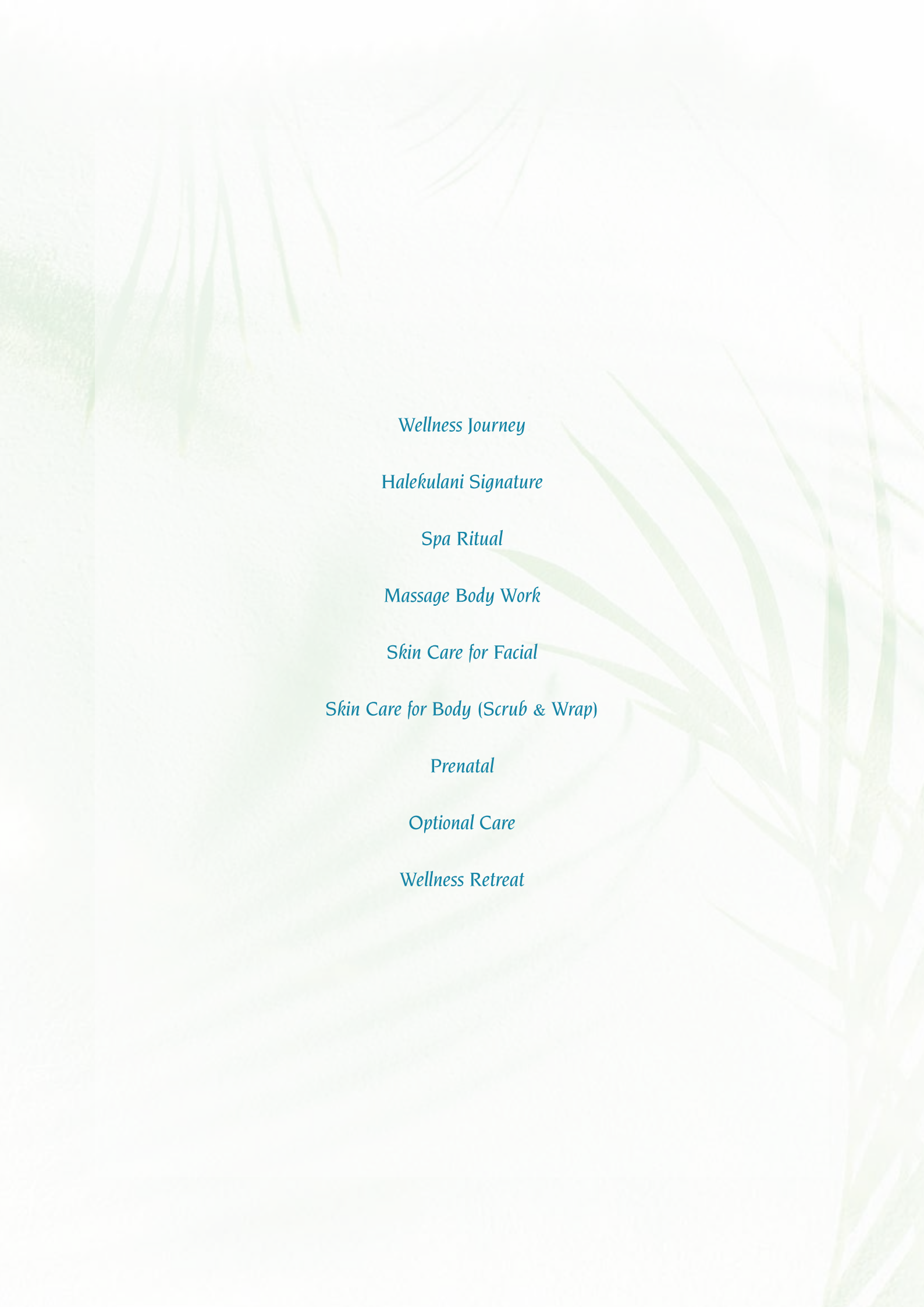




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The islands of Hawaii and Okinawa have historically
been known as places of healing, good health and wellness.
At SpaHalekulani, our treatments are inspired by the ancient healing methods
of both cultures and infused with "Nuchigusui,"
traditional Okinawan ingredients considered to be the medicine of life,
to promote a deeper state of relaxation.
Treatments are tailored to the personal needs of each guest for a bespoke experience
that balances and enhances physical, mental and emotional wellbeing.
For guests seeking to remedy their daily fatigue and stress,
SpaHalekulani offers full-body massages that calm the body,
energize the mind and bring balance to the spirit,
while our beauty services utilize cutting-edge methodologies
that rejuvenate and repair the skin's natural beauty
and reduce inflammation. With an indoor pool,
natural hot springs and fitness center
that are accessible both before and after treatments,
SpaHalekulani is a most peaceful retreat where guests can unwind
and indulge during their time in Okinawa.

