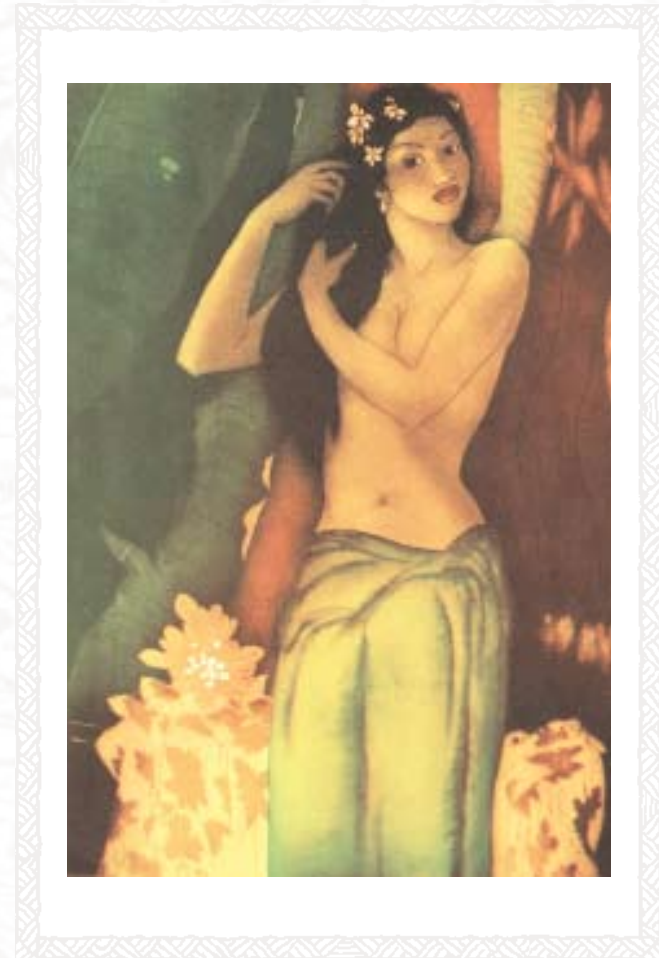


*Spring 2009 Directory of Services  
Spa Treatments & Therapies*

*Hualālai Spa*  
*100 Ka'ūpālehu Drive*  
*Ka'ūpālehu-Kona, Hawai'i 96740*  
*808-325-8440 Fax 808-325-8566*



