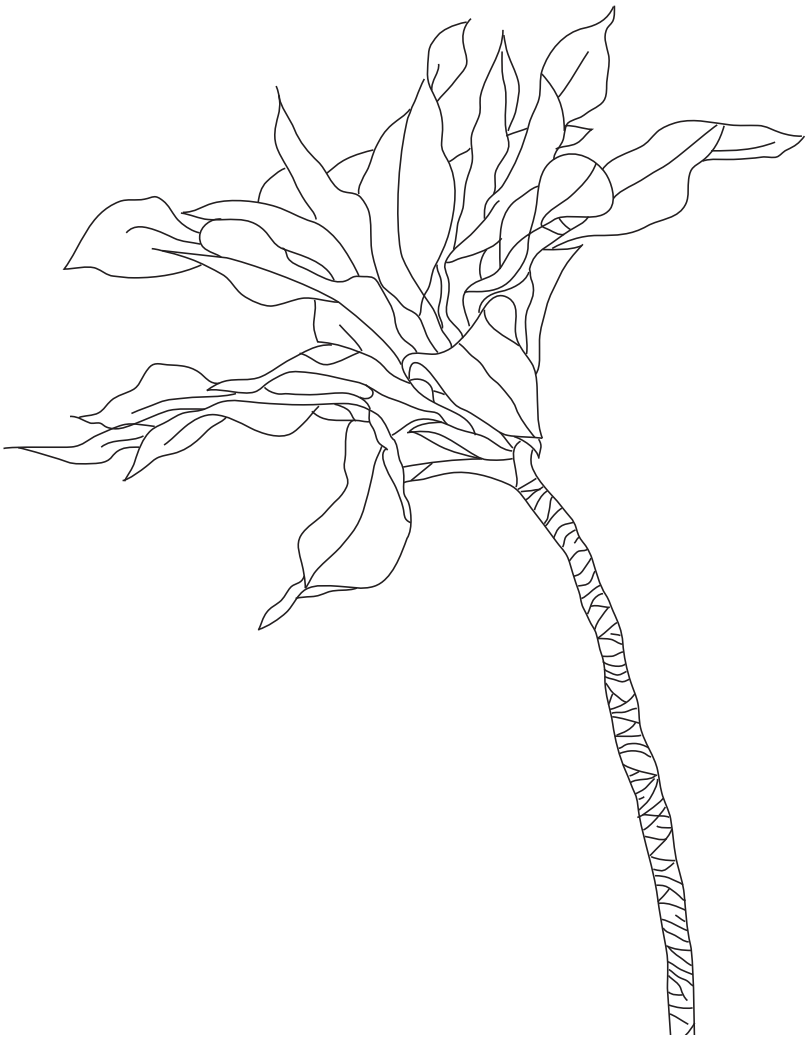
FOUR SEASONS
RESORT

SPA MENU



HUALĀLAI



Hualālai Spa at Four Seasons Resort Hualālai

Resting in the arms of Kaʻūpūlehu, Hualālai Spa brings together the natural wealth found in this ʻahupuaʻa (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 Hawaiʻi 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 50/80/100 min USD 245/395/490
In-Suite 50/80/100 min USD 395/490/595
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.

SWEDISH 50/80/100 min USD 245/395/490
In-Suite 50/80/100 min USD 395/490/595
A classic relaxing full-body wellness massage utilizing the five traditional Swedish strokes.

COUPLES/DUO 50/80/100 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.

SWEET DREAMS 80 min USD 395
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.

HAUʻOLI WĀWAE (HAPPY FEET) 50 min USD 260
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.

TENSION RELIEVER 20 min USD 130
This efficient 20-minute massage incorporates bodywork that reaches the tension-retaining areas of muscle tissue, such as neck, shoulders, back and feet.



MASSAGES FOR SOOTHING PAIN AND SPECIFIC CONDITIONS

DEEP TISSUE 50/80/100 min USD 260/415/515
In-Suite 50/80/100 min USD 415/515/615
Firm pressure and slow strokes reach the deeper layers of the muscle, allowing the body to experience a slow release of tension.

