


Fiji's Kokomo Private Island Takes Travellers on a New Wellness Journey; Harnessing The Impressive Healing Powers of The South Pacific

Home > Blog/News > Fiji News > Fiji's Kokomo Private Island Takes Travellers on a New Wellness Journey; Harnessing The Impressive Healing Powers of The South Pacific

Published by  Rohit Rex at  August 30, 2019

Tags Categories



Kokomo Private Island Fiji, the jewel of the South Pacific, is introducing the opportunity to explore and experience the private island in a new light, by embracing the **natural healing powers of Fiji**, with new tailor-made **wellness journeys**. Surrounded by stunning white sandy beaches and encircled by the **Great Astrolabe Reef** – the fourth largest on the planet and famous for its **world-class diving and snorkeling** – there is truly no better destination to indulge and voyage in a journey of self-care unlike any other.

Kokomo offers the incredible opportunity for guests to choose from **three distinctive programs** that tailor **movement sessions and spa treatments** to assist in reaching **personal wellness goals**. Each program focuses on a different wellness journey ensuring exclusive activities for guests striving to enhance their active lifestyle or looking to relax and revive at the island sanctuary.

The **Activate Retreat** explicitly caters to guests looking to kickstart a new fitness regime or enhance a current active lifestyle. With an abundance of water and land activities, Kokomo sets the tone for the perfect environment to flourish and rediscover vitality. The program involves working closely with an on-site fitness team, personal training sessions, and post-session soothing massages, naturopathy and other holistic wellness treatments. Complimentary activities include yoga, water sports and fitness facilities.

The **Rest & Restore Retreat** is a restorative program aimed to soothe the spirit and restore the body. The tailored spa and wellness package set in the ultimate oasis of serenity is the perfect opportunity to pause, reflect, and connect with the beauty of nature. There is a range of blissful spa treatments to enjoy at **Yaukuve Spa Sanctuary** using iconic Australian skincare brand Sodashi. Kokomo's highly-skilled therapists draw on their long-practiced healing techniques to help guests relax, restore and rejuvenate, while daily personalized private yoga and movement sessions promise to gently reawaken and balance the body.

The **Bespoke** Journey allows guest to create their own personally crafted program, tailor-made to suit any and all wellness needs in terms of nutrition, holistic treatments and activities. A wellness consultation will take place upon arrival, where Kokomo's Health Practitioner will ensure the custom-made journey lays the foundation for next steps to wellbeing.

To further add to the island's wellness practices, Kokomo hosts experienced **Visiting & Resident Practitioners**, with unique qualifications and skills who offer special treatments at different times throughout the year. **Resident Practitioner, Kim Campbell** draws upon her expertise in various natural therapies, including nutrition, iridology, **herbal medicine**, and flower essences. "Drawing from my inspiration on the island, I like to take a holistic approach in guest consultations, ensuring all factors essential to wellbeing are considered from physical and mental to emotional and spiritual. There are so many wellness opportunities for guests to take advantage of on the island, including herbal remedy and tailored nutritional meals made with ingredients harvested from our 5.5-acre organic gardens" says Campbell.

Additionally, from September 27 –October 6, Kokomo's guests can experience the **wisdom and art of acupuncture** for optimal wellbeing under the direction of Visiting Practitioner, **Keri Krieger**. Moreover, from December 28 through January 5, guests can take advantage of Visiting Practitioner and Roling Specialist, **Maria Hussain**, to regain **postural efficiency and freedom of movement**.

The balancing act of wellness and mindful indulgence go hand in hand. Kokomo's new residential wellness programs are supported by **sustainably driven and nutritious Fijian and South Pacific ingredients and flavours**, led by the expertise and passion of award-winning **Executive Chef Cory Campbell**. Committed to supporting the island community and sustainability, Campbell takes locally sourced produce, harvested from the island's 5.5-acre farm, and transforms them into decadent gourmet meals, championing **'Dock to Dish'** Fiji and farm to table dining. The **sustainable menu restores cellular function and encourages energy and endurance**. Any intolerances and allergies identified in the Arrival Wellness Consultation with the Health Practitioner so that the most appropriate meals can be planned to support the stay.

Since its' launch, Kokomo Private Island has engaged the specialist services of respected spa and wellness consultant Naomi Gregory. With involvement in award winning wellness destinations Kamalaya Koh Samui, Chiva-Som International Health Resort and Gaia Retreat and Spa, Gregory says "The powerful healing traditions of the South Pacific combined with its' exquisitely breathtaking natural surrounding make Kokomo the perfect backdrop to support a wellness immersion like no other."

Wellness Photography for Kokomo Private Island Fiji can be accessed below:


<https://www.dropbox.com/sh/c99hh22i03g0frd/AAANLoID03fDkqPrZPICKSaa?dl=0>

Related posts



August 30, 2019

Theda points out equality for women is a catalyst for a thriving economy


 Read more



Ben Johnson, Outrigger Fiji Beach Resort; Jelena Stekolstskova, Flight Centre Taranaki Street; Vivienne Valentine, Outrigger Fiji Beach Resort; Dora Patel, Flight Centre Taranaki Street

August 30, 2019

High agent interest matches increasing numbers to Fiji


 Read more



Kiwi buyers Wendy Graham, Lifestyle Holidays(left) and Gemma Loau, Our Pacific talk A220-300s with Air Vanuatu's New Zealand manager, Jonas George at Tok Tok yesterday.

August 30, 2019

New aircraft, interlines and codeshares: NF CEO delivers on promises

 Read more

Contact Us

Contact Us

Post:
PO Box 13119, Suva, Fiji Islands

Call or Fax:
Telephone: (679) 330 4177
Fax: (679) 330 1995

Head Office:
Level 3, FNPF Place
343-359 Victoria Parade
Suva, Fiji Islands

Connect with us

Here you can follow South Pacific Tourism Organization on our social media channels.