*Hualālai*  
*at Historic Ka'ūpālehu*

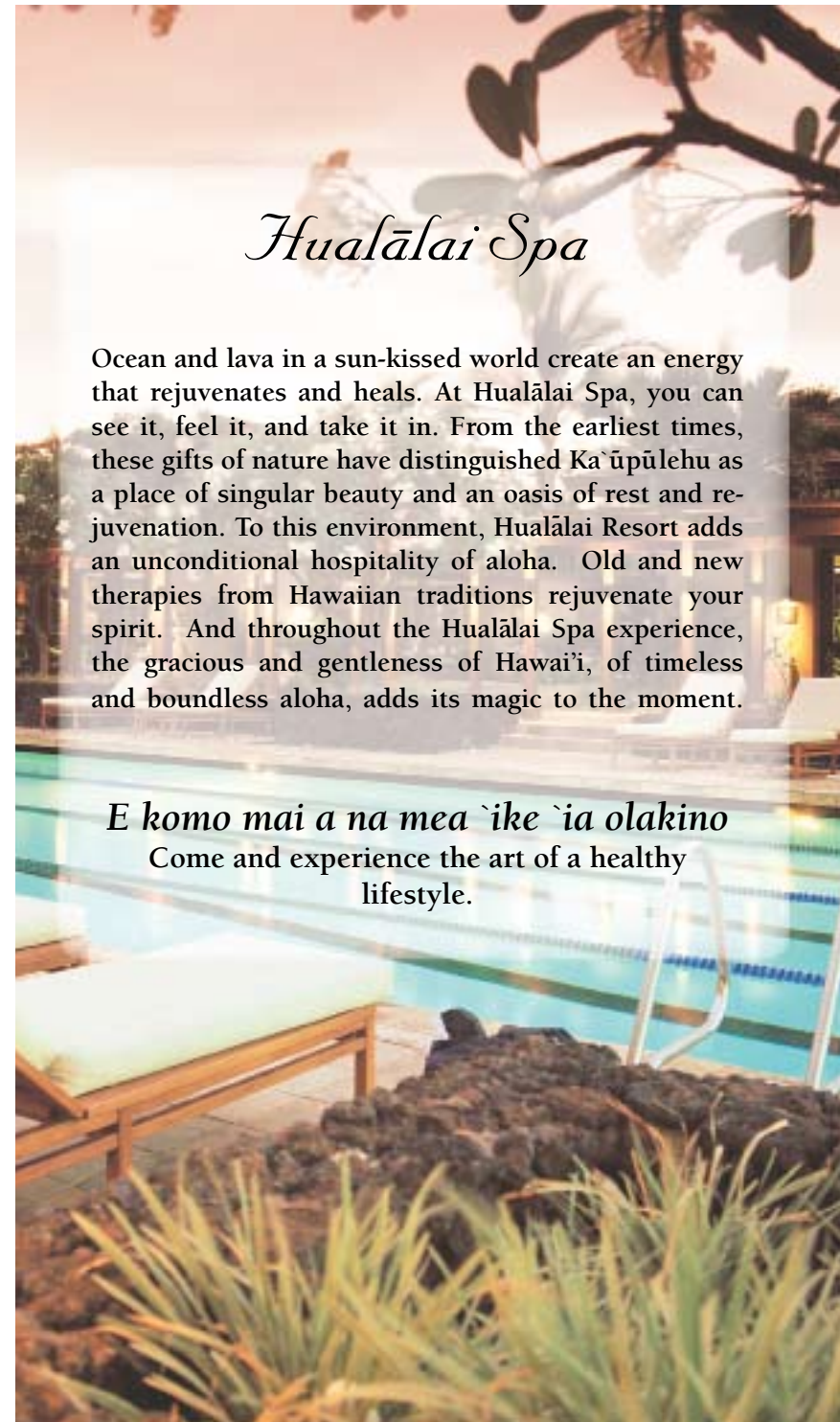


## RESERVATIONS

If you must reschedule or cancel an appointment, please let us know four (4) hours in advance to avoid being charged in full. The cancellation policy for groups is 72 hours in advance of arrival.

## SPA ETIQUETTE

- Children under the age of fourteen (14) are not permitted in the spa.
- Smoking and alcohol are prohibited in the spa and fitness areas.
- Arriving late may shorten your service. Your service will end at the scheduled time so that the next guest will not be inconvenienced.
- Hualālai Spa is a cell phone free zone.



## *Hualālai Spa*

Ocean and lava in a sun-kissed world create an energy that rejuvenates and heals. At Hualālai Spa, you can see it, feel it, and take it in. From the earliest times, these gifts of nature have distinguished Ka`ūpūlehu as a place of singular beauty and an oasis of rest and rejuvenation. To this environment, Hualālai Resort adds an unconditional hospitality of aloha. Old and new therapies from Hawaiian traditions rejuvenate your spirit. And throughout the Hualālai Spa experience, the gracious and gentleness of Hawai'i, of timeless and boundless aloha, adds its magic to the moment.

*E komo mai a na mea `ike `ia olakino*  
Come and experience the art of a healthy lifestyle.

HOURS OF OPERATION  
MENU OF SERVICES AND FEES

Spa

Open daily from 8:00 a.m. to 8:00 p.m.

