



Heavenly Spa by Westin at the Westin Maui Resort & Spa



# Bliss-filled Hawai'i

by Bekah Wright

## Pure Pampering at Starwood Hotels & Resorts Hawai'i Spas

It's not unusual for spa fans to plan their vacations around a specific spa. Indeed, they may even have several treatments they're dying to try. One spa on Maui that has spagoers clamoring for treatment time is Heavenly Spa by Westin™ at The Westin Maui Resort & Spa. Spagoers in the know will have heard about Heavenly Spa's recent acclaim - winning Spa

magazine's 2009 Silver Sage Readers' Choice award in the Favorite Resort/Hotel Spa category for Hawai'i and the South Pacific. It has also been named one of the Top Five Hotel Spas in Travel + Leisure's 'World's Best Spas 2009' list.

What makes the spa a winner? It could be any number of reasons, including its steam and hydrotherapy rooms, sauna, relaxation lounge with an ocean view or even the spa menu featuring Westin SuperFoods. It could also be its luxuriant treatment rooms,

*The Halele'a Spa at St. Regis operates on the principle of Ahupua'a, or living in balance with nature.*

in which the many benefits of locally grown lavender from Upcountry Maui can be enjoyed. It is in these rooms that guests can sign up for the newly-introduced Lau Lima Massage, known as the “many fingers” massage, during which two therapists work in unison to provide the full benefits of circulation, and tension and stress relief.

Lavender elixirs in treatments like the Island Lavender Body Butter Wrap help create the perfect recipe for relaxation, while essential oils of the Heavenly Massage promote additional soothing.

Spagoers will be happy to know another Heavenly Spa is nearby at The Westin Kaanapali Ocean Resort Villas. Modern yet organic, the spacious Spa Helani, a Heavenly Spa by Westin, features Hawaiian touches throughout, most notably in its couples’ treehouse massage suite. Signature treatments like the Lilikoi Fruit Melody Body Rejuvenation and Tropical Pineapple Lime Scrub infuse indigenous Hawai-

ian ingredients for a unique island experience.

Also on Maui is the recently opened Spa at Black Rock at Sheraton Maui Resort & Spa. Black Rock, or Pu’u Keka’a, was once considered the place where souls departed from earth on their journey to heaven. Today, the Spa at Black Rock combines the healing powers of Pu’u Keka’a with those of the sea. Plants, salt water and minerals from the Pacific go to work in treatments such as Oligo Seawater Therapy.

There are three spas on O’ahu that are part of the Starwood Hotels & Resorts Hawai’i family – Moana Lani, A Heavenly Spa by Westin at Moana Surfrider, Spa Khakara at Sheraton Waikiki and Abhasa Spa at The Royal Hawaiian, A Luxury Collection Resort.

Moana Lani, A Heavenly Spa by Westin at Moana Surfrider, gives guests a double dose of therapeutic benefits with its location on Waikiki Beach and Apuakehau, a natural healing spring.

Trained by kumu, or master teachers, the spa therapists begin treatments with a healing prayer. Suggest to your clients the Ka Ua Lomi Gentle Rain Massage. No matter the treatment of choice, each visitor is urged to leave their worries behind in a bowl of alaea or Hawaiian sea salt. Post treatment, the salt is scattered in the ocean to symbolize the banishing of stress to the sea.

East meets west at the Sheraton Waikiki’s Spa Khakara. With a name that translates as ‘excellence’ in Sanskrit, there’s a high expectation for offerings on the spa menu. Spa Khakara comes through with selections like Khakara Harmony, a Hawaiian lomilomi massage with Japanese shiatsu pressure applied to tsu-bo points along the body’s meridian.

A sister facility to Khakara can be found next door at Abhasa Spa at The Royal Hawaiian, A Luxury Collection Resort. Set in a tropical garden, the spa has numerous rooms with their



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own natural ambience. A cocoon room is where treatments are given that involve being wrapped in warm mud or coconut milk.

On Hawai'i Island, the Ho'ola Spa at Sheraton Keauhou Bay Resort & Spa welcomes guests with two private patios, one with a private Jacuzzi and the other with a river rock pathway. Over at the St. Regis Princeville, spa-goers can indulge themselves with mini 15- or 30-minute spa treatments by the pool. For guests who wish for longer treatments, The Halele'a Spa at St. Regis operates on the principle of Ahupua`a, or living in balance with nature. Reminders of the ocean and rivers of Kaua'i can be found throughout the spa, including in the relaxation lounge, which features waterfall walls. If it's privacy your clients are after, suggest booking the VIP Maile room, which boasts an oversized soaking tub, overhead rain shower, personalized pedicure station and individual lounge.

For more information visit [www.starwoodhotels.com](http://www.starwoodhotels.com) or phone 866-716-8140.

## Aqua Hotels and Resorts Get Spa-Licious

Aqua Hotels and Resorts offers guests a boutique experience at any of its 14 hotels and resorts in Honolulu, Maui, Kaua'i and Moloka'i. Guests coming off a long flight will particularly delight in AquaSPA services that help banish jetlag.

