



HALEKULANI OKINAWA AND BLUE ZONES® ANNOUNCE EXCLUSIVE LONGEVITY RETREAT

Second Annual Retreat to Feature Distinct Cultural & Well-Being Experiences

Okinawa, Japan – May 6, 2025 – [Halekulani Okinawa](https://www.okinawa.halekulani.com/en/events/bluezones/), the only Double Five-Star luxury resort in Okinawa, today announces an exclusive retreat with Blue Zones, the global leader in longevity research and well-being solutions. Taking place Oct. 19-25, 2025, the only Blue Zones™ Retreat in Japan immerses participants in the wisdom of longevity in one of the world's original blue zones regions. This marks the second year of a three-year partnership between the two brands.

“We are excited to continue our partnership with Blue Zones for the second year, offering exclusive experiences for guests to explore the island’s cuisine, traditions and lifestyle, while gaining insights for their own health,” said Shigeki Yamamoto, Director of Sales and Marketing at Halekulani Okinawa. “By weaving Okinawa’s cultural heritage into every aspect of the retreat, we hope to offer visitors a meaningful and lasting connection to Japan’s only blue zones hotspot.”

The Blue Zones Retreat at Halekulani Okinawa will last seven days and six nights, featuring six Blue Zones modules designed to teach the Power 9® principles to live longer as well as several experiences and workshops rooted in Okinawa’s culture of longevity.

Blue Zones Retreat Highlights:

- Six Blue Zones modules, designed to teach the Power 9 principles
- Tea ceremony and cooking class with a Ryukyu cuisine expert using Okinawan ingredients
- Visit to an awamori distillery, recently recognized as UNESCO Intangible Cultural Heritage
- Trip to the Yachimun no Sato, where guests can explore the studios and shops of Okinawan potters
- Tour of the historic Nakijin Castle Ruins, constructed in the 1200s
- Vegetable sushi workshop with Halekulani Okinawa’s sushi chef
- Cultural workshop on playing the sanshin, a traditional three-string Okinawan instrument

Available exclusively to guests of Halekulani Okinawa, rates for the retreat start at 782,000 Japanese Yen per adult for single occupancy (approximately \$5,368; prices vary depending on current exchange rates) and 1,096,000 Japanese Yen for double occupancy (approximately \$7,523; prices vary depending on current exchange rates). Prices include accommodations, daily breakfast, lunch, dinner, roundtrip airport transfers and all retreat programming.

For more information, including the full itinerary and booking details, visit <https://www.okinawa.halekulani.com/en/events/bluezones/>.

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About Halekulani Okinawa

Halekulani Okinawa, the second hotel from the leading Hawaiian resort of the same name, is a Forbes Travel Guide Double Five-Star beach resort and spa located in Onna Village on the main island of Okinawa. Featuring a variety of accommodations built to emphasize the geographic features of its surroundings, the luxury property sits on 32 acres of lush land within the Okinawa Kaigan Quasi-National Park and faces approximately one mile of coastline. Halekulani Okinawa is home to a diverse array of facilities including eight restaurants and a bar. In addition, the property features the award-winning SpaHalekulani, a fitness center, a luxury boutique, over 2,550 ft² of meeting and convention space and five swimming pools, one of which is adorned with nearly 1.5 million mosaic tiles in the shape of Halekulani's signature Cattleya orchid. Halekulani Okinawa is the third property in Japan to join *The Leading Hotels of the World*, an exclusive collection of the world's most extraordinary luxury establishments. For further information, please visit www.okinawa.halekulani.com.

About Blue Zones®

[Blue Zones](#) employs evidence-based ways to help people live better, longer. The company's work is rooted in explorations done by National Geographic Fellow Dan Buettner to identify and research the blue zones regions around the world, where people live extraordinarily long and/or happy lives. The original research and findings were released in Buettner's bestselling books *The Blue Zones Solution*, *The Blue Zones of Happiness*, *The Blue Zones*, *Thrive*, *Blue Zones Kitchen*, *Blue Zones Challenge*, and *Blue Zones American Kitchen* — all published by National Geographic books. Using original Blue Zones research, Blue Zones works with cities and counties to make healthy choices easier through permanent and semi-permanent changes to our human-made surroundings. Participating communities have experienced double-digit drops in obesity and tobacco use and have saved millions of dollars in healthcare costs.

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