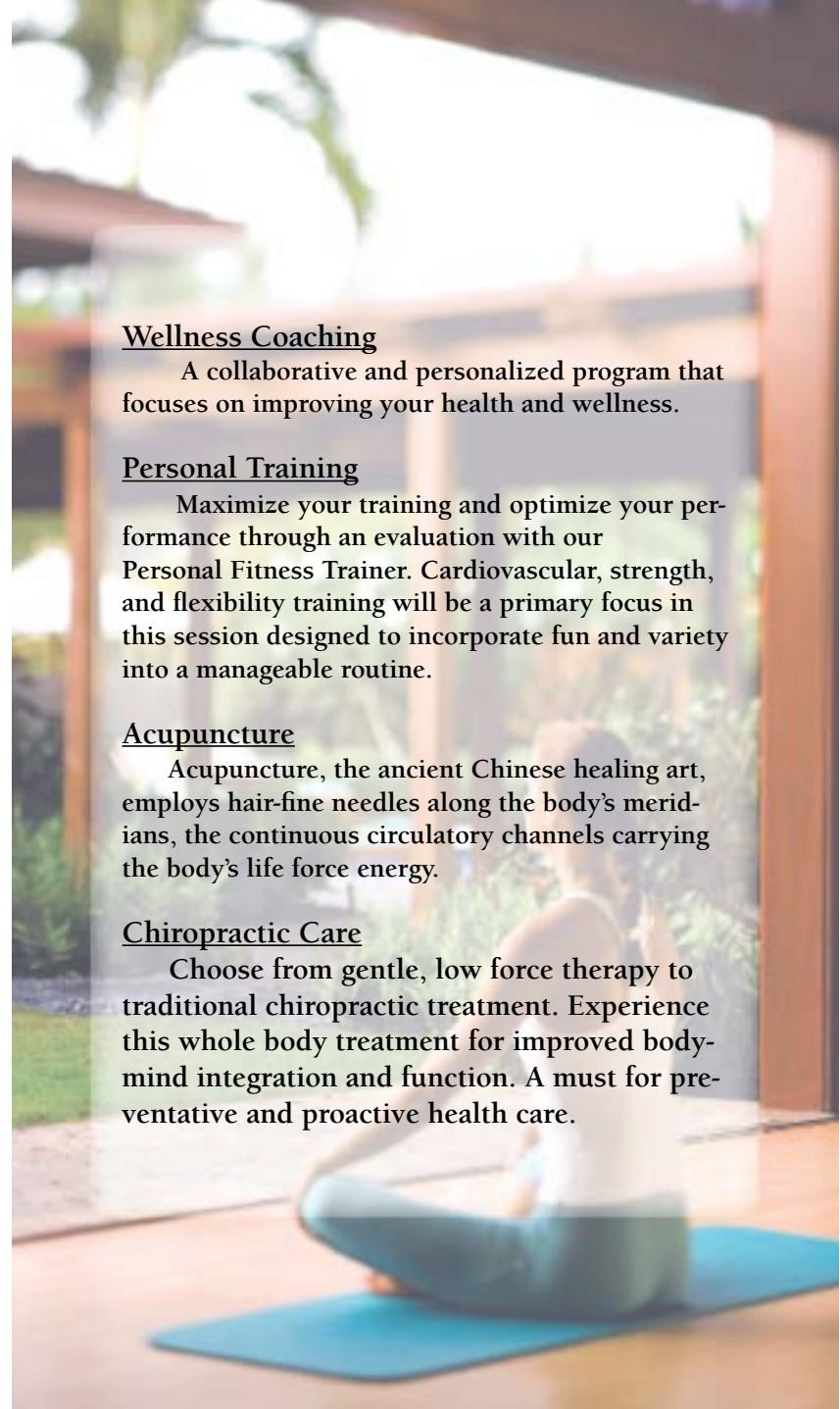
105 minutes	\$300
80 minutes	\$225
50 minutes	\$170

An additional 20 minutes may be added on to any treatment for \$85.

Poolside Massage and Nail Services

Offered daily from 11:00 a.m. to 5:00 p.m.  
No reservations required, appointments on a first come first serve basis.

Please contact 325-8440 (in-house dial 53) for information.



Wellness Coaching

A collaborative and personalized program that focuses on improving your health and wellness.

Personal Training

Maximize your training and optimize your performance through an evaluation with our **Personal Fitness Trainer**. Cardiovascular, strength, and flexibility training will be a primary focus in this session designed to incorporate fun and variety into a manageable routine.

Acupuncture

Acupuncture, the ancient Chinese healing art, employs hair-fine needles along the body's meridians, the continuous circulatory channels carrying the body's life force energy.

Chiropractic Care

Choose from gentle, low force therapy to traditional chiropractic treatment. Experience this whole body treatment for improved body-mind integration and function. A must for preventative and proactive health care.