Wellness Journey

A Resonating Journey through the Five Senses

The wellness offerings at SpaHalekulani embrace a holistic approach that views the mind and body as an interconnected whole, striving for true health and beauty through harmony and balance.

This is more than just health management; it is a unique experience designed to ease daily discomforts and stress while nurturing both physical and emotional well-being.

By engaging all five senses – sight, sound, smell, touch, and taste – you are invited to connect with nature and bask in profound relaxation, rediscovering moments of renewed energy.

Immerse yourself in the serene resort atmosphere unique to Halekulani Okinawa and indulge in an elegant wellness journey found nowhere else.

FIVE PILLARS INTERLACING THE FIVE SENSES

◆ GENTLE MOVEMENTS THAT CONNECT THE MIND AND BODY

Engaging in moderate exercise while gazing at Okinawa's stunning natural scenery and shimmering seas not only enhances physical health but also brings lightness to the mind. Awaken your body and replenish your mind and soul with fresh energy.

◆ HARMONIOUS SOUNDS OF NATURE

The gentle sounds of ocean waves, rustling winds, and soothing music softly heal your senses. These harmonious tones quiet the noise of everyday life, bringing profound relaxation and inner peace. Treatments incorporating the healing lyre resonate with your body's vibrations, creating a new rhythm for both mind and body.

◆ AROMAS THAT GUIDE YOU TO DEEP SLEEP

The scents of aromatherapy, unique to each treatment, gently calm the mind through the sense of smell. These soothing aromas invite profound relaxation, leading you into a deep and restful sleep. Let the power of fragrance awaken your inner healing energy and nurture your well-being from within.

◆ NURTURING INNER HEALTH THROUGH MINDFUL EATING

Our original spa cuisine crafted with the seasonal bounty of Okinawa not only delight your taste buds but also help support the balance of your body and mind. Thoughtfully designed with care for the gut—often called the “second brain”—these well-balanced dishes promote vitality and well-being in your daily life.

◆ HEALING TOUCHES THAT BRING TRANQUILITY

Skilled therapists use gentle hand techniques, carefully tailoring each treatment to the individual's condition and mood. Tension in the muscles is gradually released, while the healing power of the traditional practice of “hands-on care” brings deep calm to both body and mind.

SLEEP SUPPORT JOURNEY

90 minutes ¥61,900

A bespoke body treatment tailored by our therapists to suit your individual condition, physical traits, mood, and personal preferences.

including music meditation therapy

(where a lyra [zither] is placed on your body to transmit sound vibrations along with enchanting music).

Following the treatment, enjoy a nourishing spa cuisine lunch

and a relaxing aroma specially prepared for you to savor in the comfort of your room.

Experience profound relaxation that gently eases tension in both mind and body, promoting restful sleep and revitalizing your energy for a fresh start.

- The Steps to Your Wellness Journey-

- Access to the exercise area (*including morning yoga and the indoor pool)
- Natural hot spring
- Tailored body treatment (90 minutes) including music meditation (lyra)
- Spa cuisine lunch at All-Day Dining "House Without A Key"
- Body mist for you to enjoy in your room

*The spa cuisine lunch is served at All-Day Dining "House Without A Key" .

Your spa treatment schedule depends on the time of your spa cuisine. Please ask our staff for details.

*Please inform us in advance if you have concerns about allergies, etc.

*Please apply for the Wellness Journey at least 5 days in advance.

