

A serene ocean scene with gentle waves and a person in the distance. The water is a mix of light blue and white, with soft ripples. In the background, a person is standing on a sandy beach, looking out at the sea. The overall mood is peaceful and relaxing.

Hāwanawana Spa

There is a reason why we are drawn to the ocean.

The ocean is where we seek to renew.

The warmth of the sun serves to soothe our spirit and awaken our soul.

We can almost feel stress and tension flowing out of us,
like the receding tide returning to the sea.



Hāwanawana Spa is your ocean.

Go ahead. *Dive in.*

A romantic quote is overlaid on a background image of a sunset over the ocean. The sun is low on the horizon, creating a warm, golden glow. The water is dark blue with white foam from a wave in the foreground. The quote is written in a white, cursive font.

You are the moon to our tide.

Although our focus at Hāwanawana Spa is on ocean-based products and treatments, our inspiration is you. That's why we customize everything—no two Hāwanawana experiences are alike. Along with the expert skills of our highly trained professional staff, this attention to detail assures that you'll leave Hāwanawana feeling refreshed, rejuvenated, and ready to start anew.



sustainable organic skincare

We use only the highest quality marine, botanical, and cosmeceutical lines that deliver pure results and reflect our own social and environmental values. Our premium luxury skincare partners are KYPRIS, OSEA and Soleil Toujours.

Your choice of complimentary enhancements are included in every 60-minute facial, including eye and lip treatments, hair and scalp treatments or hand or foot scrubs. Options for 90-minute facials also include Microcurrent Lift or L.E.D. light therapy.

HĀWANAWANA SIGNATURE FACIAL

customized, locally inspired, land or sea bio-botanicals

| | |
|------------|-------|
| 60 minutes | \$235 |
| 90 minutes | \$350 |

ROYAL HAWAIIAN AGE-DEFYING FACIAL

organic seaweed, purifying antioxidants, youthful boost by OSEA

| | |
|------------|-------|
| 90 minutes | \$350 |
|------------|-------|

NANI KŌKŌ PURE LUXURY FACIAL

("supremely beautiful")

ultra-nourishing, revitalizing, lush KYPRIS cosmeceuticals

| | |
|------------|-------|
| 90 minutes | \$350 |
|------------|-------|

SUPER QUENCH RESCUE FACIAL

sun repair by KYPRIS

replenishing, calming, repairing, plumping, ultra-hydrating

60 minutes \$235

INNER GLOW REGENERATING L.E.D. FACIAL

red-light therapy, stimulating, boosting, anti-aging

90 minutes \$350

DELUXE PURIFYING L.E.D. FACIAL

blue-light therapy, calming, decongesting

90 minutes \$350

BEACH BOY FACIAL *Men's Skincare!*

marine bio-actives, boosting and conditioning

60 minutes \$235

90 minutes \$350

PRECIOUS GEMS COLLAGEN FACIAL

Diamond Radiance or Nanogold Repair by KNESKO

indulgent hydration, regenerating, gemstone-infused

60 minutes (face, eyes, lips) \$335

90 minutes (plus neck and decollete) \$520

HYDRAFACIAL *Award-Winning Facial*

deepest cleanse, total resurfacing, infusion of vitamins and peptides

60 minutes \$320

90 minutes \$480

Facial Upgrades

Add any of the following upgrades to your facial to build upon your treatment plan and boost results

KNESKO Skin's Gemstone and Mineral Collagen Masks

Nanogold Repair – *replenishing, firming, boosting*

Diamond Radiance – *brightening, antioxidant, age-defying*

Face \$50 | Eyes \$30 | Lip \$30 | Decollete \$50 | Neck \$35

Face-Neck-Decollete Combo \$125

Hāwanawana Massages

Our Hāwanawana massages blend ancient Hawaiian traditions with other techniques and modern therapies to create a special Lānaʻi experience that is just for you. Each Hāwanawana massage is offered as a 60- or 90-minute treatment and includes your choice of a complimentary enhancement.

HĀWANAWANA SIGNATURE

customized, aromatic, light or deep, multi-cultural blend of techniques

LĀNA'I LOMI LOMI

flowing, rhythmic, Hawaiian tradition

OCEANIC STONE LOMI LOMI

warm salt stones, purifying sea algae, rhythmic tidal lomi lomi

MOTHER OF PEARL

exquisite expectancy, vital marine ingredients, spoiled mama (2nd or 3rd Trimester)

For all Hāwanawana and Sports Massages listed above choose your massage time options:

| | |
|------------|-------|
| 60 minutes | \$240 |
| 90 minutes | \$360 |

Sports Massages

Our focused sports and deep tissue massage therapy is dedicated to target areas relating to specific sports for pre- and post-activity. Each sports massage is offered as a 60- or 90-minute treatment and includes a complimentary choice of muscle relief balm or L.E.D. light therapy.

