

Visit our Wellness Boutique

We have a plethora of items to enhance your wellbeing. Exfoliate your skin with loofah mitts, or aromatherapy body scrub, nourish your skin with massage oils and lotions, our new Ayurveda Self Care Kit, Herbal Mineral Mud, our proprietary Facial formula. Check out our new Ayurveda Self Care Kit. Create wellness from the inside out with Kauai Fungi medicinal mushrooms. We have Bali batik sarongs and more healing Ayurveda herbal massage oils.

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 benefit. In this treatment you are given an Ayurvedic assessment consisting of pulse/tongue analysis, asked questions about your lifestyle/health history, and given suggestions for refining your self-care program.

Ayurveda (Abhyanga) Warm Oil Massage

this is a one-hour traditional Ayurvedic massage, originally given to royalty of ancient India. Warm herbal oils are generously poured onto and massaged into the body. It is nourishing, nurturing and one of the most thorough massages you will ever experience, particularly if it is preformed in the traditional way with two practitioners. Warmed herbal oils, Marma Point Therapy and specific motions to balance the 5 pranas of the body are applied. Abhyanga is a must for seasonal cleansing, stress release and rejuvenation!

Utvartana Body Wrap the herbal/mineral mud is gently rubbed into the skin making this a potent treatment.

Ayurveda Herbal Mud Body Wrap See wraps below.

Shirodhara A deeply relaxing treatment where a gentle stream (dhara) of warmed oil flows directly onto the forehead (shiro). This treatment calms the mind and nervous system, and is deeply conditioning to the hair. Ancient Ayurveda texts say "one who applies oil on his head regularly does not suffer from headache, baldness, graying of the hair, nor does his hair fall.." Used historically for insomnia and depression.

Body Wraps All body wraps are a luxurious one hour treatment where you are cocooned in your choice of Detoxifying Algae, Ayurveda Herbal Mineral Mud, or Utvartana Herbal Body Rub, spot treatment with our proprietary formula Anti-Cellulite treatment. You can even begin with exfoliation w/ loofa gloves that you can take home with you. Good for all body types.

Try our side by side couples body wraps for a treat with your beloved.

Description of Massages:

Our basic massage: Is light to medium pressure with soothing and relaxing strokes to calm the body and the mind

Lomi Lomi: Authentic Hawaiian massage, especially when received beach side, in our traditional thatched roof *Hale (Hawaiian for House)*, utilizing long rhythmic strokes of three. Deeply balancing and relaxing.

Deep Tissue: In this massage our therapists use more pressure, to work out the tight areas.

Head, Feet and Hands: *Reflexology and relaxation focusing on the head, feet and hands.* Fully clothed massage, assisted stretching and joint mobilization.

Four Hands Massage: Indulge yourself with a four handed massage conducted by two massage therapists, add deep tissue to really work out the tension.

Pregnancy/ Prenatal Massage: We use body cushions and specific massage techniques to ensure a safe, relaxing experience.

Ayurveda (Abhyanga) Warm Oil Massage: See Ayurveda treatments to the left.

If this is your first massage:

Please know that we only staff experienced, trained and professional massage therapists who are committed to excellence. We uncover only the area or limb that we are massaging and you can rest assured that your modesty will be protected at all times. Your therapist will go out of the room while you undress to your comfort level and lie face down between the sheets of the massage table. We value that the body comes in all shapes and sizes, so you can just relax and feel comfortable. Please communicate with your massage therapist if you are feeling cold, warm or if you would like the massage pressure to be adjusted.

After your massage:

Massage manipulates the soft tissue, allowing toxins to be released into the bloodstream. Please drink two or three 8-ounce glasses of room-temperature water after your massage to assist in elimination of toxins. Remember to let your massage therapist do all the work. It's time to relax and enjoy this wonderful experience!

Monday-Saturday 10am - 6:30pm 808.826.6621
www.HanaleiDaySpa.com