STRESS RELEASE

120 minutes ¥83,800

Begin your experience with a morning or evening yoga session or refreshment in the indoor pool to condition your body and mind.
Then, warm your body to the core and boost your metabolism in our natural hot spring.
Our treatment incorporating music meditation therapy with crystal bowls begins with a full-body sugar scrub to exfoliate your skin,
followed by deep hydration, leaving you feeling refreshed and with a clear mind.
Next, enjoy a facial treatment tailored to your skin's needs,
with soothing aromas to relax your senses and reveal a healthy, radiant complexion.
Complete your journey with a blissful moment as you savor spa cuisine that nourishes your body and enhances your sense of well-being.

- The Steps to Your Wellness Journey –
- Access to exercise area (*including morning yoga and indoor pool)
- Natural hot spring
- Full body scrub incorporating music meditation therapy with crystal bowls and facial treatment (120 minutes)
- Spa cuisine lunch at All-Day Dining “House Without A Key”
- Body lotion for you to enjoy in your room

*The spa cuisine lunch is served at All-Day Dining “House Without A Key” .
Your spa treatment schedule depends on the time of your spa cuisine. Please ask our staff for details.
*Please inform us in advance if you have concerns about allergies, etc.
*Please apply for the Wellness Journey at least 5 days in advance.

WELLNESS RITUAL

120 minutes ¥77,800

Experience the harmony of mind and body with this special wellness program at Spa Halekulani.
Start your day with morning or evening yoga, or a refreshing session in the pool,
followed by a soak in the natural hot spring to boost your metabolism.
Then, enjoy a 120-minute fully customized body treatment incorporating music meditation therapy in Okinawan scales,
in which a lyra (traditional string instrument) is placed on your body,
transmitting healing sound vibrations and meditative melodies.
Together with a facial treatment tailored to your skin concerns, increase your energy level and guide your skin to health.
In the evening, indulge in a soothing bath ritual that calms the mind and gently guides you to a restful sleep.
This transformative experience with soul-stirring meditation music therapy combined
with our treatment releases daily stress and restores vitality for the days ahead.

- The Steps to Your Wellness Journey –
- Access to exercise area (*including morning yoga and indoor pool)
- Natural hot spring
- Body treatment including music meditation therapy with a lyra and facial treatment (120 minutes)
- Spa cuisine lunch at All-Day Dining “House Without A Key”
- Bath ritual for you to enjoy in your room

*The spa cuisine lunch is served at All-Day Dining “House Without A Key” .
Your spa treatment schedule depends on the time of your spa cuisine. Please ask our staff for details.
*Please inform us in advance if you have concerns about allergies, etc.
*Please apply for the Wellness Journey at least 5 days in advance.

Halekulani Signature

Halekulani Signature treatments help you reclaim your life energy as you immerse your soul in nature.

Resign yourself to the calm and quiet as you tune into your inner voice
and pamper yourself with a luxurious spa experience.

RESTORE BALANCE

90 minutes ¥43,300 / 120 minutes ¥55,900

Plunge into our treatment with one deep breath in concert with the resonance of the crystal bowl graced by a tuning fork.

Exotic aromas and power stones—rose quartz, lapis lazuli, and aquamarine—provide gentle vibrations invisible to the naked eye to unblock your chakras, cleansing your mind and body, balancing your autonomic nerves, and inviting you to the depths of tranquility.

The tensions in your mind, body, and spirit are melted away with a hand technique massage using a mix of pressures and techniques from slow, gentle caresses to long, deep strokes.

Courses exceeding 120 minutes offer even further relaxation with the addition of an ayurveda herb-oil-aroma-fused “Subtle Energies” facial or dry head massage.

*90 minutes: Body massage only

*120 minutes: Body massage + “Subtle Energies” 30 minutes Express facial or Dry head massage

VITALITY

90 minutes ¥43,300 / 120 minutes ¥55,900

Lomi lomi, a treatment passed down for generations in Hawaii,

begins with a prayer of gratitude for all the blessings of the natural world.

Unlocking deeper muscle tension and fatigue through a balanced blend of soothing oil massage with just the right pressure and alternating sensations of heated basalt and cool marble.

Revitalize your body's energy flow, restore balance, and promote the elimination of excess fluids by stimulating joint movement and enhancing lymphatic circulation.

Elevate your experience with our extended 120-minute + session,

featuring not only a full-body treatment but also a rejuvenating facial hand massage

and unique techniques utilizing warm and cool stones to tighten and refine your facial contours.

