

Wellness Offerings

We offer a curated selection of items to enhance your well-being.

Exfoliate your skin with loofa mitts, aromatherapy body scrub, nourish your skin with massage oils and lotions, cleanse with herbal facial mud and proprietary Herbal Ayurveda Facial formula.

Create wellness from the inside out with rescue remedy, allergy relief products, herbal and medicinal teas.

We also have Bali batik sarongs, lotions and soaps made on island, sunscreen, gifts 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 benefits.

A classical Ayurvedic assessment consists of pulse/tongue analysis, asked questions about your lifestyle/health history, and suggestions for refining your self-care program and to heal.

Ayurveda (Abhyanga) Warm Oil Massage

In this 50 min traditional Ayurvedic massage, originally given to royalty of ancient India, warm herbal oils are generously poured onto the body. The oil is nourishing, nurturing and deeply relaxing.

Warm herbal oils, Marma Point Therapy, and specific motions help balance the five pranas of the body.

Abhyanga is a must for seasonal cleansing, stress release and rejuvenation.

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 that regular oil application to the head helps prevent headache, balding and greying hair. Used historically for insomnia and depression.

Try our side-by-side Royal Hawaiian experience for a treat with your beloved.

Description of Massages

Our basic massage is a soothing and relaxing massage with light pressure and calming strokes.

For those wanting knots worked out, please see deep tissue massage.

Lomi Lomi: Authentic Hawaiian massage, especially when received beachside in our traditional thatched roof Hale (Hawaiian for House). Long rhythmic strokes of three are used with organic coconut oil to nourish the skin. Deeply balancing and relaxing. Our style is performed with lighter pressure.

Deep Tissue: In this massage our therapists use deeper pressure to work out areas of tension and tight muscles.

Four Hands Massage: Indulge yourself with a four-handed massage performed by two massage therapists working together in rhythm. Add deep tissue to further work out areas of tension.

Prenatal Massage: We use specially designed body cushions with recessed areas for the belly and breasts so you can comfortably lie face down with no pressure on the abdomen. Specific prenatal techniques ensure a safe, relaxing experience.

If this is your first massage:

All of our massage therapists are experienced, highly trained professionals committed to providing excellent care.

During your massage, only the area being worked on will be uncovered, and your modesty will be respected at all times. Your therapist will step out of the room while you undress to your comfort level and lie face down between the sheets of the massage table.

Every body is unique, and we want you to feel completely comfortable. Please feel free to communicate with your therapist if you are feeling too warm or too cool, or if you would like the massage pressure adjusted.

After your massage:

Massage works with the soft tissues of the body and encourages healthy circulation. After your treatment, we recommend drinking two or three glasses of room-temperature water to help your body rehydrate and restore balance. Allow your therapist to do all the work. This is your time to relax, unwind, and enjoy the experience

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HanaleiDaySpa.com

Relax, Recharge and Rejuvenate at the Hanalei Day Spa!