SPORTS & FITNESS 50/80/100 min USD 260/415/515
Designed to enhance the athletic performance and recovery, a sport-specific massage includes stretching, cross-fiber friction, and range of motion techniques.

SHIATSU 50/80 min USD 260/415
Shiatsu ("shi" means finger and "atsu" means pressure in Japanese) is an ancient form of therapy utilizing the application of pressure to specific regions of the body along energy meridians. The treatment restores a healthy flow of energy throughout the body. Performed wearing loose clothing.

THAI (TABLE OR MAT) 80 min USD 415
A full-body treatment that involves passive yoga-like stretching and pressure point massage along the body's major energy channels to release blocked energy, relieve tension, align skeletal structure, and increase flexibility. Performed wearing loose clothing.

ASHIATSU (TABLE) 80 min USD 415
Ashiatsu ("ashi" means foot and "atsu" means pressure in Japanese) is inspired by Eastern massage techniques adapted from ancient forms of barefoot massage. A therapist is supported by parallel bars suspended from the ceiling to apply deep foot pressure to strategic points along the spine and body to achieve maximum muscle compression.

HUALĀLAI HOT STONES 80 min USD 415
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.



SPECIALTY BODY TREATMENTS

Body Cocoons or Envelopments are designed to slim, detox or tone the body, relax and soothe muscles, or hydrate and firm the skin. All Body treatments focus on enhancing and reviving the look of your skin leaving you feeling velvety smooth and soft.

ALOE TI LEAF COCOON 50/80 min USD 260/415
Relieve and hydrate sunburned or moisture-depleted skin with the soothing properties of aloe and ti leaves. The experience begins by laying on a bed of ti leaves followed by a soothing full-body application of aloe gel. You are then wrapped in more ti leaves, while enjoying a relaxing scalp and foot massage. Once the ti leaves are removed, the treatment ends with a second full-body application of moisturizing body butter.

MUD & CLAY MOSAIC 80 min USD 415
Detox your body with the therapeutic properties of volcanic ash and marine clay. The treatment starts with a gentle full-body dry brush followed by an application of the volcanic ash mud and marine clay. You are then wrapped in linens, while enjoying a relaxing scalp and foot massage. Once the linens are removed, the treatment ends with a full-body oil application.

ORGANIC HERBAL CELLULITE 80 min USD 415
Stimulate, tone, and increase the elasticity of your skin for a healthy looking glow. The treatment starts with a gentle full-body brush followed by an organic herbal mask while you are wrapped in a thermal blanket. The treatment ends with a contouring lotion application.

HAWAIIAN BODY POLISHES 50 min USD 260
Renew your skin with the help of Hawaiian ingredients that will help your body and spirit feel refreshed. Start with a selection from our scrub collection, Pineapple, Coconut, or Coffee massaged into the skin, then rinsed off under the warm water of the Vichy shower massaging as it cascades over you. The treatment ends with a full-body lotion application to leave your skin feeling fresh and transformed.



SPECIALTY BODY TREATMENTS

GREEN TEA WATER CURE & WRAP 80 min USD 415
Stimulate the circulation and lymphatic system with a dry brush exfoliation, followed by a green tea oil massage and wrap. While enveloped, receive a face, neck, scalp and foot massage. Your body will absorb the antioxidants and moisturizing properties of the green tea oil.

ABHYANGA RAINFALL MASSAGE 50/80 min USD 260/415
Inspired from the ancient Indian Ayurvedic science of life using tri-dosha oils, experience this skin nourishing, detoxifying, calming massage. The treatment will circulate the vascular system and flush the lymph. Followed by a cleansing shower & body wash to remove the oils and toxins from the skin.

ISLAND GLOW COLLECTION 80 min USD 415
Start with a warm oil application followed by your choice of Island Glow Scrub - Coconut Nui, Vanilla Honey, or ʻIliahi. These healing ingredients will be massaged into the skin delicately stimulating your senses. As you are wrapped in a cocoon of fresh linen, enjoy a relaxing scalp and foot massage. Once the linen is removed the treatment continues with warm water rinsing your skin and concludes with a full body moisturizing application.

