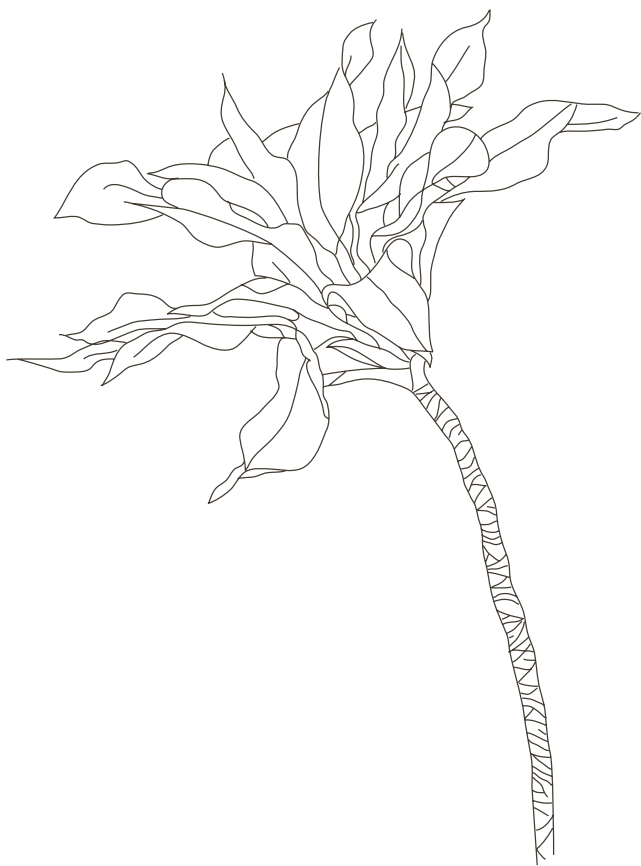


HUALĀLAI SPA MENU





Hualālai Spa at Four Seasons Resort Hualālai

Resting in the arms of Ka'ūpūlehu, Hualālai Spa brings together the natural wealth found in this 'ahupua'a (land division) that Four Seasons Resort Hualālai resides. Hualālai Spa features locally sourced ingredients and healing Hawaiian extracts scented with the island's essences, evoking the senses to the Kona-Kohala coast. The lush location is inspired by nature itself to create a quiet, calming, and serene journey.

We invite you to explore the spa offerings, as each treatment pays homage to the island of Hawai'i through ancient techniques and native plants used for healing.

Waiea (Water of Life) Garden

At the heart of Hualālai Spa you will discover Waiea (Water of Life) Garden. The river has always been a deeply meaningful symbol, with roots in almost all ancient cultures. This simple flow of water symbolizes life experiences, and richly illustrates purity, healing, and cleansing. We invite our spa guests to experience a powerful, awe-inspiring sensation as you walk the Reflexology Path within the Journey River. Feel the hypnotic rhythm as you allow the salt water to flow beneath your feet. Revel in the feeling of the lava stones and sand quartz as they subtly massage the flex points of your soles. For this journey, choose to silently walk this path alone or gracefully invite others to be a part of your meditation.



Massages for Relaxation and Stress Relief

Hawaiian Lomi Lomi

50/80 min USD 190/260

This traditional massage is a sacred healing art, passed down from generation to generation by kūpuna (elders). Techniques are rhythmic and unique to each therapist, integrating the use of palms and forearms for a full-body wellness massage.

Couples/Duo

50/80 min USD varies by treatment

Relax and enjoy the benefits of massage, side by side in our couple's hale (house). Each person may select Lomi Lomi, Swedish, or Deep Tissue massage to suit his or her needs.

Hualālai Hot Stones

80 min USD 275

A powerful, restorative, energy-balancing, and grounding treatment, where hot and cold stones are placed on and under the body to open energy centers and promote circulation. Massage is incorporated to take advantage of the increased circulation and promote a feeling of balance, rejuvenation, and relaxation.

Swedish

50/80 min USD 190/260

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

Sweet Dreams

80 min USD 290

A quartz crystal bowl sings sweetly, colors and lights are visualized and invoked to harmonize, sending waves of calm throughout the entire body. A massage to the face, neck, and feet relieves tension, transports the spirit and will lure you into the place of sweet dreams.

Wāwae Hau'oli (Happy Feet)

50 min USD 195

Enjoy this divine healing and balancing foot, neck, and scalp massage to calm and reduce stress for the body, mind, and spirit. This treatment is only available indoors.

Deep Tissue

50/80 min USD 230/290

Firm pressure and slow strokes reach the deeper layers of the muscle, allowing the body to experience a slow release of tension.

Sports & Fitness

50/80 min USD 230/290

Designed to enhance the athletic performance and recovery, a sport-specific massage includes stretching, cross-fiber friction, and range of motion techniques.



Duo Massages

Relax and enjoy the benefits of massage, side by side in our couple's hale (house) or our Outdoor Duo's spa suite. Each person may select a massage to suit his or her needs.