Spa fans visiting O'ahu will want to check out two packages offered through Aqua – Spa-Licious and Pamper Me Pink. Through Spa-Licious, guests staying a minimum of three nights get their choice of two 50-minute massage therapies, including the traditional Hawaiian lomilomi and Swedish, Shiatsu or Reflexology. The package runs through 2010 and starts at US\$107 per night.

The Pamper Me Pink package is

available from September through December. In support of the Susan G. Komen for the Cure®, a global leader in the battle against breast cancer, the package includes a 50-minute massage at an AquaSPA location and a custom Aqua Health and Wellness bag with yoga mat. For every package booked a donation is made to Susan G. Komen for the Cure®. Pricing starts at \$129 per night with a minimum three-night stay required.

Serious spa-goers will want to check into one of three hotels featuring AquaSPAs. These include the Aqua Bamboo & Spa, Aqua Aloha Surf & Spa and the Aqua Palms & Spa.

At the Aqua Bamboo & Spa, which recently completed a \$2.5 million renovation, guests won't have any problems chilling out. Aromatherapy candles and soft music welcome guests upon check-in while Feng Shui decor can be found throughout the hotel. The perfect treatment to order at this hotel's AquaSPA is a 50- or 80-minute



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Aqua Hotels and Resorts

Shiatsu Massage coupled with aromatherapy.

O'ahu's surfing tradition is alive and well at the Aqua Aloha Surf & Spa, located just three blocks from Waikiki Beach. After a day of hanging 10, guests can soothe aching muscles at the property's AquaSPA, where treatments include 50- or 80-minute Sports Massages and the 80-minute Hot Stone Massage.

The Aqua Palms & Spa invites guests to indulge in more ways, and places, than one. Situated just steps away is Waikiki Beach, while the Ala Moana Shopping Centre is easily reachable by foot. There are plenty of reasons to stay on site as well, not the least of which is the IHOP breakfast. After getting their fill of syrupy pancakes, guests can choose any number of body treatments at the Hotel's AquaSPA, including a 50-minute Noni, Papaya and Pineapple Body Scrub and a 50-minute Citrus Body Polish.

Still to be experienced are the spas at the three Aqua Resorts on Kaua'i, Maui and Moloka'i. Located on a three-mile stretch of the Coconut Coast is the Kaua'i Beach Resort, home to four swimming pools, two with waterfalls and one featuring a 75-foot lava tube.

Those looking for a bit of R&R will find a sense of peace at the Hotel Wailea Maui. Nestled in the headlands of the West Maui Mountains, the luxury boutique hotel is also home

to the Hotel Wailea Spa, which offers such treatments as 'ofuro', a type of spa bathing that involves the use of a whirlpool, dry sauna, pressure body shower waterfall shower and reclining baths.

At the Aqua Hotel Moloka'i, hammocks strategically placed under palm trees by the sea are enough to lull vacationers into a heavenly state. If further pampering is required, the Hotel Moloka'i Spa Center is at the ready with soothing massage treatments.

For more information about Aqua Hotels and Resorts visit [www.aquaresorts.com](http://www.aquaresorts.com) or phone 866-971-2782.

## Spa Living at Honua Kai Resort & Spa

Scheduled to be announced this spring is the opening date of the luxury spa at Honua Kai Resort & Spa. But guests do not need to wait for opening day to pamper themselves. Honua Kai's Manager's Special includes 35% off published rates in an Ohana one- and two-bedroom suite category (based on availability). Prices start at \$260 per night, plus tax and resort fee for an Ohana Resort View. This offer is valid through June 11, 2010 and cannot be combined with any other promotional offer.

Your clients won't have any problems filling their appetites at Honua Kai. The 'Aina Gourmet Market is on

site with a plethora of organic produce, wine, beer, snacks and other products from regional vendors located within a 100-mile radius, part of the store's "100-Mile Market" concept. Behind the deli case is fresh fish (suggest Chef James McDonald's ahi poke) and panini sandwiches. Great treats come by way of homemade gelato and O'o Farms Coffee.

Armed with supplies, guests can stock the full, gourmet kitchen in their one-, two- or three-bedroom suite with healthy eats. Nutritious breakfasts can easily be made with the kitchen's Bosch appliances, while healthy efforts can be toasted with a smoothie in the suite's private lanai.

A built-in workout comes by way of the two-mile beach path fronting the hotel. If the ocean beckons, Honua Kai's beach activities hut can supply boogie boards, kayaks and snorkel equipment. Off-site adventures, including golf, surfing, parasailing and scuba diving, can also be arranged by the resort concierge.

After a day of gaining cardiovascular benefits, it's time to get Zen. A spot just right for meditating is the in-pool water lounge in Honua Kai's main pool. The day can end on a high note with dinner at Duke's Beach House, which offers balanced and nourishing menu choices throughout the day.

For more information visit [www.honuakaimaui.com](http://www.honuakaimaui.com) or phone 888-718-5789.



Sheraton Waikiki; The Royal Hawaiian, a Luxury Collection Resort, Waikiki; Moana Surfrider, A Westin Resort & Spa; Sheraton Princess Kaiulani

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