

THE MAUNA LANI BAY

Hotel and Bungalows · Hawaii

MAUNA LANI SPA - FACT SHEET

OWNER:	Mauna Lani Resort Kohala Coast - Big Island of Hawaii
SPA DIRECTOR:	Natalie Epenesa
TELEPHONE NUMBER:	808-881-7922
INTERNET ADDRESS:	www.maunalani.com
ARCHITECT:	Killingsworth, Stricker, Lindgren & Wilson
OPENED:	July 2001
THEME:	“FIRE & ICE” -- 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, finishes, treatments and services draw from the colorful history and mythology of the land.

SPA DESCRIPTION:

Mauna Lani Spa remains in keeping with Mauna Lani Resort’s lifework to preserve the cultural and spiritual environment of Hawaii. The design consists of 25,000 square feet of indoor space and approximately 15,000 square feet of outdoor treatment space.

SPA VILLAGE & GARDENS

The outdoor decor is in keeping with vintage Hawaii and resembles a small village. Nine thatched *hale* (huts) – two large enough for couples massage and all with outdoor showers– are surrounded by lush tropical plantings and a fragrance garden scented with gardenia, ginger, pikake, pakalana and a variety of other beautifully scented flowers. Two *hale* havelava rock soaking tubs for specialty treatments, and one will feature an outdoor Vichy shower.

A lava rock sauna (enhanced with aromatherapy), a fragrant herb garden, and a relaxation pavilion dot the landscape. Surrounding it all is a representation of the 16th-century Kaniku lava flow, providing a stark, moonscape-like border to the lush tranquility of the spa grounds.

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SPA INTERIOR:

Adjacent to the outdoor area is 25,000 square feet of indoor space that includes nine treatment rooms -- including four wet rooms, one of which is a deluxe suite for couples with steam bath and whirlpool, one massage room, one manicure and pedicure room, and three facial rooms -- a fitness area, men's and women's lockers/sauna/steam rooms, an aerobics room, reception area and retail area. Nearby is an outdoor whirlpool and 25 meter lap pool and lighted tennis courts.

SPA HIGHLIGHTS:

Dedicated to Hawaiian tradition, every aspect of Mauna Lani Spa has been designed in accordance with traditional Hawaiian methods and healing practices. Indigenous plants and materials are used both in the landscape and architecture, which reflects the look and feel of Old Hawaii.

The elements of Earth, Air, Fire and Water influence the treatments and experiences, such as mud wraps using volcanic ash, hot stone therapies, and Thalassotherapy with seaweed wraps and baths. For the active spa-goer, a hiking program that touches on all four elements is offered.

THE MAUNA LANI SPA EXPERIENCE:

A visit to Mauna Lani Spa is a full-cycle experience, from the landscaping to the therapists to the therapies. A most unique aspect is the *lapa'au* (healing) garden with indigenous plants once cultivated by Hawaiians for use as food, medicine, light, shampoo, and hair and body oil.

The therapists at Mauna Lani Spa are trained to carry on the traditions of Hawaiian therapies and treatments, including an authentic lomi lomi massage (which begins with a Hawaiian chant), tending the *la'au gardens*, and learning to make their own oils for use in treatments. Guests of Mauna Lani Spa are invited to tour the gardens with a therapist for a more thorough explanation of the rare plantings and their uses.

SAMPLE TREATMENT MENU:

Lava Sauna: Open-air, sun-warmed lava sauna. A black clay mud treatment is applied, and you detoxify in the lava sauna while the mud dries. Big Island black sand warms your feet while you ladle cool melted ice over your body. From there, you rinse in an outdoor garden shower and re-moisturize with the spa's signature body lotion. The treatment concludes with meditation in the Garden Pavilion and a tall glass of tea.

Flowering Chakra Bath: This uplifting bath uses Hawaiian tropical flowers that correspond to each Chakra (energy center) in the body to encourage a balanced flow of energy. Also available as a Flowering Chakra Session.

Calming Cocanilla Experience: Your therapist combines fresh coconut pulp, oils and pure Big Island vanilla beans to smooth the skin, followed by a warm moist linen or comforting dry wrap while receiving a foot reflexology treatment.

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FITNESS and LIFESTYLE ENHANCEMENT:

Personal training, golf conditioning, treadmill training, nutrition for couples, private yoga and/or meditation, nutrition for couples, weight loss program, body composition test and consultation.

HOURS OF OPERATION:	Mauna Lani Sports & Fitness Club:	6:30 a.m. to 8:00 p.m.
	Spa Facilities & Boutique:	8:00 a.m. to 8:00 p.m.
	Spa Treatments:	8:00 a.m. to 6:30 p.m.

** Hours subject to change

SPA ADMISSION:

Mauna Lani Resort guests and residents without a scheduled spa treatment: \$25.00
With a scheduled treatment, admission is complimentary. Non-resort guests and residents may use the spa facilities with a purchased 50-minute spa treatment.

NOTE: Rates and Hours subject to change

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FOR MORE INFORMATION:

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