

Beauty & Spa

Our Mission

Whether you're globe trotting or a resident taking a well deserved break, visit our Day Spa for total relaxation, treatments that will help you discover truly healthy skin & encourage you to find your own sense of well being.

Our services are available Daily Mon - Sun 9am - 6pm, Tuesdays & Thursdays 9am – 7pm

NURTURING MASSAGE ESSENTIALS

AROMATIC RELAXATION MASSAGE 30MINS \$65
Focuses on back, neck & shoulders leaving you fully revitalised with the use of essential oils

AROMATIC RELAXATION MASSAGE 60MINS \$110
A full body massage (front & back) combines the sense of smell with the healing properties of touch, soothing body & mind

DEEP TISSUE MASSAGE 30MINS \$75
Deeper pressure concentrating in releasing chronic muscle tension in back, neck & shoulders

DEEP TISSUE MASSAGE 60MINS \$120
A full body massage with firm pressure and the usage of coconut oil to ease tension knots

PREGNANCY MASSAGE 45MINS \$80
A relaxation massage for expecting mothers on holiday, concentrating on back and feet

COUPLES BLISSFUL INDULGENCE

BLISSFUL RELAXATION MASSAGE FOR TWO
30mins \$100 per couple
60mins \$180 per couple

DEEP TISSUE MASSAGE FOR TWO
30mins \$120 per couple
60mins \$200 per couple

RELAX, REJUVENATE & RECOVER

EXFOLIATING FACIAL 30MINS \$60
A thorough cleanse, scrub and mask followed by facial serum

PHARO INFUSED FACIAL 45MINS \$160
An anti-stress treatment including deep cleansing, sugaring exfoliation, facial massage and revitalizing clay mask treatment with the moisturising effect of **PHARO ROSE FLORAL WATER** enhancing the skin tone.

HYDRATING FACIAL 45MINS \$80
Glow your skin with a thorough cleanse, scrub, mask & finish with hydrating moisturiser

PHARO 24 CARAT ROSE GOLD FACIAL 75mins \$300
Naturally hydrates, cleanses, relieving the symptoms of tiredness to your face with a booster massage oil and a 24 carat gold leaf mask, drawing out impurities and excess oil together with serum

REJUVENATING FACIAL 60MINS \$100
Restore vitality to your combination skin with a thorough cleanse, face steaming, exfoliation, facial massage followed by mask and facial moisturiser

NOURISHING BODY ELEMENTS

SUN SOOTHERS 45MINS \$60
30MINS \$40

Soothe your sun kissed skin with a gentle natural masque to help calm redness & provide a cooling effect

PURIFYING SALT SCRUB 60mins \$105
An exfoliating treatment for more sensitive skin that will rejuvenate & purify, finishing with a rich body butter

SUGAR BODY GLOW 60MINS \$115
A full body exfoliation for combination skin removing dead cells, with the use of sugar, vanilla essence & coconut oil

NOURISHING ISLAND WRAP 60MINS \$110
A blend of natural product paste & coconut crème leaving the skin nourished & hydrated

HAND & FOOT BLISS

DELUXE SPA MANICURE 50MINS \$70
(WITH FRENCH POLISH) 60MINS \$80
Indulge your hands with clip, shape, buff, cuticle treatment, exfoliation & massage followed by your choice of polish

DELUXE SPA PEDICURE 50MINS \$80
(WITH FRENCH POLISH) 60MINS \$90
Pamper your feet with clip, shape, buff, cuticle removal, exfoliation & massage, finishing with polishing

EXPRESS MANICURE / EXPRESS PEDICURE
25MINS \$45 (with French polish)
35MINS \$55
Clip, shape, buff & polish

EXOTIC HAND & FOOT TREATMENT
40MINS \$60 (no polish)
60mins \$80 (with normal polish)
Indulge your hands & feet with an exfoliation, warm compress, body butter wrap & massage

REPOLISH: hands or feet \$15 (NORMAL POLISH)
FRENCH TIPS: hands or feet \$25
GEL POLISH: hands or feet \$20

RARO RITUALS

TIARE MAORI PACKAGE 60MINS \$115
Pamper your senses with a half hour massage & half hour exfoliating facial

PARADISE ISLAND RITUAL 90MINS \$180
Enjoy with a full body exfoliation, nourishing island wrap & finish with a facial

TIARE TAINA 90MINS \$150
Feel the stress dissolve with a sugar body glow & massage

MURI REJUVENATION 150MINS \$290
This decadent body package will whisk you away to a state of inner calm. Begin with a body exfoliation followed by a massage & finish with a hydrating facial. (Free choice of polish for fingers / toes)