ENHANCEMENTS
Can be added to any massage or body treatment

CBD Balm	USD 35
Cocoa Butter	USD 35
Dry Brush	USD 35
Arnica	USD 35
Hot Oil Scalp	USD 35
Foot Scrub	USD 35
Aloe Gel Spot Treatment	USD 35



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 Hualālai Salon page for offerings.

After the First Trimester (after 12 weeks)

HĀPAI PRENATAL MASSAGE 50 min USD 245
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 245
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 245
Targeting fluid retention in the legs, this massage relieves aching legs and tired feet.

EXPECTING MAGIC 80 min USD 395
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 265/420
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 360/495
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 310/460
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.

CELLULAR RENEWAL FACIAL 50/80 min USD 360/495
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/each 35
Paraffin Hands or Feet Masques	USD/each 35
Eyelash or Brow Tinting	USD/each 55

**Can be added to Oxygen Facial Only*

Atoxalene	USD/100

BACK FACIAL 50 min USD 265
This facial addresses the delicate skin on your back that is so difficult to reach. Start with a skin analysis followed by a 6 step cleanse, extraction and mask process.



ADDITIONAL ESTHETICIAN SERVICES

We use Nufree Nudesse hair removal products that are natural, self-preserving antibacterial/antimicrobial, and contain no wax, sugar, or honey.

HAIR REMOVAL

Eyebrows/Lip/Chin	USD/each 60
Under Arms	USD 70
Half Legs	USD 95
Full Legs	USD 130
Half Bikini	USD 90
Full Bikini	USD 130
Back	USD 150
Half Arms	USD 90
Full Arms	USD 130



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 260/415
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 260
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.

REIKI 50/80 min USD 260/415
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.



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.

HAIR SERVICES

Women's Haircut and Style	USD 165+
Men's Haircut	USD 75
Blow Out	USD 100
Blow Out Above Shoulders	USD 90
Blow Out with Service (only available with additional service)	*Prices Vary*
Specialty Blow Out	USD 105
Root Touch Up	USD 105+
All-Over Color Application	USD 175+
Color Glaze/Toning	USD 115+
Partial Highlights	USD 165+
Full Highlights	USD 200+
Deep Conditioning	USD 45+
Special Occasion Styling (updo)	USD 190

Keiki (children) Services (ages 5 – 13)

Shampoo, Cut, Style	USD 95+
Haircut Only	USD 55
Flower Girl Style	USD 65+

WEDDING SERVICES

Our hair designers specialize in the latest bridal hair techniques to add glamour to your wedding day look.

Bridal Hair Design*	USD 155+
Make Up	USD 95
Eyelash Application	USD 35



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 Dazzle Dry nail products.

NAIL SERVICES

Traditional Manicure	USD 95
Traditional Pedicure	USD 130
Deluxe Manicure	USD 130
Deluxe Pedicure	USD 150
Shellac Manicure	USD 135
with Removal	USD 175
Shellac Pedicure	USD 155
with Removal	USD 200
On-The-Go Manicure (trim, file, polish)	USD 55
On-The-Go Pedicure (trim, file, polish)	USD 75
Polish Change (hands or toes)	USD 40
Gel Nail Soak-Off	USD 40

ENHANCEMENTS

Volcanic Scrub	USD 35
Paraffin Hands or Feet Masques	USD/each 35
French Polish	USD 35
Callus Removal	USD 35

KEIKI (CHILDREN) SERVICES (AGES 4 – 13)

Keiki Manicure	USD 70
Keiki Pedicure	USD 80



SPA GENERAL INFORMATION

HOURS OF OPERATION

Spa: 8:00 a.m. - 7:00 p.m.
Salon: 10:00 a.m. - 6:00 p.m.

RESERVATIONS

Please call (808)325-8440 (in-house, dial 53) to make your reservations.
To reschedule or cancel an appointment, please let us know four (4) hours in advance to avoid being charged in full. e cancellation policy for groups is seventy-two (72) hours in advance.

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 30 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.

MINIMUM 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 your discretion. The general recommended amount is 20% of your total treatment fee(s).