Resting in the arms of Kaūpūlehu, Hualālai Spa brings together the natural wealth found in this ahupuaa (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 Hawaii 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.
The ancestral Hawaiian healing practices are epitomized in the apothecary showcasing raw ingredients from Hawaii and the South Pacific. These organic makana honua (gifts of the earth) are hand-blended with various local elixirs and combined with traditional techniques to create a personalized spa journey. Each of the organic ingredients are hand-blended and free of any synthetic colors or fragrances. Guests are invited to craft their own body treatment recipes from a bountiful bouquet of healing essences.

**Apothecary Treatments**

**Paakai o Ke Kai (Salts of the Ocean)**
80 min, including consultation time USD 280

Journey through the seven chakra colors as each is paired with a complementary Hawaiian sea salt and essence. This color salt therapy involves exfoliation with aromatic salt in each of the chakras followed by a lotion application to balance energy for a true sensory journey.

**Hulali (Sparkle)** 80 min, including consultation time USD 275

Start with a gentle body exfoliation using a personalized apothecary blend to suit your needs followed by a full body aromatherapy oil application.

**Wawali (Smooth)** 80 min, including consultation time USD 275

A calming exfoliation with a dry brush readies the skin to absorb the nourishing ingredients from the customized apothecary blend. You’ll be cocooned in warm linens while enjoying a face, neck, and scalp massage followed by a full body aromatherapy oil application.

**Linohau (Perfection)** 120 min, including consultation time USD 425

Indulge with a tender body polish using a personalized apothecary blend to suit your needs followed by a body mask application, wrap of warm linens, and finally a full body massage.

*All apothecary treatments are performed in the indoor rain suites*
Our bath journeys start with a full body dry brush, followed by scalp and foot massage (in a 50 min service) or full body massage (in an 80 min service), ending with a relaxing salt and herbal infused bath to allow the ingredients to soak into the skin.

**Island Essences** 50/80 min USD 195/265

Hawaiian sea salt, crushed rose petals, orange peel, and a blend of herbs creates an invigorating mood, leaving you feeling healthy and well-rounded.

**Deep Renewal Detox** 50/80 min USD 195/265

Hawaiian sea salt, grapefruit, eucalyptus, cinnamon, thyme, and lemongrass cleanse and renew the body and mind.

**Hibiscus & Coconut Milk** 50/80 min USD 195/265

Sun dried hibiscus flowers, coconut milk, and coconut flakes will leave you feeling hydrated and relaxed – the perfect way to unwind after a long day under the Hawaiian sun.

**Couple’s Bath** 50/80 min USD 390/530

Enhance any of the bath journeys with a companion.

**Enhancements**

* Can be added to any bath journey

<table>
<thead>
<tr>
<th>Enhancement</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cocoa Butter</td>
<td>USD 20</td>
</tr>
<tr>
<td>Hot Oil Scalp/Hair Treatment</td>
<td>USD 40</td>
</tr>
<tr>
<td>1,000 Floating Orchids</td>
<td>USD 150</td>
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</tbody>
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*All baths are done in the hinoki ofuro (Japanese tub) traditional bathtub*
Hawaiian Lomi Lomi 50/80/105 min USD 190/260/325

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 50/80/105 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 50/80/105 min USD 190/260/325

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 Hauoli (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.

Four Hands 50/80 min USD 380/520

Two therapists work with one guest, using synchronized techniques in slow, detailed moves of varying pace and pressure on the body.

Tension Reliever 20 min USD 100

A relaxing experience, this massage is designed to help release any tightness or stress in your neck and back areas.
Massages for Soothing Pain and Specific Conditions

**Deep Tissue** 50/80/105 min USD 230/290/365

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

**Sports & Fitness** 50/80/105 min USD 230/290/365

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

**Shiatsu (mat or table)** 50/80 min USD 225/290

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 (mat or table)** 80 min USD 290

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** 80 min USD 290

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.

**In Suite/In Home** 50/80/105 min + USD 50 per service

Selected massage therapy services are available in the privacy of your guest room.

