

## BODY TREATMENTS



### MAUNA LANI SIGNATURE BODY THERAPY

A luxurious island scrub and wrap using a selection of one of our signature creations. Cocanilla for a calming effect or Ginger Honey to stimulate circulation.

80 min \$229

### LAVA FLOW BODY WRAP

This intensive de-toxifying volcanic mud wrap produces a smoother skin and a remineralized body.

80 min \$229

### SEAWEED THERAPY

Seaweed, nature's complete source of nutrition, is used with alae sea salt to vigorously scrub the body. Followed with a warm wrap to smooth and re-mineralize the skin.

80 min \$229

### KONA MOCHA BODY SCRUB

Chocolate softens and soothes while the coffee awakens and increases circulation. This scrub buffs away imperfections and is followed with an application of rich vanilla bean lotion.

50 min \$165

### COOLING ALOE VERA & TI WRAP

A perfect treatment after a day in the sun. An application of our unique aloe vera blend combined with Hawaiian ti-leaf from our la'au (healing) garden is applied, leaving your skin soothed and nourished.

50 min \$165

### PAPAYA PINEAPPLE BODY TREATMENT

Your body is exfoliated and polished with papaya pineapple scrub, then treated with enzyme lotions to bring the skin to a heightened state of well-being.

50 min \$165

### SHIRODHARA

Warm oil is gently streamed onto the third eye to quiet the mind. The relaxation is deepened with a mini face treatment and hand and foot massage.

50 min \$179

## SPA RECOMMENDATIONS & GUIDELINES

Mauna Lani Spa offers a uniquely Hawaiian spa journey and provides amenities including a kikepa (Hawaiian-style wrap), slippers, private locker, bath and vanity products.

Please arrive at the spa 30 minutes prior to your treatment and linger to enjoy Hale Nahenahe (house of gentle sounds), our lap pool, outdoor whirlpool, steam rooms and saunas. Guests of Mauna Lani Bay Hotel should arrive at the Bell Desk for the complimentary shuttle 40 minutes prior to your Spa appointment.

Cell phones should be turned off while at the Spa. Mauna Lani Spa is a non-smoking facility.

**RESERVATIONS:** Reservations are suggested. Please call 808- 881-7922 or dial extension at the hotel 48.

**SPA ADMISSION:** This includes full use of the Spa facilities and is complimentary to all guests who purchase a 50-minute Spa treatment. For guests without a scheduled Spa treatment, there is a nominal daily fee.

**CANCELLATION AND NO-SHOW POLICY:** As a courtesy to other guests, please give eight hours' notice if you need to cancel or change your reservation. Without prior notification, you will incur a fee.

**HEALTH PRECAUTIONS:** Please inform your therapist if you have any medical conditions, recent surgeries, hypertension or are pregnant.

**GRATUITIES:** In appreciation of outstanding service, gratuities may be given at your discretion.

**SPA BOUTIQUE:** The Spa Boutique features a wide selection of spa products, clothing, gifts and accessories. Personalized gift baskets and gift certificates are also available.

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## MAUNA LANI SPA

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Mauna Lani Spa is a reflection of the Big Island's splendid range of geographic wonders. From the snowy peaks of Mauna Kea to the flowing lava of Kilauea Crater, the spa's architecture, treatments, and services draw from the colorful history and mythology of the land.

Mauna Lani Spa resembles an ancient Hawaiian village with thatched hale. One features a Vichy shower; there are two natural lava saunas, a meditation pavilion and a fragrance garden. Inside you will find beauty and treatment rooms, locker rooms, steam showers, a sauna and an extensive spa boutique.

Treatments include traditional Hawaiian therapies, baths, body treatments, and massage therapy. The full service salon utilizes traditional and organic lines and offers total hair and nail care.

## HAWAIIAN EXPERIENCES



### LOMI LOMI MASSAGE

Lomi Lomi is a spiritual, ancient Hawaiian massage technique utilizing long, gliding rhythmic movements with the forearms and elbows.

80 min \$229 50 min \$165

### POHAKU PA'A (HAWAIIAN HOT STONE)

Lomi Lomi technique is used in conjunction with heated ili ili (small stones) in this massage to help relieve tension.

80 min \$229 50 min \$165

### FIRE & ICE PA'AKAI THERAPY

Fiery red and cooling white sensuous pa'akai (*salts*) are infused with warm Pikake essential oils to create a delectable body exfoliation and wrap.

80 min \$229

### EXOTIC HALE VICHY EXPERIENCE

Nestled in the beauty of our La'au (healing) garden is our unique "Vichy hale". Following a full body exfoliation, the warm shower of the rain bar gently washes over you. Choose from our signature scents, Ginger Root or Cocanilla.

50 min \$179

### LAVA SAUNA EXPERIENCE

Self-exfoliation with black volcanic clay helps smooth the skin and draw out impurities in this open air sauna of lava. Afterwards, rinse and re-moisturize with our signature body oil in a secluded garden shower.