LANAKILA (“victory”) *for the Highly Active*
comprehensive, total body, reset button

BACK-IN-THE-SWING *for Golfers*
torso, back, legs, feet

BOUNCE-BACK *for Tennis Players*
legs, hips, back shoulders, arms, neck

BACK-IN-THE-SADDLE *for Horseback Riders*
decompressing back, hips, legs



massage treatments

Specialty Massages

HEAD, HEART & SOLES

neck, scalp, feet, calves, aromatic and divine —
includes foot scrub, mask and warm oil
scalp treatment

60 minutes

\$230

REFLEXOLOGY

feet, grounding, holistic, balancing

60 minutes

\$230

FOCUSED RELIEF

deep tissue treatment, target areas, just enough

30 minutes

\$115

45 minutes

\$170



Hāwanawana body rituals

Celebrate Lānaʻi with our luxurious body treatments inspired by the bounty of our land and sea. Our 60-minute scrubs and wraps conclude with a brief, gentle massage.

You may wish to extend your treatment to include a full 60- or 90-minute massage.

Scrubs and Wraps

LĀNA'I TAI SIGNATURE SCRUB

honey sugar scrub, fresh active pineapple, Hawaiian healing inspired by the history of Lāna'i

DEEP SEA CLEANSE

mineralizing sea salt scrub, purifying algae, hydrating and nourishing

TI LEAF RELIEF WRAP *sun repair*

cooling and calming aloe, healing algae, hydrating hero treatment

THREE TEAS DETOX BODY WRAP

lymphatic brush, antioxidant herbal wrap, scalp massage, revitalizing

SILHOUETTE WRAP

coffee, mate, guarana, firming, smoothing, toning, and stimulating

Scrub and Wrap options:

60 minutes (*scrub/wrap and hydration*) \$235

90 minutes (*scrub/wrap and 60-min massage*) \$350

120 minutes (*scrub/wrap and 90-min massage*) \$460

Body & Massage Rituals 2 hours/\$460

OCEAN RITUAL

salt scrub, seaweed wrap, lomi lomi massage, scalp and foot masks

SALTS OF THE EARTH RITUAL

pink salt body scrub, hot salt stone massage, scalp and foot masks

Body & Facial Rituals 2 hours/\$460

Each ritual includes a full facial, body scrub, body wrap, and treatment masks for feet, hands, scalp and hair.

OCEAN POTIONS HEAD-TO-TOE

mother ocean ingredients, powerful antioxidants, deep sea renewal

NANI KŌKĪ HEAD-TO-TOE

ultra nourishing, bio-botanical cosmeceuticals, aromatic and energizing



beyond the spa

Very Suite Couples Experiences

All massages, facials, and body treatments can be accommodated in our exquisitely designed Couples Suites for a shared experience with your dear one. A spa receptionist will be happy to assist with treatment-pairing recommendations.

(Please note that our Hydrafacial service is limited to one per couple.)

SUITE SERENITY

Couples ritual includes oceanic body scrubs, signature Hāwanawana massages, signature Hāwanawana facials, and light-fare dining with champagne for two in your own private couples suite.

4 hours

\$1,500

per couple

In-Room Services

We bring a selection of massage services to the comfort of your own room.

Additional fee of \$40 applies.

Poolside Massage Menu

Open ocean air, sanctuary or lounge chair, drift away

Choose:

FOOT MASSAGE OR NECK, SCALP & SHOULDERS

30 minutes

\$100

45 minutes

\$150

JUST FOR KEIKI *(ages 8-11)*

10 minutes

\$30

30 minutes

\$60



finishing touches

We offer a complete menu of salon services including pampering manicures and pedicures, makeup consultations and makeovers, blow-outs, care-free hair styling, and luxurious up-dos for those special events. Our world-class professionals use the latest colors, looks, products, and next-level enhancements to help you look as good as you feel.