Duo Hawaiian Lomi Lomi 50/80/ USD 380/520

This traditional massage is a sacred healing art, passed down from generation to generation by kapuna (elders). Techniques are rhythmic and unique to each therapist, integrating the use of palms and forearms for a full-body wellness massage.

Couple's Hualalai Hot Stones 80 min USD 550

A powerful, restorative, energy-balancing, and grounding treatment, where hot and cold stones are placed on and under the body to open energy centers and promote circulation. Massage is incorporated to take advantage of the increased circulation and promote a feeling of balance, rejuvenation, and relaxation.

Duo Swedish 50/80 min USD 380/520

A classic relaxing full-body wellness massage utilizing the _ve traditional Swedish strokes.

Couple's Sweet Dreams 80 min USD 580

A quartz crystal bowl sings sweetly, colors and lights are visualized and invoked to harmonize, sending waves of calm throughout the entire body. A massage to the face, neck, and feet relieves tension, transports the spirit and will lure you into the place of sweet dreams.

Duo Wawae Hau'oli (Happy Feet) 50 min USD 390

Enjoy this divine healing and balancing foot, neck, and scalp massage to calm and reduce stress for the body, mind, and spirit. _is treatment is only available indoors.

Couple's Deep Tissue 50/80 min USD 460/580

Firm pressure and slow strokes reach the deeper layers of the muscle, allowing the body to experience a slow release of tension.

Sports & Fitness 50/80 min USD 460/580

Designed to enhance the athletic performance and recovery, a sport-specific massage includes stretching, cross-fiber friction, and range of motion techniques.



Global Wellness Therapies

Enjoy the mix of integrative and alternative therapies that have been practiced for centuries worldwide to enhance your healthy lifestyle.

Classic Acupuncture

50/80 min USD 195/285

Traditional acupuncture promotes full-body balance and wellness. Practitioner may use cupping, gua sha, moxibustion, tuning forks, herbal patches, or magnetic therapy.

Cupping Therapy

50 min USD 215

A variety of cupping therapies are used to aid muscle tension, healing, and detoxifying the body. Cups made from various materials are placed onto the body to create a suction, which expands the blood vessels. This treatment is known to leave temporary purple ring marks on the skin.

Physical Therapy

50 min USD 190

For guests with long term chronic pain or an injury, physical therapy is often the best choice to ease pain and help the body heal. A combination of strengthening, pain relief, stretching, and low-impact aerobics training exercises may be used.

Chiropractic Therapy

50 min USD 215

Enjoy a full spectrum of chiropractic adjustment approaches, ancillary treatments, and protocols to help correct alignment and alleviate pain, supporting the body's natural ability to heal itself.

Craniosacral Therapy

50 min USD 290

This gentle, non-invasive, hands-on treatment focuses on wave-like rhythmic pulses that go through the entire body, improving the functions of the central nervous system.

Reiki

50/80 min USD 225/290

Reiki means "universal life force energy" in Japanese. Hands are placed on the body to channel energy to release blockage, relieve stress, and leave you feeling calm and relaxed.



Babymoon Services

Our hāpai (pregnant) guests are invited to indulge in a menu of coddling, calming, and safe spa treatments.

Massages are best given while the guests lie on their side propped up by pillows. We do not offer face-down prenatal pillow massages.

Before the First Trimester (before 12 weeks)

All Salon services are available for prenatal beauty treatments:

Manicures, Pedicures and Hair services. Please scroll down to Hualalai Salon page for offerings.

After the First Trimester (after 12 weeks)

Hāpai Prenatal Massage 50 min USD 195

Relieve back pain and improve sleep, mood, and total relaxation with the use of cocoa butter to increase elasticity.

Neck and Shoulder Massage 50 min USD 195

Emphasis on the neck and shoulders versus the back can be done while lying on the side or performed when sitting up for optimal leverage or comfort to release tension.

Tired Legs Massage 50 min USD 195

Targeting fluid retention in the legs, this massage relieves aching legs and tired feet.

Expecting Magic 80 min USD 265

The relaxing experience starts with a gentle dry brush exfoliation followed by a moisturizing coconut oil massage blended with Expecting Magic essential oil made from a special blend of oils to soothe tension, backaches, and aid digestion followed by a coconut oil hair treatment.



Skin Care Therapies

Our custom facials provide extra protection, hydration, exfoliation, and are customized to the environment and your skin's particular needs.

Classic Facial 50/80 min USD 195/260

This facial addresses premature aging, wrinkles, sun damage, and loss of vitality. Eminence organic ingredients aid in toning, moisturizing, and smoothing of fine lines.

HydraFacial™ 50/80 min USD 290/410

HydraFacial™, an anti-aging technology turns a new page in non-invasive skin resurfacing and skin rejuvenation. This treatment uses super serums made with nourishing ingredients that create an instant gratifying glow, and smooth out fine lines and wrinkles. Great for all skin types.