Blanketed by the glorious tropical aroma of flowers and fruit by the Hawaiian skincare brand "Ola", this treatment delivers pure refreshment for your soul.

*90 minutes: Lomi Lomi body massage only

*120 minutes: Lomi Lomi body massage 120 minutes

or Lomi Lomi body massage 90 minutes + "Ola" 30 minutes Express facial

REJUVENATION

90 minutes ¥43,300 / 120 minutes ¥55,900

The ancient Ryukyuan (currently Okinawan) people's traditional 'nuchigusui' life remedies,

such as 'getto' shell ginger and 'fuuchiba' Okinawa mugwort,

are used in warm herbal balls to warm your body from the core and activate your metabolism.

With hand techniques, we reach the deeper parts of your muscles to liberate you from the stress and fatigue of daily living and restore energy for tomorrow.

You can choose a 120-minute aroma body massage or a 90-minute aroma body massage

and a 30-minute express facial treatment to make your skin lighter,

using skin cell-regenerating "SWISS PERFECTION"

and leave your skin feeling revived and supple for a 120-minute treatment.

*90 minutes: Aroma body massage only

*120 minutes: Aroma body massage 120 minutes

or Aroma body massage 90 minutes + "SWISS PERFECTION" 30 minutes Express facial

Spa Ritual

Each ritual is designed to restore balance to the mind and body,
promoting deep relaxation and rejuvenation.

Upon your visit, we provide personalized consultations
to recommend the most suitable menu tailored to your needs.

HALEKULANI EXPERIENCE

120 minutes ¥56,900

Suit your preferences and your body's conditions in this customizable course.

Mix and Match Package -- Choose treatments with a total time of 120 minutes.

• Massage body work • Facial 30 minutes or 60 minutes • Dry head • Reflexology

HEAVENLY JOURNEY

180 minutes (for one) ¥87,600 / 180 minutes (for two) ¥168,700

210 minutes (for one) ¥105,300 / 210 minutes (for two) ¥206,100 (with Collagen Facial)

Head spa + Full body scrub + Private bath + Full body treatment

Introducing the epitome of the luxury within Spa Halekulani menu.

Customize your experience with extended body treatments and more—flexibility at its finest.

Experience the Swiss Perfection Cellular Collagen Facial in our 210-minute course.

TIMECESS EXPERIENCE

180 minutes ¥115,500

Indulge in the ultimate treatment, from toe tips to scalp and hair,
luxuriously infused with Bioprogramming products for your entire body.

Unlocking the essence of beauty with treatments crafted
from specially develop oils and Skin Timecess products,
grounded in the principles of quantum-level physics research.

Tailored body treatments cater to each individual' s concerns, ensuring
the ultimate relaxation experience. Unveil inner beauty
and timeless radiance with our facial treatments.

Unlock the tension of your scalp with our sculpting treatment,
layering Hair Timecess products to intensify density.

Pamper in a luxurious experience with cutting-edge technological expertise
and skilled therapists (you will wash your hair yourself after the treatment).

Massage Body Work

Loosen up your muscles to ease away fatigue with our standard body massages.

LOMI LOMI BODY

60 minutes ¥31,900 / 90 minutes ¥41,900

In this traditional Hawaiian massage, the therapist's arms and elbows move along your body to the rhythm of waves to heal you from deep within while attending to your aches, pains, and below per conditions.

ELEMENTS OF AROMATHERAPY

60 minutes ¥31,900 / 90 minutes ¥41,900

Start with a selection from three types of energy-rich natural plant oils. Then, your body and mind are conditioned to health with the expert techniques of our skilled therapist and soothing aromas to lift you up when you are feeling down or irritated. Also benefit from improved blood circulation.

DEEP TISSUE

60 minutes ¥31,900 / 90 minutes ¥41,900

Attentive hand techniques dynamically yet meticulously target knots in deep muscle tissue to improve circulation and alleviate muscle fatigue, restoring flexibility and resilience.

RESTORATIVE BODY WORK

60 minutes ¥31,900 / 90 minutes ¥41,900

This treatment gently stretches and releases deep-seated tension, working slowly and thoroughly into the body. As no oil is used, you will be provided with comfortable clothing to wear during the session.

