FOUR SEASONS RESORT MAUI

SPA AND WELLNESS CENTER

WELLNESS OFFERINGS
BODY TREATMENTS
FACIALS
MASSAGES
WELLNESS OFFERINGS
A La Carte Offerings
Wellness Your Way

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SPA AND WELLNESS

BODY TREATMENTS

FACIALS

MASSAGES

i-Lipo
i-Lipo offers a non-surgical alternative to liposuction, and is the first FDA-approved treatment clinically proven to reduce cellulite, tighten the skin and contour the body.

45 minutes – Initial $450  |  30 minutes – Follow Up $450  
Series of 4 Sessions $1620

Nutrition
Our nutritional analyses and consultations help you determine your state of dietary health and pinpoint any imbalances.

60 minutes $250  |  60 minutes (with urine analysis) $335

Chiropractic
Let our Doctor of Chiropractic, Dr. Mark Emerson, help you find the perfect alignment for optimal health.

45 minutes – Initial $165  |  30 minutes – Follow Up $135

Acupuncture
This ancient form of natural medicine will help you enhance your overall well-being or target a specific condition such as allergies, anxiety, chronic pain, or stress. Based on a brief diagnostic review, our practitioner will develop an acupuncture program customized for you.

80 minutes – Initial $265  |  50 minutes – Follow Up $195

Inner Clarity
An Inner Clarity session discovers and cleans out tangled thoughtwebs so you can enjoy peace of mind.

120 minutes $315

The Tapping
This interactive session focuses on meridian points to tap away stress.

60 minutes $165

Guided Meditation
Learn basic meditative principles, including breath work and body awareness, in this experiential consultation.

60 minutes $135

Intuitive Life Reading
Find your path and live your best life with our safe, true, on-point and life-changing readings.

60 minutes $165

Ajne Rare and Precious
Create your own custom perfume based on your personal attributes and preferences with Ajne Rare and Precious, a boutique perfumery.

$150 & up
WELLNESS OFFERINGS

Wellness Your Way

Four Seasons Resort Maui realizes that the path to optimal health is a unique journey. Recognizing that the route to feeling one’s best can be radically different from individual to individual, we have curated the comprehensive Wellness Your Way program, which features two- to four-day retreats designed to meet your personal goals through consultation with our team of wellness experts. The program comprises wellness packages customized for you following a complimentary consultation with one of our wellness experts, and includes energy-focused wellness and spa treatments, fitness activities and healthy cuisine. A sampling of treatments under the four distinct Wellness Your Way journeys is below.

Inner Peace Your Way
Finding inner peace amid the everyday stressors of today’s fast-paced world can be challenging. Our wellness experts guide you on a path toward peace of mind and tranquility using a blend of methods customized for you. Inner Peace Your Way packages can include the following choices:

- Rain shower body polish
- Reflexology
- Chakra balancing
- Dramatic healing facial
- Guided meditation

Vitality Your Way
Whether you are a seasoned athlete, weekend warrior or just beginning to explore your potential, our wellness experts help you achieve your greatest self with a tailor-made blend of fitness, dietary and treatment options. Vitality Your Way packages can include the following choices:

- Hawaiian healing wrap
- Thai massage
- Acupuncture
- Power pump
- Celestial black diamond non-surgical lift facial

Detox Your Way
Hit the reset button and purge your body of everyday toxins with the help of our wellness experts, who help you increase your energy levels, reduce your cravings and lower your stress levels. Detox Your Way packages can include the following choices:

- Rain shower body polish and wrap
- Aroma journey massage
- Infrared fit body wrap
- Cryotherapy energy facial
- Hawaiian HIIT (high-intensity interval training)

Weight Loss Your Way
Healthy weight loss revolves around the journey, not the destination. Wherever you are on your journey, let our wellness experts accompany and guide you as you make positive lifestyle changes with long-lasting impacts. Weight Loss Your Way packages can include the following choices:

- Nutritional analysis
- i-Lipo session
- Fit wrap with facial oxygen blast
- Himalayan salt stone and lomi pohaku massage
- Spin it up!
BODY TREATMENTS
Wellness Your Way
Water Treatments
Hawaiian

SPA AND WELLNESS
WELLNESS OFFERINGS
FACIALS
MASSAGES
Wellness Your Way body treatments take the form of either a 130-minute or a 50-minute wellness ritual, each built around one of our four Wellness Your Way journeys (Inner Peace, Vitality, Detox, and Weight Loss).

**Wellness Your Way Ritual**

Our delectable 130-minute ritual combines a range of treatments, including a Molokai sea salt bath, exfoliation, a gemstone massage and a floating cocoon wrap with body mask. Throughout the ritual, your body and mind will experience total relaxation as you are treated to an herbal elixir, sound therapy, a soothing mantra, a gemstone face mask and a steam shower to cap things off.