Luxury Nail Care

INSTANT SHIMMER

sexy, sensational, simply divine

| | |
|---------------------|------|
| Manicure 25 minutes | \$60 |
| Pedicure 25 minutes | \$60 |

SALT & SEA

smooth, nourish, delight the senses
deluxe includes rejuvenating gem-infused
collagen treatment and massage

| | |
|----------------------------|-------|
| Manicure 60 minutes | \$75 |
| Deluxe Manicure 90 minutes | \$150 |
| Pedicure 60 minutes | \$95 |
| Deluxe Pedicure 90 minutes | \$170 |

ENHANCEMENTS

| | |
|-------------------------------|------|
| Collagen Eye or Lip Mask | \$30 |
| Paraffin Treatment Hands/Feet | \$25 |
| Exfoliation Treatment Add-Ins | \$50 |
| French Polish Add-In | \$15 |
| Gel Removal | \$30 |
| Nail Repair | \$20 |
| Nourishing Scalp Massage | \$60 |

Salon Services

| | |
|--|-------------|
| Cuts for Women from | \$100 |
| Cuts for Men from | \$65 |
| Dry and Shampoo Blowouts | \$65/\$85 |
| Updos from | \$125 |
| Luxury Make-up | \$100 |
| Beard/Mustache Trim | \$30 |
| Beard Conditioning Treatment | \$50 |
| Highlights (full or half highlights) from | \$130 |
| Waxing Services from | \$30-\$150 |
| Hair & Make-up for All Your Bridal & Event needs from | \$100-\$200 |

*Prices are adjusted for longer or thicker hair,
or for curling and ironing.*

JUST FOR KEIKI

sweet, sassy, treat—ages under 12

| | |
|---------------------|------|
| Shampoo Cuts | \$50 |
| Manicure 25 minutes | \$40 |
| Pedicure 25 minutes | \$40 |

fitness and wellness

Break a sweat, day or night, at the Fitness Center and earn that extra Lānaʻi Tai. Our 24-hour, 2,500 square foot fitness facility features the latest state-of-the-art equipment positioned in alignment with spectacular ocean views. Matrix and Woodway cardio machines include video screens, the latest technology for an array of personalized workouts and media. Personal fitness assessments and training sessions are also available upon request.



YOGA, MIND AND BODY

Our new 1,200+ square foot Yoga Pavilion features arguably the best views, generous personal space and comfort, and a dynamic spread of ten Aerial Yoga hammocks. Our multifaceted instructors offer a variety of complimentary indoor and outdoor classes such as Tai Chi, meditation, and yoga for any level. To maximize your Lānaʻi experience, we've also adapted yoga classes for other environments such as the beach, our Luau Grounds, and the pool (Aqua Yoga). Many studio classes are complimentary and are listed in the daily schedule available in the Fitness Center or at the hotel front desk. For a highly personalized experience, private classes for individuals and groups are available upon request.

PERSONAL FITNESS ASSESSMENT

60 minutes \$150

PERSONAL TRAINING SESSION

60 minutes \$150

PERSONAL YOGA OR MEDITATION SESSION

30 minutes \$75
60 minutes \$150

PRIVATE GROUP, YOGA OR MEDITATION CLASS

Length varies from \$200

Specialty Yoga

ZEN HORSE *sunset yoga*

deep presence, equine environment, shared experience at sunset
—includes transportation to The Ranch at Koele, max 6 people
2 hours (per person) \$100

AERIAL YOGA ANTIGRAVITY®

suspend, decompress, explore, freeing silk hammocks
60 minutes (per person) \$50

spa information



Hours of Operation

8:30 am – 8 pm

Treatments begin at 9 am daily

Check In

We suggest you arrive at least 30 minutes before your treatment to check in and enjoy our amenities. If you arrive late, we will happily provide your service within the scheduled time that remains.

Cancellation Policy

Please provide 24 hours notice if you must cancel or reschedule your service to avoid being charged a cancellation fee.

Age Requirements

Keiki services and treatments are available to children 8-11.

Massages, body treatments and facials are available to guests between 12-17 years of age when accompanied by an adult or if a parent has personally signed a Waiver of Liability Form prior to treatment.

Guests must be 14 years of age or older to enjoy our steam and saunas unless accompanied by an adult. Our Fitness Center and Yoga Classes are available to guests 12 years of age and older.

What to Wear

For your comfort and convenience, we provide you with a robe and sandals for your spa experience when you arrive. Proper attire is required for the use of the Fitness Center and Yoga Pavilion.

Pregnancy

When booking your appointment, please inform us if you are pregnant, as some treatments are contra-indicated. Massage is available in the 2nd or 3rd trimester.

More about our Organic Skincare Lines:

KYPRIS aligns the latest science with sustainable harvested botanicals to produce holistic, vegan beauty-boosting plant medicine! OSEA's vegan skincare combines nutrient-rich seaweed with mineral peptides and an ocean of antioxidants. Soleil Toujours is a high-end, organic, anti-aging sun care line that is as nourishing and protective to your skin as it is safe for our reefs!

Spa Reservations: 808-565-2088

More information of all of our experiences can be found at:
fourseasons.com/lanai/spa



FOUR SEASONS
RESORT
LĀNAʻI

1 Manele Bay Rd | Lānaʻi City, HI 96763
(808) 565-2000