

## For the ladies

Ladies, this page is just for you! Write to us and let us know what you would like to have on this page.

Maybe you would like to share Fijian recipes or new recipes you've picked up here in the UK?

Perhaps you have some great shopping secrets you'd be willing to divulge.

Do you know where to find special ingredients necessary to whip-up a delicious Fijian dish or European alternatives? What about indulgent weekend and spa treatments - would you be interested?

We can't wait to hear about your experiences in this country or some great insider tips of where to go or what to do. Your interesting stories could be useful to other ladies so please share them.

Email us at [info@pacifikana.com](mailto:info@pacifikana.com) and tell us what you would like and we'll be happy to do some research and publish it here.

Remember, this page is only for us, ladies!