINUTES

Combining Swedish and deep tissue massage techniques to ease sore and aching muscles, this massage is tailor-made for your individual needs.

HOT STONE MASSAGE | 30 MINUTES

Melt away tension with this deeply relaxing massage. Warm stones are placed strategically along pressure points & followed by a therapeutic massage. Sooth tight muscles & release blocked energy.

QALITO FACIAL | 30 MINUTES

Relax! You are on island time. Begin your facial experience with a relaxing back massage followed by our Nama facial infusion

PEDICURE & MANICURE | 60 MINUTES

A grooming treatment is essentially for happy hands & feet. Save the sole with this popular ritual



YOGA FOR WELLNESS

We believe true wellness is cultivated through harmony between body, mind and breath. Yoga is one of the foundational pillars of our wellness offering—an accessible, time-honoured practice that supports physical vitality, emotional clarity and deep inner calm.

WHY YOGA?

Yoga is more than just physical movement—it is a holistic system designed to strengthen the body, focus the mind and balance the nervous system. A regular yoga practice enhances:

- Flexibility and joint mobility strength and core stability
- Posture and spinal health
- Stress reduction and mental clarity
- Energy levels and restful sleep

YOGA FOR THE NERVOUS SYSTEM

Our modern lives often activate the stress response—keeping us in a state of fight or flight. Yoga, especially when paired with mindful breathing (pranayama), activates the parasympathetic nervous system, allowing the body to rest, digest and heal. This state of calm not only supports physical repair but also fosters emotional resilience and clarity.

YOGA FOR STRENGTH & LONGEVITY

Yoga builds functional strength through bodyweight movement and mindful control. Poses that engage the core, legs and upper body enhance muscular endurance, joint health and circulation — promoting long-term mobility and independence.

BREATH AS MEDICINE

Breath is central to yoga. It connects mind to body and regulates our internal state. Through intentional breathing, guests learn to calm anxiety, improve oxygen flow and tap into a grounded sense of presence.

DAILY PRACTICE, LASTING BENEFITS

Yoga doesn't require hours of commitment to be effective. Even a short daily practice can create powerful shifts. Our classes, guided by experienced instructors, offer:

- Morning energizing flows
- Gentle restorative sessions
- Meditation and breathwork integration

These sessions are designed to meet you where you are, supporting balance, focus and flow throughout your stay—and beyond.

AFTER YOGA BOOSTER SHOTS

This will be given to participants after every yoga session. Each day will feature one type of booster shot, served to all participants after yoga.

IMMUNE BOOSTER | 2 lemons, 5 ginger, apple cider vinegar, natural honey

ROCKET FUEL | turmeric ale, ginger ale, cagolaya

WELLNESS SHOT | 1 green apple, cayenne pepper, 1 lemon, ginger, celery stalk

FACE TOWEL

Cold minty scented face towel to be given to each participant after every yoga session.



| PROGRAM RATES AND RESERVATIONS

Our integrated approach to nutrition and movement empowers you to reconnect with your body, build resilience and feel deeply revitalized. Whether through nourishing wholefoods, mindful breathwork or energizing yoga flows, our goal is to help you leave feeling stronger, clearer and more alive than when you arrived. Program rates are designed with flexibility in mind, allowing you to choose the duration and inclusions that best suit your stay.

WELLNESS PROGRAM PRICING

3 DAYS | \$764.00

4 DAYS | \$862.00

5 DAYS | \$960.00

6 DAYS | \$1,058.00

7 DAYS | \$1,156.00

Wellness program includes a meal plan and three (3) spa & massage sessions scheduled at the time of purchase.

If your accommodation booking already includes a meal plan, a wellness program supplement of \$470 per person applies.

RESERVATIONS

To book, visit the Guest Activities Desk or speak with the Front Desk team during check-in.

Pricing in Fijian Dollars and inclusive of government taxes.



CASTAWAY
ISLAND, FIJI.