SILKY SMOOTH YOU

EYEBROW ARC	\$20
LIP OR CHIN WAX	\$12
FULL FACE WAX	\$45
UNDERARM WAX	\$30
BIKINI WAX	\$35
HALF LEG WAX	\$35
FULL LEG WAX	\$60
FULL LEG & BIKINI	\$80
CHEST WAX	\$45
PARTIAL BACK	\$40
FULL BACK	\$70

COMPLETE EYE BROWS

SHAPE, WAX & FILL IN COLOUR SHADE \$25

GOLDEN GLOW TANNING

Instant self tanning mousse & wipes has been formulated with 100% plant extracts to make your skin look natural that lasts up to 7 days with the help of moisturiser & tan extender.

FULL BODY TANNING	45MINS	\$85
HANDS & LEGS TANNING	30MINS	\$40
FACE TANNING	15MINS	\$20
FULL BACK TANNING	30MINS	\$65

DAILY SPECIALS

EXPRESS YOURSELF MONDAY 90 MINS \$120
Time short, why not express yourself with treatments that prepare you for the week in the most efficient way possible?

Express Manicure + Express Pedicure + Express Facial.

MOEMOE (DREAMY) TUESDAY 50 MINS \$90
Drift away into oblivion as we massage you from head to toe, concentrating on the areas in need whilst you dream of refreshing cocktails and seductive island dancers.

WICKEDLY BLISSFUL WEDNESDAY 90 MINS \$180
Balance yourself with a botanical natural concoction of ingredients that will restore and invigorate the vital energy centers.

Full body exfoliation, nourishing island wrap finished with a clay mask and rosewater facial.

RESTORATIVE THURSDAY 60 MINS \$95
Restore radiance back to the body for a purifying salt scrub finished with an enriched coconut body butter rub.

FABULOUS FACIAL FRIDAY 60 MINS \$90
Cleanse, exfoliate, mask and moisturise using natural ingredients suited to your skin type.

SEXY SATURDAY 45 MINS \$50
Get ready for a night on the town.

Eyebrow shape plus tint and peppermint foot salt scrub.

GLOW DOWN SUNDAY 60 MINS \$105
Glow with a full body exfoliation for combination skin removing dead skin cells with the use of coconut oil infused sugar & vanilla essence.

Beach Messages also available
- weather dependent

Etiquette

Please arrive 10 minutes before your treatment time & upon arrival turn off all mobile phones. Our goal is to offer the most peaceful and relaxing environment possible.

Should I reserve my treatments?

Yes, book a reservation to avoid disappointment.

Cancellation Policy:

Your treatment time has especially been reserved for you however we understand that plans change. If do need to change or cancel you are required to give three hours notice. Failure to appear will result in the full amount being charged

What do I wear during my spa treatments?

We recommend you wear bikini briefs or pareu. The spa takes no responsibility for damage, staining or discolouration of clothing.

Should men shave before a facial?

Shaving isn't essential but is recommended. If you do choose to shave prior to your facial then be sure to do so well ahead of your scheduled appointment (at least 2 hours)

What if I have special health considerations?

Please notify our spa therapists or receptionist before booking your treatments if you have high blood pressure, allergies, other physical ailments or disabilities, or if you are pregnant. If you have a concern at all, let us know.

Room Service Menu

Enjoy a variety of meals with the added flavours of the Cook Islands - from the bounty of the sea to the abundance of the land. Each dish has been created to infuse the right flavours for you to embark on this culinary adventure. E kai i te kai meitaki no te oraanga, kia akamatutu i te kopapa no toou aerenga.

Akamata - Entrée

Beetroot and Braised Pumpkin Salad (LF) \$15.00
served with feta cheese and an orange segment drizzled with a herb citrus dressing

Recommended wine choice: Oyster Bay Chardonnay

Chargrilled Vegetables (GF) \$15.00
chargrilled local vegetables and halloumi cheese drizzled with a divine smoked tomato basil sauce

Recommended wine choice: Jules Taylor Sauvignon Blanc

Kaffir Marinated Chicken Skewers \$15.00
served with a spicy satay sauce and brown rice

Recommended wine choice: Ti Point Sauvignon Blanc

Pumpkin Soup (LF) \$17.00
roasted pumpkin soup drizzled with extra virgin olive oil served with garlic croutons

Recommended wine choice: Oyster Bay Chardonnay

Sashimi with a Difference (GF, LF) \$23.00
fresh yellow fin tuna served with pickled vegetable brunoise accompanied with soy sauce, wasabi,

pickled ginger and finished with a touch of lime coconut oil

Recommended wine choice: Jules Taylor Rose

Kaikai - Main

Vegetable Pasta \$24.00
slice green olives with mixed island vegetables served on tagliatelle drizzled with a basil tomato sauce topped with parmesan cheese