130 minutes $399

**Inner Peace Your Way Wellness Ritual**

Calming blend of wild flowers, forest and peaceful rose, together with rare sacred frankincense and blue chamomile, brings a feeling of inner peace and tranquility to body, mind and spirit.

**Vitality Your Way Wellness Ritual**

Cacao, tuberose and Hawaiian sandalwood rich in antioxidants is hand-blended with Maui raw organic honey to bring a sense of vitality and nourishment to body, mind and spirit.

**Detox Your Way Wellness Ritual**

Detoxifying Hawaiian spirulina, green tea, papaya leaf and green mineral clay, all rich in vitamins, clarify and detoxify the skin and body while bringing a sense of rejuvenation to the mind and soul.

**Weight Loss Your Way Wellness Ritual**

An aromatic blend of citrus and spice essential oils, bitter orange, grapefruit and lemongrass blended with ginger root, cardamom and cinnamon leaf helps stimulate thermogenesis. Rich in plant antioxidants this blend encourages the release of toxins and congestion and fat from tissues and cells, bringing a sense of health and well-being to body, mind and spirit.

**Wellness Your Way Ritual**

Our 50-minute ritual will leave you feeling your best with restorative treatments including a cocoon wrap, floating body work, an herbal elixir and a gemstone face mask. This short, effective session will also help you find your perfect balance using sound therapy and a soothing mantra.

50 minutes $195
Rain Shower Body Polish
Renew skin with a rejuvenating lomi lomi full body polish that is washed away by the warm waters of a Vichy shower. Conclude with an application of moisture-rich botanical body butter to nourish your skin. This treatment is the perfect prelude to any massage.

50 minutes $195

Rain Shower Body Polish and Wrap
Beginning with a full-body body polish, body mask, wrap, this rejuvenating water treatment is completed with an application of botanical body butters.

80 minutes $280

E Ola Hou ~ Hawaiian Healing Wrap
This ultimate island tradition begins with Molokai sea salt exfoliation of the skin. Then healing body butter with detoxifying Hawaiian spirulina soothes and nourishes your skin, as you are delicately wrapped in warm ti leaves. Meanwhile, enjoy a warm Hawaiian sandalwood hair oil treatment, and a heated-gemstone face massage. This lush ritual is completed with a full-body massage.

110 minutes $375

Maui Foot Ritual
Pamper your feet with this luxurious treatment, beginning with an invigorating Hawaiian turmeric, ginger and coconut foot scrub. Your feet are then wrapped in warm ti leaves with a luxurious blend of potent botanicals and rich butters that nourish and detoxify. Tension is melted away with a soothing neck and shoulder massage, with a 25-minute reflexology session as the final touch.

50 minutes $195

Lana Malie ~ Sun Soothe
Calm your sun-kissed skin with a cooling cucumber-coconut mask. A wrap with healing ti leaves seals in hydration while relieving redness and discomfort. Antioxidant-rich after-sun oils complete the treatment while repairing and moisturizing dehydrated skin.

50 minutes $195
FACIALS
Facial Treatments
HydraFacial
Full Body Skin Remodeling
Facial Enhancements
To help you restore and maintain youthful-looking skin, our skin care experts prescribe a program customized to the duration of your stay, and your individual goals for face and body. We create and customize treatments that aid in longevity and repair daily damage.

**Facial Treatments**

**Dramatic Healing Facial**
This high-performance facial enhances the skin’s ability to repair and re-strengthen itself using a clinically proven Dramatic Healing Serum, in combination with a deep-muscle facial massage.

50 minutes $195

**Celestial Black Diamond Non-Surgical Lift Facial**
This surgically inspired facial integrates professional strength Celestial Black Diamond products, HydraFacial, integrated LED Light therapy, Rose Gold Brightening Mask, and oxygen therapy to stimulate collagen production, dramatically improving volume and elasticity in the skin. The facial is completed with a therapeutic face, neck shoulder, arm and foot massage.

80 minutes $495

**Oxygen Meso Infusion Facial**
Meso vitamin infusion with hyperbaric oxygen therapy to provide instant plumping that restores natural glow and luminosity. Excellent for frequent flyers and people with severely dehydrated skin.

50 minutes $275

**Lunar 28 Brightening Facial**
The ultimate illuminating Mandelic & Lactic Clinical peel with an intensive 28-day home brightening system that is engineered to deliver extraordinary luminosity, evenness, clarity and softness without the use of laser technology.

50 minutes $1600

**Clarity Anti-Blemish Facial**
An effective acne treatment that combines Tartaric & Lactic Clinical Exfoliator with integrated LED therapy to eliminate bacteria and reduce inflammation, repairing skin imperfections.

50 minutes $275

**Cryotherapy Energy Facial**
Cryotherapy uses extremely low temperatures to increase oxygen flow in the skin, dramatically improving skin tone and elasticity.