50 min \$85



## SKIN CARE



### SIGNATURE FIRE & ICE FACIAL

It begins with a hand and foot masque followed by a relaxing facial with ingredients for hydration and revitalization. An eye and lip treatment plus a face, shoulder, neck, hand, arm, foot, and leg massage are part of this luxurious experience. 110 min \$289

### DEEP CLEANSING FACIAL

An intensive deep cleansing of the pores and skin. Ideal for congested skin or acne. Impurities are removed and extractions are performed, followed by a custom masque. 80 min \$229

### ANTI AGING FACIAL

A state-of-the-art enzyme therapy with deep cleansing followed by an enzyme peel and two masques designed to lift and tighten. Leaves skin feeling soft and balanced. 80 min \$229

### CUSTOM FACIAL

Indulge in a custom designed treatment for your particular skin condition to deeply cleanse and rejuvenate the skin. 80 min \$229

### MEN'S EXECUTIVE FACIAL

Designed to help calm the effects of sun, sports, shaving, and harsh abrasives. 50 min \$169

### ORGANIC HULA FACIAL

Organic skin care products with high fruit and plant content provide a relaxing, hydrating, and revitalizing treatment. 50 min \$169

### YOUTHFUL RENEWAL FACIAL

Bio peptides are used to increase firmness and tissue repair. Helps decrease fine lines, wrinkles, puffiness, and hyper-pigmentation by increasing moisture levels and oxygen supply. 50 min \$169

## MASSAGE THERAPY

### COUPLES MASSAGE

Experience the luxury of two simultaneous massages performed on you and your guest in one of our exotic outdoor haies or our luxurious indoor couple's suite. (Some restrictions) 80 min \$435 50 min \$310

### WELLNESS MASSAGE

Enhance your massage experience with aromatherapy. You will be assisted with selecting a therapeutic aromatherapy: Balancing, Detoxifying, Relaxing, Revitalizing, Stress Relieving, or Jet Lag. 80 min \$239 50 min \$175



### SPORTS RELIEF MASSAGE

Relieve muscle fatigue with this massage that focuses on specific, isolated areas of the body using Swedish massage style with compression and trigger point techniques to reduce soreness. 80 min \$239 50 min \$175

### DEEP TISSUE MASSAGE

A therapeutic and intense massage using deep pressure to access the muscular layers of the body to address areas of tension. 80 min \$259 50 min \$185

### CLASSIC SWEDISH MASSAGE

A traditional western- style massage using long strokes to improve circulation and skin tone, relieve tension, and soothe tired muscles. 80 min \$229 50 min \$165

## SPECIALTY MASSAGE THERAPIES

### HAPAI (PREGNANT) MASSAGE

Using a special body support system, this nurturing massage is a treat for the mother-to-be. 80 min \$229 50 min \$165

### REFLEXOLOGY

Pressure is applied to specific points on the feet to release tension and improve circulation. Promotes full body health, natural balance, and well-being. 80 min \$229 50 min \$165

## SPECIALTY MASSAGE THERAPIES

### LYMPHATIC DRAINAGE

This gentle massage technique activates the immune system by stimulating the lymphatic system to remove toxins. 80 min \$229 50 min \$165

### CRANIOSACRAL

This subtle technique uses light touch to enhance balancing of the cranium, spine, and sacrum and release physical and energetic blockages throughout the body. 80 min \$229 50 min \$165

### SHIATSU

A Japanese technique using touch - shi (finger) and atsu (pressure) - that stimulates and restores balance to the body by releasing blockages along the energy pathways. 80 min \$229 50 min \$165

### THAI MASSAGE

Also called yoga massage, it applies an overall manipulation using body positions and stretching massage producing a highly therapeutic effect. Shorts and shirt are the recommended attire. 80 min \$229

## SPA PACKAGES

### LAVA LOVE COUPLES

Aquatic Body Therapy (50 min)  
Lava Sauna (50 min)  
Lava Flow Body Wrap (50 min) \$799

### FIRE AND ICE

Fire and Ice Pa'akai Therapy (80 min)  
Fire and Ice Facial (110 min)  
Lava Sauna (50 min) \$495

### HAWAIIAN HEALING ESCAPES

Healing Bath Renewal (25 min)  
Lomi Lomi Massage (50 min)  
Organic Hula Facial (50 min) \$345



## SPA PACKAGES

### SIMPLE PLEASURES

Wellness Massage (50 min)  
Youthful Renewal Facial (50 min) \$305

## AQUATIC EXPERIENCES

Aquatic experiences take place in our lava saltwater pool taking the element of aquatic body therapy to new heights. Built in a lava tube the pool features warm saltwater, underwater acoustics, tranquil lighting and a waterfall. Please bring swimwear.

### LAVA WATSU EXPERIENCE

Watsu is a passive form of aquatic body work that gently moves you through warm water in graceful, fluid movements as your therapist supports stretches and performs water massage. 80 min \$255 50 min \$185



### MOTHERHOOD MASSAGE

Expectant mothers will enjoy the sensation of weightlessness while releasing tension and aches associated with pregnancy. 80 min \$255 50 min \$185

### AQUATIC REFLEXOLOGY

While gently floating, your therapist will restore natural balance and well-being by applying pressure to points on the feet to release blockage and stimulate circulation. 80 min \$255 50 min \$185

## SPA TREATMENT ENHANCEMENTS

HEALING BATH RENEWAL 30 min \$85  
SCALP AND FOOT TREATMENT 25 min \$59  
HAWAIIAN FOOT SOAK 15 min \$10