Recommended wine choice: The Ned Pinot Gris

Lamb Curry (GF, LF) \$26.00
Nepalese spiced lamb curry served with poppadom tomato chutney and steamed white rice

Recommended wine choice: Mudhouse Merlot

Catch of the Day (GF) \$28.00
fresh pacific catch of the day served with a creamy blue cheese mash potato, sautéed green beans and drizzled with a buerre blanc sauce

Recommended wine choice: Oyster Bay Chardonnay

Mango Chicken (GF) \$28.00
sweet mango slice rolled in chicken thigh served on a herbed rukau potato mash and topped with a roasted garlic cream sauce and parmesan cheese

Recommended wine choice: Haha Rose

Scallop Risotto (GF) \$32.00

pan seared queen scallop served with a mushroom risotto cooked in prawn oil finished with lemon butter sauce

Recommended wine choice: St Clair Pinot Gris

Seafood Pasta \$34.00

tagliatelle served with mixed seafood and drizzled with a basil tomato sauce and parmesan cheese

Recommended wine choice: Saint Clair Riesling

Lamb Rack (GF, LF) \$36.00

New Zealand lamb rack served medium rare on creamy rukau with roast pumpkin and a sweet carrot puree

drizzled with a plum brandy sauce

Recommended wine choice: Te Mata Estate Syrah

Beef Ribeye (250gm) or Beef Tenderloin (220gm) (GF) \$36.00

served with tarragon potatoes on green pea puree drizzled with a pepper sauce

Recommended wine choice: Peter Yealands Pinot Noir

Moana's Seafood Platter \$36.00

prawn, scallop, yellow fin tuna, oyster, lemon wedges, green salad, served with shallot vinegar and a cocktail dressing, served with parmesan garlic bread

Recommended wine choice: Saint Clair Pinot Gris

Maui's trio from the Sea (GF, LF) \$38.00

a trio of fresh Pacific yellow fin tuna – Polynesian style ika mata, grilled with herb lemon butter sauce and sesame seared sliced with teriyaki sauce, served with white or brown rice

Recommended wine choice: Jules Taylor Sauvignon Blanc

I te pae - Sides

Steamed white rice \$4.00

Parmesan Garlic bread \$6.50

Fresh green tossed salad \$8.50

Fries served with garlic aioli \$8.50

Wedges served with sweet chilli sauce \$8.50

Island sautéed vegetables \$8.50

Kai Vene - Desserts

Fresh Fruit Platter (GF, LF) \$15.00
seasonal island fresh fruits served with plum sorbet

Chocolate Mousse (GF) \$15.00
grand marnier chocolate mousse served with chantilly cream

Coconut Tart \$15.00
served with mango sorbet

Crème Brulee (GF) \$15.00
honey saffron brulee served with homemade plum sorbet

Baileys Affogato \$19.00
served with a biscotti

Cheese platter \$19.00
assorted cheese with dry fruit & crispy French bread crostini

Culinary Codes : GF = Gluten Free | LF = Lactose Free

For your convenience, this Room Service menu is available on Monday, Tuesday, Thursday and Saturday evenings, 6-9pm.

On Friday and Sunday evening Themed Night options are available, please check with the SilverSands Restaurant.

Allow for a 30 to 45 min wait for your meal to be served in your room. There is no extra charge for this service.

General Information

Time Zones

The following are the time zones for some countries. All hours are given ahead of Rarotonga and the Cook Islands. Daylight saving alters all hours by an hour.

Australia	+19	Hong Kong	+18
Canada	+ 3	New Zealand	+22
Fiji	+22	Tahiti	+ 0
Germany	+ 1	United Kingdom	+10
Hawaii	+ 0	USA (LA)	+ 3

Currency & Exchange

The Cook Islands uses New Zealand dollars, supplemented with some coinage from the Cook Islands. We are pleased to offer you currency exchange facilities at Reception. Other places where you can exchange currency are local banks and Global Ex. A \$10.00 dollar fee per transaction applies to all currency exchange at Reception – only a limited amount of funds can be exchanged.

Dietary Restrictions

Muri Beach Club Hotel is proud to offer a variety of gluten and lactose free menu options. For any further special menu/food/dietary requests, feel free to contact any one of our restaurant staff. We will do what we can to cater to your specific needs & advance notice is appreciated.

Rental Vehicles/License

Please see our reception staff who will be happy to assist you in hiring a car from \$40 per day or scooter from \$20 per day during your stay with us. You now no longer require a Cook Islands licence as long as you hold your current overseas licence in the same class of vehicle. Helmets are now compulsory for visitors driving a scooter as well as the passenger.