**Enhancements**

*Can be added to any massage*

- Cocoa Butter USD 20
- Dry Brush USD 20
- Arnica (pain relief creme) USD 20
- Hot Oil Scalp/Hair Treatment USD 20
Enjoy the mix of integrative and alternative therapies that have been practiced for centuries worldwide to enhance your healthy lifestyle.

**Classic Acupuncture 20/50/80 min USD 115/195/285**

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

**Cupping Therapy 20/50 min USD 115/215**

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 20/50 min USD 115/215**

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 20/50 min USD 225/290**

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.

Plant Spirit Healing 50/80 min USD 195/255

Tap into the healing power of plants by removing negative energy standing in the way of living a joyful and radiant life. Plant Spirit Practitioners place their hands over specific channels of your body while calling the spirits of the appropriate plants to bring balance and harmony.

Flower Aroma Essence Therapy 20/50 min USD 99/195

Connect with the essences of the Hawaiian islands with aromatic essential oils as an intuitive leads you through a guided meditation to quiet the mind and relax the body.

Sound Therapy 20/50 min USD 99/195

Sound has been utilized throughout the world for thousands of years as a tool for healing. With the use of an array of global instruments like chimes, singing bowls, rain sticks and gongs, the treatment improves emotional growth, combats anxiety, promotes cognitive and motor functioning, and ultimately shifts the mind from imbalance to a place of balance.

‘Iliahi (Sandalwood) Forest Essence 50 min USD 300

The vibrational forest essence is a combination of the following trees, leaves and flowers: ‘Iliahi (sandalwood), Koa, Māmane, Īhia, and Lehua. This unique ritual tunes into each person’s conscious and unconscious frequencies in a sacred manner to honor and support their own personal journey using singing bowls and aromatherapy oil.
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.

### Body Cocoons

**Aloe Ti Leaf Cocoon** 50/80 min USD 195/255

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 265

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 225

Regenerate, stimulate, tone, and increase the elasticity of your skin for a healthy looking glow. The treatment starts with a gentle full-body dry brush followed by an application of an organic herbal mask. You are then wrapped in a warm thermal blanket, while enjoying a cleansing face treatment. Once the blanket is removed, the treatment ends with a full-body contouring lotion application.
The variety of benefits of a body glow goes beyond exfoliation to include relaxation, leaving your skin feel youthful, soft, and glowing. We offer an array of options that have been specially designed with nurturing organic ingredients sourced from the islands of Hawaii.

**Body Exfoliations**

**Hawaiian Body Polishes** 50/80 min USD 195/265

Renew your skin with the help of Hawaiian cane sugar and honey. Start with either herbal Ola Rainforest, sweet Ola Passion Fruit, or invigorating Coffee Mocha massaged into the skin, then rinsed off with warm linens. The treatment ends with a full-body lotion application to leave your skin feeling fresh and transformed.

*All Island Hawaiian Body Polish treatments are performed in the outdoor Waiea suites*

**Island Glow Collection** 80 min USD 265

Start with a warm oil application followed by your choice of Island Glow recipe. The healing ingredients will be massaged into the skin. You are then wrapped in fresh linen, while enjoying a relaxing scalp and foot massage. Once the linen is removed the treatment ends with moisturizing full body oil application.

*All Island Glow treatments are performed in the indoor rain suites*

Choose your favorite Island Glow
* Coconut Niu hydrating & moisturizing
* White Flowering Iliahi (sandalwood) grounding
* Vanilla Honey nourishing
Our custom facials provide extra protection, hydration, exfoliation, and are customized to the environment and your skin’s particular needs.

**Classic Facial** 20/50/80 min USD 95/195/260
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™** 20/50/80 min USD 190/290/410
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.

**Light & Oxygen Therapy Facial** 50 min USD 195
The use of low-level light therapy is safe, effective, and an efficient way to achieve a clear and youthful skin glow in a natural, non-invasive manner; while breathing-in oxygen to boost energy levels and provide relief from stress and pollution.