Oxygen Infusion Facial 50/80 min USD 260/310

Oxygen under pressure is applied directly to the skin's surface, cooling and calming the skin while restoring natural vitality and glow. Your skin will emerge feeling deeply hydrated, youthful, and glowing, with a noticeable reduction in fine lines and wrinkles and a visible lift. Results are not only instant, but continue to improve in the following days.

DNA Renewal Facial 50/80 min USD 335/450

This results-oriented facial uses the most effective, scientifically proven and natural combination of products and technology for optimal anti-aging prevention and sun damage repair.

Enhancements

**Can be added to any facial therapy*

Bright Eyes or Lip Treatment USD 35/each

Parafin Hands or Feet Masques USD 35/each

Atoxelene Infusion® USD 95



Sports Club & Wellness Center

Enjoy a selection of wellness sessions that can be booked privately, always catered to your special needs: Guided Meditation, Yoga (Hatha, Vinyasa, Gentle, Advanced), Personal Training, Boga Aquafit, Tai Chi, and more.

Private Wellness Session 50/80 min USD 110/155

Semi-Private Session (up to 2) 50/80 min USD 135/190

Wellness Retreats

Life-coaching wellness programs are essential in supporting those who need general guidance, help dealing with life changes, motivation, inspiration, clarity, or just wanting to organize the mind to be more productive. Please ask about our certified Hualālai Spa wellness coaches to help you schedule your own customized Wellness Retreat.

Wellness Workshops

We offer an array of Wellness Workshops throughout the year that are interactive programs designed to engage, educate, and motivate. All Wellness Workshops can be booked as a private lecture.

Hualālai Spa offers Chakra Cleanse & Energy Alignment, Mantra Chanting Meditation, Smart Nutrition, Sweet Dreams Workshop, Balancing Your Life with Ayurveda, Living within Your Story with Grace, Flower Essence Remedy Workshop, Plant Spirit Healing Workshop, Sound Bath Journey, and more.



Hualālai Salon

Our professional stylists will help you find and customize the hairstyle and services that work the best for your lifestyle whether for a quick trim or a completely new look.

Shu Uemura products are used for all hair care services.

Hair Services

Men's Shampoo, Haircut and Style	USD 65
Shampoo, Cut, and Blow Dry	USD 160+
Shampoo and Blow Dry	
short hair/long hair	USD 75+/85+
Shampoo Roller Set	USD 85+
Blow Dry (no shampoo)	USD 60+
Root Touch Up	USD 90+
All-Over Color Application	USD 150+
Color Glaze/Toning	USD 100+
Partial Highlights	USD 150+
Full Highlights	USD 190+
Deep Conditioning	USD 50+
Special Occasion Styling (updo)	USD 95
Hair Tool Upgrade	USD 15

Wedding Services

Bridal Hair Design	USD 150+
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Nail Care

Indulge your hands and feet with our exclusive manicures and pedicures. All pedicures take place in our new generation of luxury pedicure chairs to help you relax while you look out onto the Waiea Garden. The Salon is proud to offer Deborah Lippmann, award-winning nail products.

Hualālai Foot Ritual Pedicure	USD 160
Hualālai Apothecary Manicure	USD 95
Hualālai Apothecary Pedicure	USD 130
Traditional Manicure	USD 65
Traditional Pedicure	USD 95
On-The-Go Manicure (trim, file, polish)	USD 50
On-The-Go Pedicure (trim, file, polish)	USD 65
Polish Change (hands or toes)	USD 35
Enhancements	
Nail Soak-Off	USD 35
Paraffin Hands or Feet Masques	USD 35/ each
Nail Art Design	USD 8/ each
French Polish	USD 10
Keiki (children) Services (ages 4 – 13)	
Shampoo, Cut, Style	USD 70+
Haircut Only	USD 45
Flower Girl Style	USD 60+
Keiki Manicure	USD 40
Keiki Pedicure	USD 50
Nail Art	USD 8/ nail



About Hualālai Spa

Reservations

We highly recommend booking your appointments in advance by calling 808 325-8440 (in-house, dial 53). You may request a specific service provider, however, we cannot guarantee availability.

Cancellation Policy

To reschedule or cancel an appointment, please let us know four hours in advance to avoid being charged in full. The cancellation policy for groups is 14 days in advance of arrival.

Arrival

Services will begin and end at their scheduled time as a courtesy to all our guests. We suggest arriving 15 minutes prior to your scheduled service to allow for a leisurely check-in and time to relax and enjoy our facilities.

Courtesies

To preserve the tranquility of our facilities, mobile phones are not allowed in the Spa or Salon.

Health Considerations

Please let us know when making your reservation and inform your service provider if you have any health concerns such as medical conditions or allergies, have had recent surgery or illness, or are pregnant. Smoking, and pets (other than service animals) are prohibited in the Spa or Salon.

Age

Salon services are available for all ages. Our spa experience is designed for guests 14 years of age and older.

Gratuities

Gratuities in appreciation for excellent service are welcome and are at the guest's discretion. The general recommended amount is 20% of your total treatment fee(s).