Doctors Services

For any medical assistance please contact Reception. Fees apply when visiting a medical doctor or for a doctor visiting you. Ambulance service also incurs a fee.

Public Transport

Rarotonga boasts an extremely reliable and efficient bus service. There are three bus schedules:

(1) Clockwise (2) Anti-Clockwise (3) Night time

The nearest bus stop is at the top of the drive to your right. Please contact Reception for more information. Buses can be caught almost anywhere around the island on the roadside, except on corners. The bus schedule does vary on public holidays. Detailed bus schedules are available at Reception.

Your Room

Check-in Time

Check-in time for the Muri Beach Club Hotel is 2:00 pm.

Check-out Time

Check-out time for the Muri Beach Club Hotel is 10:00am.

Early Check In & Late Check Out 6am/6pm

This can be arranged with reception at NZ\$180 based on space available at the time

Day Room Use

For those that have not booked Early Check In or Late Check Out, we do have a shower facility available in the Lagoon Lounge. This facility is provided free of charge to guests. Please pick up the key from Reception with your nominated time of use, as there may be other guests wishing to use this room. Towels, toiletries and a hair dryer are provided.

Air Conditioning

All rooms are air conditioned for your comfort. Your key tag will activate your air-conditioning unit by inserting the tag into the slot located on the wall close to your bathroom and remote control. Please use the remote to set your temperature of choice, recommended at 24 degrees Celsius. We would appreciate your help with power saving by keeping your doors and windows closed when using your air conditioning. Please ensure the air conditioning is not left on while the room is not occupied. There is a \$50 fee if vacating your room and the air conditioning unit is left on.

Amenities

Complimentary amenities are provided in your room. Please see Reception or the Housekeeping staff if you require extra amenities.

Safe

A safety deposit box is available in the cupboard below the TV in your room with instructions provided. Should you require assistance please phone Reception.

Telephone Services (charges apply)

Your room is equipped with a telephone for internal, local and international calls.

For an outside line dial "9"

For international direct dialling (IDD) dial '9' then '00' for access

Charges apply to all local and international calls.

Television

Please note that TV reception in the Cook Islands does not always have a strong signal. If you need your TV tuned please phone Reception. We also have hard drives with movies and TV shows available for 24 hour use at Reception. We have limited stock so first in first served basis.

Water

Our tap water is filtered but not treated so we recommend that our guests boil their water for drinking, or alternatively purchase bottled water - available at SilverSands Restaurant and the bar, or Reception Gift Shop. Bottled water is also available at cost from your mini bar.

Ice

Ice is available from the restaurant during operating hours free of charge. Please bring your ice bucket to the restaurant, located in the cupboard above your fridge. The ice is UV treated & filtered, so safe to consume.

Iron & Ironing Board

For your convenience, an iron and ironing board is located in your closet.

Hairdryers

Hairdryers are located in your room in the wardrobe or attached to the wall in the bathroom.

Laundry / Dry Cleaning

Muri Beach Club Hotel offers overnight laundry and dry-cleaning services with local company Snowbird Laundry. Please drop your items in to Reception no later than 8:00am for same day delivery. Cost is \$30 per bag (large or small) for wash, dry and fold. Currently there are no specialised dry cleaning facilities on the island. There are no laundry services available on Sunday or on public holidays.

Umbrella

This is available at your convenience in your wardrobe. Please take responsibility in ensuring your umbrella is returned to your room or charges may be incurred.

Mini Bar

Your room has been supplied with a mini bar. Mini-bar items are replenished daily. If extra supply is required, please ring Reception. If you require something not supplied in your mini bar, please order from the bar. If you would like the mini bar removed, please inform Reception. All stock is subject to availability.

Hotel Facilities

Snorkelling Equipment, Kayaks & Paddleboards

Kayaks, paddle boards and snorkelling equipment are located right on the beach outside the SilverSands Restaurant with our compliments, by self-service arrangement. Beach towels can be found inside your room wardrobe or see Reception or Housekeeping for replenishments. Please ensure all gear is returned after use. Treddlecats and sail boats are available for hire. Please enquire with reception or at the bar.

Reef Shoes

Reef shoes are available for sale in the giftshop. We highly recommend using reef shoes when walking or swimming in the lagoon.

Beauty & Spa

For massages, spa treatments and daily specials please see our Spa and Beauty centre. Please ask Reception to arrange a booking to avoid disappointment.