Nail Services

- Manicure \$50
- Pedicure \$80
- French Manicure \$55
- French Pedicure \$90
- Polish Change Hand \$25
- Polish Change Feet \$25
- French Polish Change Hand \$30
- French Polish Change Feet \$30

Make-up and Tinting Services

- Make-up Application \$80
- Eyelash Tint \$45
- Eyebrow Tint \$35

Bridal Packages

- Manicure, Bridal Hair Design, Make-up Application \$185 and up
- Manicure, Pedicure, Bridal Hair Design, Make-up Application \$235 and up

*Apothecary*

The rich culture, land and integration of past and current healing practices of Hawai'i serve as the inspiration for the Apothecary at Hualālai Spa. Taking into consideration the guest's physical characteristics, preferences for nature based scents, and desired benefits, both physical and spiritual, a personalized blend will be created.

A diverse collection of natural, local ingredients are displayed and blended at the Apothecary. Over twenty Hawaiian ingredients such as *māmaki*, *'alaea salt*, *'awapuhi* (ginger), coconut, Hawaiian essences and essential oils are available at the Apothecary.



## THE HUALĀLAI SPA

### **Hulali (Scrub Treatment)**

50 min \$175  
 with Vichy shower additional \$18

For radiant skin, we suggest that you begin your stay with a traditional Hawaiian scrub created at the Apothecary. A personalized blend of local ingredients will be used to polish your body and prepare your skin for other treatments.

### **Wawali (Wrap Treatment)**

50 min \$175  
 with Vichy shower additional \$18

Inspired by traditional ingredients, your personal body mask is blended to meet your individual needs. Your mask will be customized to focus on your need for moisturizing, mineralizing, cleansing and softening. To enhance your wrap, a steamed poultice will be placed on the joints while you are cocooned in warm linens enjoying a facial and scalp massage.

### **Linohau (Full Body Experience)**

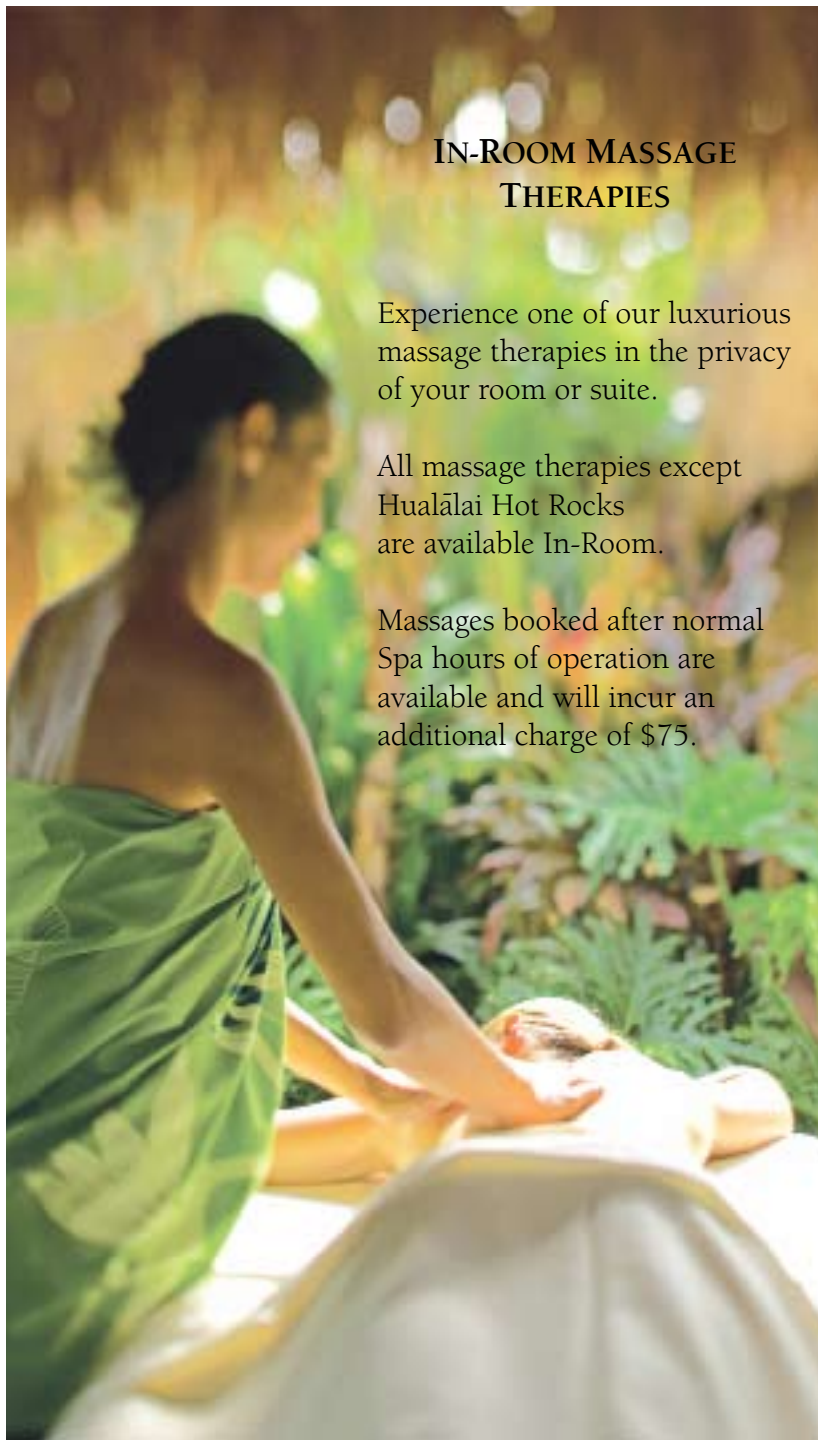
120 min \$400  
 with Vichy shower additional \$18

