

SPA/WELLNESS

FOUR SEASONS RESORT MAUI

WELLNESS
OFFERINGS

BODY
TREATMENTS

FACIALS

MASSAGES

AESTHETICS &
LONGEVITY

WELLNESS OFFERINGS

A La Carte Offerings

Wellness Your Way

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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. **Treatment may include ultrasound therapy or cryotherapy.**

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 that may include infrared light therapy, electric stimulation, and/or cupping.**

80 minutes - Initial \$265 | 50 minutes - Follow Up \$195

Inner Clarity

An Inner Clarity session discovers and cleans out tangled thought-webs 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



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 multiple-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 focused wellness rituals and treatments, massages, fitness activities and healthy cuisine. Price may range from \$600 to \$3000 per day depending on your personalized itinerary and length of program.

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.

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.

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.

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.

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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 ritual combines a range of treatments, including a Molokai sea salt bath, 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.

110 minutes \$399

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

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.

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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 \$200

Rain Shower Body Polish

Beginning with a full-body body polish, this rejuvenating water treatment is completed with a luxurious body massage using botanical body butters.

80 minutes \$280

Rain Shower Body Wrap

After a full-body dry brush, choose from a nourishing or detoxifying body mask in this indulgent wrap treatment. Enjoy a scalp and foot massage before the mask is washed away, and conclude with a body butter application to nourish the skin.

50 minutes \$200

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 coconut 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

Add-On Treatments

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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.

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, Celestial Black Diamond Face 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*

*Add 30 minutes to treatment for an additional \$85

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 \$2000*

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

FACIALS

HydraFacial

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

Full Body Skin Remodeling

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 \$165

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

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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 aesthetician.

\$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

Sonic edge technology exfoliates to reveal instantly fresh, younger-looking skin.

\$55

CRYOTHERAPY SPOT TREATMENT

Targeted use of extremely low temperatures to dramatically improve skin tone and elasticity.

\$55

ULTRASOUND

High-level sound waves stimulate cells to produce collagen, reduce inflammation, and promote blood circulation, giving skin an immediate glow and lift. This treatment is recommended for specific areas of concern and can be performed within any facial.

\$80

FACIALS

Add-On Treatments

(Additional 15 minutes)

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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

ULTRASOUND

High-level sound waves stimulate cells to produce collagen, reduce inflammation, and promote blood circulation helping to expedite the healing process. This treatment is recommended for full facial toning, tightening, and scar reduction.

\$119

MASSAGES

Deep Tissue

Swedish

Hawaiian

Specialty

Enhancements

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Deep Tissue

Swedish

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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.

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

Deep Tissue Massage

This therapeutic massage penetrates targeted muscles to loosen tight areas.

50 minutes

Infrared Therapy 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

MASSAGES

Hawaiian

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

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

Salt Stone and Lomi Pohaku 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

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

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

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

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 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

ENHANCEMENTS

All enhancements can be added within the course of your treatment.

FACIAL MASKS

Enhance your spa experience with a healing and hydrating eye or facial mask: 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

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

INFRARED LIGHT THERAPY

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

complimentary

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

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An expert in the science and artistry of aesthetic and anti-aging medicine, Emeka Okwuje, MD, performs all of the below treatments.

Neuromodulators

Dramatically reduce wrinkles and fine lines on the face by relaxing specific facial muscles.

Botox® Tx I (24u)	\$500
Botox® Tx II (50u)	\$1000
Botox® Tx (10u) (Add-on only)	\$200

Dermal Fillers

Restore volume, smooth lines and enhance facial contours with results-oriented fillers.

Tier 3 Fillers (Radiesse® Sculptra® Juvederm Voluma®)	\$1500
Tier 2 Fillers (Restylane Lyft® Refyne/Defyne® Juvederm Vollure® Juvederm Volbella®)	\$1250
Tier 1 Fillers (Restylane - L Juvederm® Ultra/Plus Belotero®)	\$950

Liquid Facelifts

Lift, plump, smooth and contour face with a customized treatment using a variety of available modalities, including neuromodulators and dermal fillers.

Insta Lift	\$3050
Liquid Facelift	\$6320
Ultimate Liquid Facelift Includes PRP fillers, injections and microneedling.	\$9250

Facial Rejuvenation

Rejuvenate skin and increase collagen production naturally, through the use of platelet-rich plasma (PRP).

PRP Complete Rejuvenation (customized with injections, microneedling and PRP fillers)	\$2400
Microneedling with PRP	\$1200

PRP Hair Restoration

Increase growth and thickness of hair with the use of platelet-rich plasma. See best results after three treatments.

\$1000*

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Nutrient IV Therapy

Rapidly replenish your health and revitalize your body by directly delivering nutrients directly into your bloodstream.

Jetsetter IV - Energize, boost immunity, hydrate

\$349

Revitalize IV - Optimize wellness, detox, boost immunity

\$349

Glutathione IV - Detox with the "mother of all antioxidants"

\$349

Mental Reboot - Increase mental acuity, calm mind

\$399

Energy Shot - Increase vitality with essential minerals

\$95

Hormone Therapies

Optimize energy, weight loss, libido and more through hormone therapies customized to help you feel and look your best.

BHRT Hormone Balancing (initial consultation only)

\$500

Hormone Pellets for Women

\$1000

Testosterone Pellets for Men

\$2000