**Enhancements**
*Can be added to any facial therapy*

- Bright Eyes or Lip Treatment USD 35/each
- Eyelash or Brow Tinting USD 45/each
- Paraffin Hands or Feet Masques USD 35/each
- Atoxelene Infusion* USD 95
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)**

**Warm Bubble Bath** 50 min USD 195

Experience the bubble bath of your dreams. The experience starts with a gentle full-body dry brush and coconut hair treatment finished with a relaxing bubble bath in our hinoki ofuro (Japanese tub).

* Pregnant guests before their first trimester can choose an array of relaxing Salon services (facials, manicures, pedicures and hair treatments)

**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** 20/50 min USD 100/195

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.
Hualālai Experience 3 hours USD 530

Immerse yourself in the tropics by indulging with a Coconut Exfoliation, Lomi Lomi Massage, and Classic Facial. Experience the perfect way to start or end your day with complete relaxation.

Island Romance 3.5 hours USD 580 per person

This journey provides harmony and reconnection. Start with a couples soak in our hinoki ofuro (Japanese tub) followed by a side-by-side Island Glow exfoliation, and choice of Swedish or Lomi Lomi full-body massage.

Detox Escape 3.5 hours USD 580

Renew your body by eliminating toxins from the outside in. The experience starts with a gentle full-body dry brush followed by an application of the volcanic ash mud and marine clay followed by a soak in the hinoki ofuro (Japanese tub). Next, the body is wrapped in linens, while enjoying a relaxing scalp and foot massage. Once the linens are removed, the treatment ends with a full-body oil stimulating massage.

Island Beauty 3 hours USD 248

Look and feel your best “island style” and pamper yourself head-to-toe with a manicure, pedicure, make-up touch up, shampoo, and hair blow out.

Green Tea Bath, Cocoon & Massage 105 min USD 345

Stimulate circulation and the lymphatic system with a dry brush exfoliation followed by a green tea, lavender and peppermint infused bath. You are then wrapped in fresh linen, while enjoying a relaxing face, neck, scalp and foot massage. This treatment ends with a full body massage with green tea oil.

Build Your Own Spa Package
Minimum of 3 services. Each service must be 50 minutes or longer. 10% discount off all treatments.
Enjoys a selection of wellness sessions that can be booked privately or for your group, always catered to your special needs: Guided Meditation, Yoga (Bikram, Hatha, Vinyasa, Gentle, Advanced, Hot), Personal Training, Wellness Coaching, Pilates Reformer, Boga Aquafit, Boxing, Kickboxing, Tai Chi, Swimming, and more.

**Private Wellness Session** 20/50/80 min USD 70/110/155

**Semi-Private Session (up to 2)** 20/50/80 min USD 85/135/190

**Private Small Group (up to 3)** 50/80 min USD 150/215

*For private groups over three, please inquire for additional pricing*

**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.
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  
Bride’s Make-Up USD 100+  
Bridal Hair Design USD 150+  

Finishing Touches  
Make Up Application USD 85  
Eyelash Application USD 35
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 Lippman, 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
Shellac Manicure  USD 85
Shellac Pedicure  USD 115

Enhancements
Nail Soak-Off  USD 35
Paraffin Hands or Feet Masques  USD 35/ea
Nail Art Design  USD 8/ ea
French Polish  USD 10
Hair Removal

The Salon uses Nufree Nudesse hair removal products that are natural, self-preserving抗菌/antimicrobial, and contain no wax, sugar, or honey.

- Eyebrows/Lip/Chin each: USD 50
- Under Arms: USD 60
- Half Legs: USD 85
- Full Legs: USD 125
- Half Bikini: USD 80
- Full Bikini: USD 115
- Back: USD 140
- Half Arms: USD 80
- Full Arms: USD 110

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
**Hours of Operation**
Spa Facilities (Hualālai Spa and Sports Club): 6am – 8pm  
Hualālai Salon: 9am – 7pm  
Spa Treatments: 8am – 8pm

**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 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.

**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).