HAWAIIAN FOOT THERAPY

50 minutes ¥26,200

After your feet are smoothed with a foot scrub, your soles are stimulated to invigorate your entire body. Massaging your lower legs and calves will also help blood circulation and relieve stiffness in your muscles.

HAIRTIMECESS (HEAD SPA)

60 minutes ¥30,700

The highly requested scalp and hair care using Bioprogramming products. Our original head spa is an intensive care for your damaged hair by daily styling, and our head massage leads your scalp inherent condition. The products involve awakens your scalp, to soften repair and smooth the hair fiber, restoring shine. During the hair mask, you have a choice of taking reflexology or décolleté (neck and chest) massage.

Skin Care for Facial

Select skincare brands perfect for your skin to use in our facial treatments.

CELLULAR HYDRATION FACIAL

60 minutes ¥33,700

Our facial treatment features "SWISS PERFECTION" developed at a Swiss clinic research center specializing in anti-aging treatments. SWISS PERFECTION' s original IRISA extract activates cells and enhances antioxidative activity. Cleansing and keratin care smooth your skin while a face lifting massage sculpts your face line. A mask containing vitamins and hyaluronic acid moisturizes your skin.

CELLULAR REVITALIZING FACIAL

60 minutes ¥33,700

SWISS PERFECTION' s signature IRISA skin-beautifying extract stimulates cells, moisturizes and firms up your skin. Your facial muscles are loosened, and tension-induced stress is released with a neck, shoulder, and décolleté massage.

CELLULAR EXTRA COLLAGEN FACIAL

85 minutes ¥48,400

A cellular regeneration collagen mask developed at a Swiss anti-aging clinic is used to give you a hydrated, firm face line. This treatment is recommended not only for guests seeking anti-aging effects with a collagen-rich skin-permeable treatment but also for guests seeking to repair the outer layer of their skin.

CELLULAR HIGH CONCENTRATION VITAMIN FACIAL

85 minutes ¥47,700

Achieve a clear complexion with lotion containing a high concentration of vitamin C that quickly works to repair cells damaged by ultraviolet rays. This facial treatment is perfect for after being in the sun and for guests who wish to inhibit the formation of spots.

HOLISTIC ENERGY FACIAL

60 minutes ¥33,700

Our facial features "Subtle Energies" , a fusion of traditional Ayurvedic herbs and modern science.

Your skin is gently exfoliated while a holistic healing massage alleviates tensions in your mind and body.

A mask is used to condition your skin and promote production of collagen and regeneration of cells.

This is the perfect treatment for boosting firmness and moisture in sensitive or dry skin.

BLISSFUL CUSTOMIZED FACIAL

85 minutes ¥46,600

Our deluxe facial course is based on a personalized skin treatment method.

After encouraging turnover with a face and décolleté cleansing and scrub,

a healing massage while you are embraced by pleasant aromas works on

the chakras to bring harmony not only to your skin but to your mind as well.

In addition, Ashwagandha, an Indian herb that promotes collagen production,

jasmine and rose that foster cell regeneration, coriander and neem that remove reactive oxygen

and suppress skin inflammation, and other masks for specific purposes lead to radiant skin.

Also enjoy hand and head massages during your treatment.

Skin Care for Body (Scrub & Wrap)

Luxurious gentle body scrubs and enriched full body masks revitalize and deeply hydrate your skin.

FULL BODY SCRUB / HAWAIIAN SUGAR SCRUB

80 minutes ¥45,700

Moisturize and revitalize your skin with our Hawaiian sugar and honey scrub. The treatment ends with coconut and organic plant cream follows to rejuvenate your skin. With tropical flowers and fruits aromas invigorate you and induces well-being.

FULL BODY MASK / SWISS PERFECTION BODY MASK

90 minutes ¥52,500

Bring back the skin's radiance, tone and regenerate. The treatment starts with a gentle full-body scrub followed by an application of a detoxifying algae mask. Enjoy a relaxing scalp or foot massage while comfortably being cocooned with the mask. Finish with a hydrating toning cream to leave your skin smooth and rejuvenated.

Prenatal

Achieve a healthy condition for your mind and body with these treatments that give you a well-deserved break from daily stress and anxiety during your pregnancy so that you keep your baby safe. These special treatments are available for expecting mothers from the 16th week of pregnancy.