A deluxe offering that includes the *Hulali* (scrub) and *Wawali* (mask & wrap) and an extended massage period.

## HAIR SERVICES

- Shampoo & Style \$60 & up
- Woman's Haircut & Style \$95 & up
- Man's Haircut & Style \$80 & up
- Children's Haircut (under 12) \$40 & up
- Shampoo & Blow-dry Straight \$80 & up
- Special Occasion Style (on clean, dry hair) \$85 & up
- Bridal Design (on clean, dry hair) \$105 & up
- Deep Conditioning Treatment \$40 & up
- Hair Color Only \$90 & up
- Hair Color with Style \$140 & up
- Highlights with Style \$165 & up
- French Braid \$50 & up
- Corn Row Braid \$10 per braid





### IN-ROOM MASSAGE THERAPIES

Experience one of our luxurious massage therapies in the privacy of your room or suite.

All massage therapies except Hualālai Hot Rocks are available In-Room.

Massages booked after normal Spa hours of operation are available and will incur an additional charge of \$75.

### THERAPEUTIC BODY TREATMENTS

#### Hualālai Macadamia Nut Scrub

Rejuvenate your skin with the moisture-balancing agents found in macadamia nuts. This treatment concludes with a Vichy shower and a body mist containing the essence of coffee and caramel.

#### Polynesian Niu (Coconut) Scrub

This deliciously scented, luxurious tropical treatment blends organic pineapple and coconut to polish and hydrate your skin.

#### Green Tea and Ginger Wrap

Nourish your skin with this treatment rich in antioxidants and vitamins. Excellent for dull and tired skin and leaves the skin with a younger and firmer looking appearance.

#### Mane'o (Foot Treatment)

Take care of your "soul" while you enjoy this divine foot bath, followed by a healing and balancing foot massage to calm and reduce the stress in the body, mind and spirit. The treatment also includes a luxurious face, scalp and neck massage. Excellent for expectant mothers.



**Beauty is the sum of all good things reflected in body and soul. As inspiration comes from within, so do beauty and well-being. At Hualālai Spa, ancient and modern healing traditions come from around the world and are combined with pure natural ingredients in a nurturing Hawaiian setting.**

### Thai Massage\*

Thai massage is an ancient method that involves stretching and deep massage, offering many of the same benefits as yoga. A combination of gentle stretching, bending, and pulling, intended to align the energies of the body, and restore or improve the flow of *prana* or “vital force”.