50 minutes $300

**Bliss Before Baby Facial**
This luxurious pregnancy-friendly facial combines a deep cleanse, exfoliation and extractions with oxygen therapy and 24-karat gold face mask to calm irritated skin, infuse hydration and recharge tired skin. Includes massage of the face, neck, shoulders, hands and feet.

80 minutes $375
HydraFacial is a non-invasive, non-surgical skin resurfacing procedure that benefits all skin types and skin conditions. The treatment cleanses, exfoliates and removes impurities and dead skin cells while replenishing vital nutrients to mitigate environmental damage, reduce wrinkles and plump and firm skin for long-term benefits. HydraFacial is available as a mini facial and as an enhancement.

**Express**

HydraFacial’s basic treatment includes cleansing, vortex extraction and infusion of hyaluronic acid, antioxidants and peptides.

25 minutes $165

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**Cryotherapy Energy Cellulite Treatment**

This highly effective, targeted treatment for uneven skin tone and cellulite uses our state-of-the-art cryotherapy machine to target priority areas, assisting with boosting circulation, detoxifying the body and stimulating lymphatic drainage.

30 minutes $119

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**Infrared Fit Body Wrap**

By regulating cortisol levels, this innovative body wrap is clinically proven to aid in weight loss and detoxification, full body skin tightening and balancing of hypopigmentation while reducing stress. Each treatment includes a full body dry brush and application of body serum to tighten the skin and aid in weight loss. During the body fit wrap session, a scalp, face and neck massage is performed while cool oshis are applied to balance the heat.

50 minutes $175 | 80 minutes $265
HYDRAFACIAL
A noninvasive skin resurfacing system that vortex extracts every pore while vortex infusing hyaluronic, antioxidants and peptides. Considered the next best thing to injectables and laser, this enhancement can be added to any facial following a consultation with an aestheteian.

$80 – $165

Y-LIFT NECK TREATMENT
This intensive specialized treatment for the neck and décolletage sculpts, firms and tones the skin, offering prevention and protection, and treating the visible signs of aging.

$135

OXYGEN BLAST
This enhancement combines a hyperbaric oxygen blast with hyaluronic and multivitamins, making it an excellent choice for dehydrated, hypersensitive and sun-damaged skin.

$55

MICRO-CURRENT
Take your skin to the gym and tone and tighten muscles with clinically proven NuFace technology. This is an excellent lift before a special event or occasion.

$35

DIAMOND AND 24 KARAT GOLD MASK
Choose from an eye, lip, face, neck or décolleté mask. This gemstone-infused collagen hydrogel mask, infused with hyaluronic acid and vitamins C and E, instantly reduce the appearance of fine lines and wrinkles.

Choose from an eye, lip, face, neck or décolleté mask $45 – $135

PROFESSIONAL PEEL
This treatment helps to dissolve dead skin cells, brighten your tone and minimize pore size.

$45

DERMAFLASH

$45

ADD-ON TREATMENTS (Additional 15 minutes)

SCALP TREATMENT
Using specially formulated scalp treatment oil and incorporating a vigorous scalp massage and hot towel wrap, this is an excellent choice for dry, damaged hair, as it deeply hydrates the hard follicles and scalp.

$55

FOOT TREATMENT
This treatment features a vigorous foot exfoliation using a coconut lemongrass scrub and a relaxing foot massage using cocoa body butter to soothe dry, rough feet.

$55
MASSAGES
Traditional
Swedish
Hawaiian
Specialty Enhancements
MASSAGES

Traditional

You can enjoy your massage in the tranquility of our spa or in a traditional oceanside hale. Most massages are available as a couple’s or individual's session. Extend the duration of your treatment in 30-minute increments.

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>50 minutes</td>
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<tr>
<td>80 minutes</td>
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<tr>
<td>110 minutes</td>
<td>$345</td>
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<tr>
<td>Additional 30-minute increments</td>
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Deep Tissue Massage

This therapeutic massage penetrates targeted muscles to loosen tight areas.

50 minutes

Ultimate Deep Tissue Recovery Massage

This therapeutic massage incorporates the Rad Roller tool system for deep fascia release. The added benefit of infrared light therapy, deep tissue massage and essential oils decreases muscle and joint stiffness and increases athletic performance.

80 minutes

Swedish Massage

This classic massage promotes relaxation with gentle, rolling strokes. Choose from four different essential oil blends—each tailored to one of our four Wellness Your Way journeys (Inner Peace, Vitality, Detox, and Weight Loss)—to customize and enhance your massage.

50 minutes
Lomi Mohala Massage
Open your heart, mind, body and soul with this signature Hawaiian massage. An exclusive herbal oil blend melts away tension in this ancient technique, which utilizes Hawaiian ti leaves and rhythmic forearm strokes, allowing you to experience the expansive feeling of mohala (heart opening). This treatment concludes with a Hawaiian turmeric foot scrub.