Gift Shop

The gift shop in the lobby features some of Rarotonga's very unique arts and crafts, great as souvenirs or gifts. The shop also has a small range of snacks and drinks to choose from at very competitive prices.

Guest Lagoon Lounge

The guest lounge is located above the SilverSands Restaurant & Bar with stunning views of the ocean and mountains, this spot is ideal for relaxing. There is also a television, book shelf, cards and board games in the lounge for guest to use. The lounge may be in use for conference events and weddings throughout the year.

Luggage Storage

Luggage Storage is available at Reception free of charge. Please contact Reception for any storage needs you may have and if you require assistance with your luggage.

Pool Rules

- The pool is available for use from 7.00am to 10.00pm.
- Restricted to house guest and patrons
- No food or beverage in pool
- No swimming if intoxicated
- No diving or bombing
- Be respectful of other users
- Management reserves the right to deny pool access for a breach of these rules or other unseemly or unruly behaviour.
- There is no lifeguard on duty around the pool at any time
- No running around the circumference of the pool

Liquor Licence Requirements

You are respectfully reminded that you are not to consume any alcohol that you may have purchased yourself in any of the public areas of the hotel. This is to be consumed on your balcony or in your room.

Services

Breakfast

Our complimentary tropical breakfast buffet is available daily in our SilverSands Restaurant from 7:30am-10:00am. Our delicious cooked breakfast menu is also available at additional cost – ask your waiter for one if required.

Room Service

We are pleased to provide you room service delivery free of charge for breakfast, lunch and dinner. Please call SilverSands Restaurant to place an order. Early morning breakfast (before 7.30am) can also be pre-ordered and delivered the night prior with the Restaurant. This consists of cereal & fruit. The Room Service menu applies to dinner only on a la carte nights. Please check with Restaurant staff on options for theme nights.

Managers Cocktail Party

We provide a Managers Cocktail Party once a week with complimentary drinks and canapés to welcome you to the island. This is a great opportunity to get to know you better and highlight the “must do’s” on the island. Please enquire at Reception for the date of our next cocktail party.

Tours & Activities

Information can be found at Reception for all the activities Rarotonga has to offer. Inquiries and bookings can be made directly at Reception for your convenience. Please check with the staff for their recommendations.

Wake-up calls

Wake-up calls may be placed with our Reception. Please contact Reception to book your time.

Scanning

Scanning is available at Reception for a cost of \$1.00 per page.

Internet / Email Access

Internet/Email services are complimentary when using the computer at Reception. If you would like to use your device for wireless internet you can obtain a local WiFi card from our Reception for a minimum charge. Wifi connections are most effective in the Reception, Restaurant, Beachside & Poolside, but available in some rooms also.

Photocopy and Printing Services

Photocopy and printing services are available at Reception for black and white copies only. Cost per page is \$1.00. Colored photocopies can be arranged at \$4.00 per page and may require to be arranged in advance. Please see Reception.

Events / Functions

Private functions and events are our specialty. If you are celebrating a birthday, anniversary or a special time in your life, let us know & we will be happy to spoil you. Please be aware that whilst we endeavour to uphold our over 18 policy, we occasionally accept families onsite for events, functions & weddings. Prior notice will be given to your room in these cases.

Weddings

Muri Beach Club Hotel has become well known for wedding ceremonies, receptions, vow renewals and surprise engagements. We can cater from 2 - 150 guests to celebrate such special moments. For more information please see our Weddings and Events Manager.

Conference Services

The Muri Beach Club Hotel is pleased to provide any conference services required. Should you need AV equipment and/or business services please contact Reception and we would be most happy to oblige. Fees and charges apply.

Emergency Services

Please dial ‘0’ for all emergencies.

In case of fire – a extinguisher is located outside your door on the walkway. Rooms are also equipped with smoke detectors. Our designated meeting point in such an event is the carpark in front of Reception.

Housekeeping

Your rooms will be serviced daily with turndown later in the evening. If you would like your towels changed please leave them on the floor. Leaving them on the rack indicates that they do not need to be changed. If you require any further amenities, towels or otherwise, please contact our Reception team. Housekeeping will be unable to service your room if the ‘Do not disturb’ sign is hanging on the door.

Green/White Foot Campaign

In an attempt to reduce energy and water use on the island, please observe the ‘green foot’ sign for changing sheets and the ‘white foot’ sign for changing towels, which you will find on your door to hang for housekeeping. Thank you for helping us preserve our beautiful but fragile environment.

Smoking

Please note all rooms are strictly non-smoking, including the balcony. This applies to all public areas of the hotel as well, as per the Cook Islands Tobacco Regulations 2008. Ask at Reception for the designated areas. Sizable fines do apply if this rule is not adhered to.