

Village and Mud Bath

Inclusions:

1. Natalau Village Entry Fee
2. Partake in traditional "sevusevu" welcome ceremony
3. Village Local Guide
4. Mud Pool Entry Fee
5. Steam Bath
6. Mud Bath
7. Thermal Pool
8. Mud pool tour guide
9. Activities
10. Tropical Fruit Platters
11. Farewell Song

Village Tour: On this tour of a traditional Natalau village, be touched by the Fijian culture and learn what life is like in Fiji.

1. Warmly welcomed with traditional singing
2. Upon your arrival, you will partake in the traditional 'sevusevu' welcome ceremony inside a "vale ni soqo"
3. A local guide will then take you on a tour of the area including the Natalau Kindergarten School and Fijian homes while regaling you with facts and anecdotes of the traditional Fijian lifestyle.
4. Guides and Village Elders will then sing our famous Farewell Song "Isa Lei" before your departure for the Mud Pool.

Mud Pool: Beauty from deep within the Earth.

1. Warmly welcomed with traditional singing of our Fijian welcome song by the staff of Tifajek Mud Pool and Hot Spring.
2. You will then be directed to the Va a Samoa (Open House) for orientation about the volcanic mud and thermal use.
3. Local guides will then guide you around to the product site area.
4. You will be required to wear your swim suit. Please note that mud stains will never be removed after washing.
5. First step would be the steam bath. This is to allow the sulfur (acid free) and minerals to open up the skin pores before the mud treatment. Sulfur slows down the aging process because of its ability to protect against the toxic effects of pollution and radiation.
6. You will then be required to rub the volcanic mud on your body surface. Mud has a content of magnesium and Sulphur in Volcanic Ash which soothes your skin, kills unseen skin diseases, disinfects the blood, stimulates bile secretion and aids the oxidation reactions in the body.

7. Activities will be provided such as tug of war, sack race and balloon dance to help the mud to dry quickly on your body surface.
8. Once the mud dries up on the body surface, you will then be required to dip into the Mud Pool to rinse off the mud.
9. You will now be allowed to dip into the Thermal Pool. This treatment helps you to relax muscles and improves blood circulation, it maintains metabolism rendering positive impact on digestion, it is useful in conditions of inflammation/ swelling and relieves pain and it is useful in condition of stiff joints.
10. The last option would be a massage but they are optional (discounted rates):
Massage allows the masseurs to stimulate blood flow, which is why regular gentle rubbing and kneading might keep your face looking healthy and radiant.
11. Upon the tour's conclusion, tuck into a tasty tropical fruit platter provided by the Tifajek family to add sugar and energize the body after the natural treatment.

It will be an experience unlike any other because Natalau and Tifajek Mud Pool is unique in maintaining the traditional look and lifestyle of a Fijian village with its authentic touch of the community based business.