### Craniosacral Therapy\*

This light touch therapy of the head helps release restrictions in the craniosacral system that surrounds the brain and spinal cord. Beneficial for headache, TMJ syndrome, dizziness, chronic fatigue, hormonal imbalance and much more.

### Hualālai Hot Rocks Massage

Hot and cold stones are placed on and under the body to open the energy centers. The balance and relaxation brought about by this unique treatment leaves you with a feeling of wholeness and peace.

### Reiki

This ancient Japanese form of healing is favorable for relieving pain, decreasing stress, migraines, high blood pressure and much more.

### Trager

This therapy is based on the premise that all physical tension has a corresponding holding pattern in the mind. It combines gentle rocking and deeply relaxing, non-intrusive movements.

### Shiatsu\*

An ancient Japanese finger pressure massage incorporating varying rhythms and degrees of pressure to balance energy that flows through specific pathways of the body.

*\*T-shirt and shorts are recommended apparel*

## MASSAGE THERAPIES

### Lomilomi Massage

This traditional Hawaiian massage is a sacred healing art handed down from generation to generation by Kupuna (elders). Techniques are rhythmic and unique to each therapist, integrating the use of elbows and forearms.

### Swedish Massage

A classic full body massage utilizing the five traditional Swedish strokes.

### Sports & Fitness Massage

Specifically formulated to help the body eliminate metabolic waste and soothe sore muscles, tendons and ligaments.

### Aromatherapy Massage

Essential oils are massaged into the body to stimulate its own self-healing.

### Hāpai (Pregnancy) Massage

This treatment is designed to reduce stress, promote relaxation, increase circulation, and nurture and honor you in this special time.

### Couples Massage

Relax and enjoy the benefits of massage together. Each person may choose a service from the selection above.

## FACIAL TREATMENTS

### Indulgent Facial

50 min

Deep facial cleansing along with gentle exfoliation is followed by an intensive Swedish massage to face, neck and shoulders, incorporating Oriental tsubo points to release toxins and stagnant Ki, followed by lymphatic drainage techniques, to aid elimination.

### Intensive Facial

80 min

Our Intensive Facial is focused on enhancing the appearance and improving the condition of the skin, through more intensive massage and lymphatic drainage techniques. The use of aquamarine cold stones further reinforce the effects. These stones have powerful decongesting and toning properties, whilst harmonizing the mind and body, resulting in deep relaxation and peace. An Oriental scalp massage is carried out while the masque is taking effect.

### The Ultimate Facial

105 min

This manual face lift combines the latest in advanced anti-aging skin care products and massage techniques. Included is an effective micro-dermabrasion, to increase the absorbency of the antioxidants and multi-vitamins along with specific massage, including Myofascia Release, trigger points and advanced lifting and firming techniques. The skin is left visibly smoother, firmer and more toned.

FACIAL TREATMENTS

**Ka Nani (Beautiful) Facial 80 min**

This treatment gives immediate results using a scientifically proven crystalline mask to restore moisture and smooth fine lines. It includes a warm coconut and kuku`i nut oil scalp treatment which leaves hair soft and silky.

**Radiance Facial 50 min 80 min**

Experience the results of this extraordinary facial formulated to minimize fine lines while lifting and firming the skin.

**Vitamin C Facial 50 min 80 min**

The power of Vitamin C is brought to your skin in a unique carrier system. This custom designed facial will incorporate the use of one of three masks infused with pure Vitamin C based upon your skin's specific needs.

**Wai Meli (Honey) Facial 50 min 80 min**

Enjoy the healing power of Propolis, the highly sought-after derivative of honey that is rich in antioxidants and bio-flavinoids. It is pure nutrition for your skin.

FACIAL TREATMENTS

**Kāne (Male)Facial 50 min 80 min**

Relax with our antioxidant facial and steam wrap especially designed for men. You'll enjoy fresh, healthy looking skin and a balanced and relaxed mind. A great substitute for the '19th hole' or after a day in the sun!

**After Sun Facial 50 min 80 min**

Using the unique properties of Noni, a tropical island fruit, known for its legendary healing properties, this treatment is designed to relieve and nourish sun damaged and irritated skin.