MOTHER-TO-BE

60 minutes ¥31,900 / 90 minutes ¥41,900

Swelling and muscle fatigue during pregnancy are relieved by gently and deeply stimulating blood circulation.

Lie on your side during this treatment to relax and relieve stress.

MOTHER-TO-BE BODY & FACIAL

120 minutes ¥55,900

Lie in a comfortable position on your side and enjoy a body treatment and facial to care for your sensitive skin during pregnancy.

This treatment will lull you to deep relaxation.

Optional Care

Add these optional treatments to other menu items to
customize your experience.

EXPRESS FACIAL

30 minutes ¥17,300

This personalized facial treatment emphasizes massage
and uses skin care cosmetics perfect for guests short on time.

ESSENTIAL HANDS

30 minutes ¥16,050

Your treatment time can be extended according to your needs.

UNWIND THE MIND (DRY HEAD)

30 minutes ¥16,050

Gently relieve the tension in the head where stress builds up easily.

HAIR TIMECESS (HEAD SPA)

30 minutes ¥19,600

A 30-minute head spa, designed to complement your body treatment experience.

*Please kindly note that hair washing after the treatment is to be done by the guest.

Wellness Retreat

The comprehensive Wellness Retreat program at SpaHalekulani combines signature spa treatments and therapies with Reash 4 Stance Theory, an innovative and curated approach to personal training that delivers maximum results with minimal impact.

HALF DAY

Personal Training	90 minutes	Spa Body Treatment	90 minutes	¥62,430
Personal Training	90 minutes	Spa Body Treatment	120 minutes	¥75,160

ONE DAY

Personal Training	150 minutes	Spa Body Treatment	90 minutes	¥73,090
Personal Training	150 minutes	Spa Body Treatment	120 minutes	¥85,500

TWO DAYS

The Day 1				¥121,380
Personal Training	150 minutes	Spa Body Treatment	90 minutes	
The Day 2				
Personal Training	60 minutes	Spa Body Treatment	90 minutes	

❖ About Using Our SPA Treatments

At SpaHalekulani, we recommend pre-treatment use of our Heat Experience Zone to help you achieve greater release and deeper relaxation for your mind and body.

Use our Heat Experience Zone furnished with natural hot springs to slowly warm and relax your body about an hour before your scheduled treatment time.

If you will not be using our Heat Experience Zone, please arrive 15 minutes before your treatment so that our therapist can provide on-the-day counseling to suggest a treatment tailored to each guest.

Please note that an extension of your treatment is not available for late arrivals.

We recommend that you book in advance so that you can select a desired treatment time.

Guests must be at least 16 years of age to use our treatments and the Heat Experience Zone.

❖ Cancellation Policy

The following fees apply for booking cancellations and modifications.

Cancellation within 24 hours of the booking : 50% of the booked menu.

Cancellation within 12 hours of the booking : 100% of the booked menu.

※The cancellation policy for Wellness Journey reservations is different.

Cancellation within 5 days of the booking: 20% of the booked menu.

Cancellation within 24 hours of the booking: 50% of the booked menu.

Cancellation within 12 hours of the booking: 100% of the booked menu.

❖ Information for Pregnant Guests

Special treatments are available for expecting mothers from the 16th week of pregnancy.

Please feel free to contact our staff for details.

❖ Notes on Using SpaHalekulani

- To maintain the privacy and comfort of each guest, guests are kindly asked to refrain from using smartphone and camera at SpaHalekulani.
- Amenities necessary for your spa experience (towels, slippers, shower caps) are provided.
- Please refrain from exposing body art (tattoos, body paintings, decals, etc.) that exceeds the overall length of your hand.
Cover stickers are available for your use.
- If you have concerns about your health condition, such as allergies, please let us know at the time of your booking.
- The content and price of treatments may be changed without notice.
All prices are inclusive of service charge and consumption tax.

❖ About Our Heat Experience Zone

Both men and women with spa treatment reservations are welcome to use our heat experience zone.

- Natural hot springs
- Shower rooms
- Dry sauna (exclusively for men)
- Mist sauna (exclusively for women)
- Experience shower (exclusively for women)



SpaHalekulani

TEL 098-953-8555 (Spa bookings accepted between 10:00 AM and 8:30 PM)

Hours 11:00 AM - 11:00 PM (Last Entry 9:30 PM)