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Castaway Island, Fiji Unveils New Adaptive Wellness Program Blending Culture, Cuisine and Calm



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Mamanuca Islands, Fiji - [Castaway Island, Fiji](#) has unveiled a new adaptive wellness program, launching this September 2025, offering guests a three to seven day journey of renewal. The program blends daily sunrise yoga with fresh-pressed wellness juice booster shots, nourishing wholefood menus, island bushwalks, immersive cultural experiences and restorative spa therapies, all seamlessly integrated into a quintessential Fiji island escape. It is designed to help guests restore balance, reconnect with themselves, and leave the island feeling revitalised.

Flexible and personalised, the program can be added to any stay, allowing guests to choose the duration and inclusions that best suit their holiday. Guided by the resort's experienced team, each day begins with yoga on the oceanfront deck, followed by nutrient-packed booster shots and a curated schedule of activities, including guided nature walks, Fijian cooking lessons, coconut weaving, and snorkelling trips. By combining movement, nutrition, mindfulness and spa therapies in a serene island setting, the program immerses guests in both wellness and authentic Fijian culture.

Nutrition plays a central role, with menus built on a wholefood, protein-led philosophy designed to fuel energy and mental clarity. Dishes include quinoa salads with roasted vegetables and nuts, herb-grilled fish served with garden greens and sweet potato, and tropical fruit bowls layered with Greek yoghurt, seeds and roasted nuts.

The program also includes a carefully curated spa and massage element, offering guests the chance to discover the holistic benefits of wellness therapies in a calming environment. Guests can enjoy a guided spa experience with three treatments included, such as aromatherapy massage, hot stone therapy, detoxifying body scrubs, and rejuvenating facials. Each guest also receives a calming aromatherapy pillow mist upon check-in to promote restful sleep.

Rates start from FJD \$764 for a three-day program and extend to FJD \$1,156 for a seven-day program, inclusive of a wellness-aligned meal plan and three spa and massage sessions. For guests whose accommodation already includes a meal plan, a supplement of FJD \$470 per person applies.

“Castaway Island has always been a sanctuary for rest, renewal and reconnection with self, nature and wellbeing,” said Steven Andrews, General Manager of Castaway Island, Fiji. “With our new wellness program, we want to support our guests in achieving energy, clarity and vitality during their stay, and carry that feeling with them long after they leave. It’s an opportunity to move, breathe and thrive in one of Fiji’s most beautiful island settings.”

For reservations and further information on Castaway Island, Fiji’s wellness program, visit <https://www.outrigger.com/fiji/castaway-island-fiji>

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