

Hanalei Day Spa

at the Hanalei Colony Resort, Haena

Massage

Detailed descriptions of massage on reverse

- 1 hour \$ 90
- 1 ½ hrs \$135
- 2 hours \$175

Add these treatments to your massage:

- Deep tissue, Lomi Lomi, Beachside (weather permitting) per person \$ 10
- Hot stone integration, conditioning hot oil treatment for hair/scalp, Sun- burn relief treatment, glove exfoliation treatment with gloves to take home with you, or hands/feet exfoliation \$ 20

Head, feet & hands Massage: \$ 90

Four hands massage: 1 hour \$125
90 min \$185

Full hot stone Massage: 90 min \$150

Packages

Pamper: 1 hr Massage, Body Polish \$150

Massage and Body Wrap: 2 hrs \$200

Facial and Massage: 2 hrs \$185

All about me: 90 min Massage, Body Polish \$195

Couples: Both receive an hour massage \$175

Couples Deluxe: 1 hour massage, body-wrap, and fruit smoothie or herbal tea. \$400

Body Wrap and Facial \$210

Girlfriends Facial, Massage, and hands/feet exfoliation with our custom tea tree/mint scrub. 2 hours per person \$200

Half day at the spa: Receive a body polish, a 1-hour massage and body wrap 2.5 hrs \$260

Full day at the spa: 1.5 hour massage, body polish, body wrap, facial & fruit smoothie \$405

Darci-Palooza (Spa owner's favorite indulgence): 1 hr. tandem warm oil Abhyanga massage, Utvartana body wrap with Shirodhara stress management \$350

Four hands 1.5 hour deep tissue massage \$215

Ayurveda Treatments

Treatment descriptions on reverse

Shirodhara: 45 min \$100 or 1 hr \$125

Ayurveda warm oil massage: 1 therapist \$100

Two therapists \$140

Body Treatments

Body Wrap Your choice of: Detoxifying Algae, Anti-Cellulite, Ayurveda Herbal Mineral Mud, or Utvartana herbal body rub \$115

Add exfoliation w/loofa gloves to take home \$ 20

Body Polish Gentle exfoliation with Hawaiian sea salts, your choice of: Lavender, Mandarin, or Ylang Ylang, 30 min \$ 65

Full Body Steam in Personal Steam Cabinet \$ 45

Esthetic Services

1 hr facial \$100

1.5 hr facial (includes hand/foot massage) \$145

Facelift Facial High frequency brings collagen and elastin to skin's surface, and strengthens and tightens facial muscles. 90 minutes \$195

Waxing

• Upper lip, chin, belly, underarms, or brows \$ 25

• Bikini or lower legs \$ 45

• Full legs or back \$ 85

Specialty Healing Modalities

With senior therapist, Spa Owner and Ayurveda Practitioner, Darci Frankel:

• Transformational Bodywork per hour \$125

• Yoga or Meditation, 90 min 1-10 people \$112

• Initial Ayurvedic Consultation, 1.5 hr \$125

• Follow up, per hr \$ 75

Wedding Parties and Special Events

• Please ask for our full menu of bridal services.

• Also inquire about how you can rent the Day Spa exclusively for your wedding or event.

Policies

• Walk-ins are welcome, appointments encouraged.

• Please plan to arrive 10 minutes early.

• Outcalls: Haena \$35 & Hanalei \$55, per person

• **Cancellations:** We have a 24 hour change or cancellation policy for two appointments, 48 hours for Monday appointments and for three or more services, we require 72 hours notice. Otherwise, you will be charged at full value. Same day spa appointments are non-cancelable and charged full value if no show.

• Prices do not reflect tax or gratuity.

Monday-Saturday 10 – 6:30 808.826.6621
www.HanaleiDaySpa.com

Relax, Recharge and Rejuvenate at the Hanalei Day Spa!

Visit our Wellness Boutique

We have a plethora of items to enhance your wellbeing. Exfoliate your skin with loofah mitts, or aromatherapy body scrub, nourish your skin with massage oils and lotions, the Ayurveda Self Care Kit, Herbal Mineral Mud. Wellness from the inside out with Zrii Rejuvenation Elixir and Kauai Fungi medicinal mushrooms. Chi back rollers, Bali batik sarongs and more.

Ayurveda Treatments

Ayurvedic Consultation Ayurvedic texts say that our daily habits can create or heal disease. In this way they can be tailored to give us the best health benefit. In this treatment you are given an Ayurvedic assessment consisting of pulse/tongue analysis, asked questions about your lifestyle/health history, and given suggestions for refining your self-care program.

Abhyanga Warm Oil Massage this is a one-hour traditional Ayurvedic massage, originally given to royalty of ancient India. Warm herbal oils are generously poured onto and massaged into the body. It is nourishing, nurturing and one of the most thorough massages you will ever experience, particularly if it is preformed in the traditional way with two practitioners. Warmed herbal oils, Marma Point Therapy and specific motions to balance the 5 pranas of the body are applied. Abhyanga is a must for seasonal cleansing, stress release and rejuvenation!

Utvartana Body Wrap the herbal/mineral mud is gently rubbed into the skin making this a potent treatment.

Ayurveda Herbal Mud Body Wrap

See wraps below.

Shirodhara A deeply relaxing treatment involving a gentle stream (dhara) of warmed oil flowing directly onto the forehead (shiro). This treatment calms the mind, and is deeply conditioning to the hair. Ancient Ayurveda texts say "one who applies oil on his head regularly does not suffer from headache, baldness, graying of the hair, nor does his hair fall.." Used historically for insomnia and depression.

Body Wraps All body wraps are a luxurious one hour treatment where you are cocooned in your choice of Detoxifying Algae, Ayurveda Herbal Mineral Mud, or Utvartana Herbal Body Rub, spot treatment with our proprietary formula Anti-Cellulite treatment. You can even add exfoliation w/ loofa gloves that you

can take home with you. Good for all body types. Try our side by side couples body wraps.

Description of Massages:

Swedish Massage: Soothing and relaxing strokes. Light to medium pressure.

Lomi Lomi: Authentic Hawaiian massage, especially when received beach side, in our traditional thatched roof *Hale (Hawaiian for House)*, utilizing long rhythmic strokes of three. Deeply balancing and relaxing.

Deep Tissue: Works out tightness and tension.

Head, Feet and Hands: *Reflexology and relaxation focusing on the head, feet and hands.* Fully clothed massage, assisted stretching and joint mobilization.

Four Hands Massage: Indulge yourself with a four handed massage conducted by two massage therapists, add deep tissue to really work out the tension.

Pregnancy Massage: We use body cushions and specific massage techniques to ensure a safe, relaxing experience.

If this is your first massage:

Please know that we only staff trained, professional massage therapists here. Your modesty will be protected at all times. We uncover only the area or limb that we are massaging. Your therapist will go out of the room while you undress to your comfort level and lie face down between the sheets of the massage table. We value that the body comes in all shapes and sizes, so you can just relax and feel comfortable. Please communicate with your massage therapist if you are feeling cold, warm or if you would like the massage pressure to be adjusted.

After your massage:

Massage manipulates the soft tissue, allowing toxins to be released into the bloodstream. Please drink two or three 8-ounce glasses of room-temperature water after your massage to assist in elimination of toxins. Remember to let your massage therapist do all the work. It's time to relax and enjoy this wonderful experience!

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