50 minutes

Lomi Pohaku and Sea Salt Massage
Indulge with continuous flowing strokes to relax the muscles and ease tension with the heating element of Hawaiian pohaku (stones), gathered right here on Maui and cleansed by the Pacific Ocean. This treatment incorporates ancient healing properties from Hawaii and the added benefits of Himalayan salt stones.

50 minutes

Lomi Aumoa Massage
Two therapists synchronize their movements in this indulgent treatment, producing double the benefits. You will emerge feeling nourished, protected and completely relaxed.

50 minutes

Back Walk Massage
Your therapist provides pressure along the body’s meridians by using their feet to thoroughly and deeply stretch the muscles and relieve long-held tension and stress.

50 minutes
**MASSAGES**

**Wellness Offerings**

**Body Treatments**

**Facials**

**Spa and Wellness**

**Craniosacral Massage**

This subtle form of bodywork gently manipulates the craniosacral system—comprising the head, neck and spinal column—to calm the nervous system. Loose comfortable clothing is recommended for treatment.

50 minutes $195  |  80 minutes $270  |  110 minutes $345  |  Additional $75 for 30-minute increments

**Kamalei ~ Prenatal Massage**

Pure organic oils infused with red raspberry leaf, nettles and alfalfa nourish and support mother and baby in this deeply relaxing treatment. Please note that expectant mothers must be beyond their first trimester to partake.

50 minutes

**Aroma Journey**

The purest and highest-grade essential oils are applied onto the spine and specific energy zones to address stress, boost immunity, reduce inflammation and pain, and promote overall homeostasis. Therapeutic back and neck massage soothes tired muscles. Foot reflexology grounds and balances, and reiki energy work integrates the experience, promoting the deepest relaxation.

50 minutes

**Gemstone Ayurveda**

Warm therapeutic herbal oils and dried powders from India are combined with brisk massage to detoxify the body, increase circulation and calm the nervous system. Hawaiian sandalwood oil is applied to the face and gemstones are placed on the chakras while warm oil is poured through the hair to bring a sense of deep relaxation and alignment.

80 minutes

**Thai Massage**

Adjust and realign your body through this 2,500-year-old healing tradition. Performed on a floor mat, your therapist will assist you with deep compressions, elongation stretches and conscious breathing. Loose, comfortable clothing is recommended.

80 minutes

**Lymph Drainage**

Activate your lymphatic system, stimulating a natural detoxification process, with this light-touch treatment. Benefits include decreased inflammation, pain reduction, stress relief and alleviated muscle spasms.

50 minutes

**Energy Ritual**

Experience a powerful new treatment that is at once harmonizing, transformational and grounding. Our energy balancing ritual includes a full body chakra connection with soothing sound therapy and an ancient Hopi spinal clearing technique. Healing touch and reiki are combined to bring about a deep sense of relaxation, peace and harmony to your inner being.

50 minutes

**Couple’s Instructional**

Learn basic massage techniques to relax and ease your partner’s muscle tension. Each of you will receive 50 minutes of hands-on instruction from one of our skilled therapists, producing a four-handed treat for your partner. This treatment is performed oceanside and includes an herbal elixir.

110 minutes $389
All enhancements can be added within the course of your treatment.

**FACIAL MASKS**
Enhance your spa experience with one of the following facial masks: 24K Nano Gold, Diamond Collagen, Rose Quartz Antioxidant or Black Pearl Detox.

$25 - $135

**COCOA BUTTER**
Rich, aromatic cocoa butter adds deep moisturizing to most massages.

$20

**RAINDROP ESSENTIALS**
Centered along the spine, nine aromatherapy oils are applied blending therapeutic and energy balancing benefits to the body.

$35

**HAIR AND SCALP TREATMENT**
Add luster and shine to your hair and invigorate your scalp with this enhancement, which can be added to any facial and body treatment or massage.

$25

**MUSCLE RELIEF**
Soothe aching muscles and joints with a deeply penetrating salve as part of this massage enhancement.

$30

**SUN SOOTHE SPOT TREAT**
Cool sun-kissed skin with a cucumber-coconut mist and mask—the perfect enhancement after a long day at the beach.

$25

**CELLUMA THERAPY**
This enhancement employs infrared and LED light therapy to decrease inflammation and pain.

$15

**RAD ROLLER RELIEF**
Release tight muscles and enhance athletic performance with this massage enhancement.

$25

**HAND OR FOOT REPAIR**
Enhance your treatment with deeply hydrating shea butter to moisturize and nourish your skin, creating supple softness.

$25

**WATER RITUAL**
Add this luxurious prelude to any treatment to enjoy a private rain steam shower and whirlpool experience.

25 minutes $65