



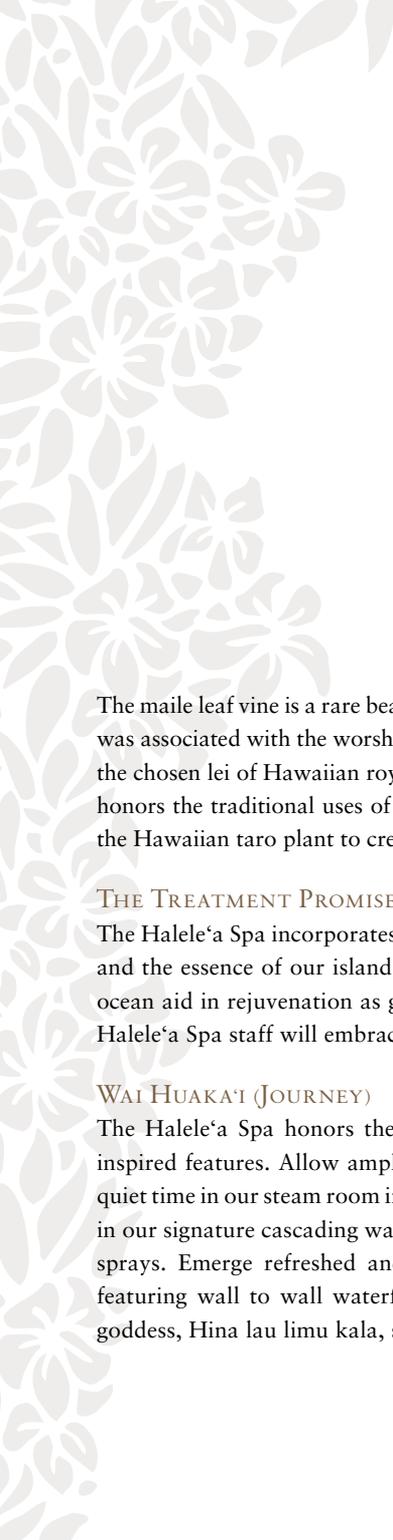
Halele‘a Spa

SPA MENU OF SERVICES



Ola halele‘a i ka wai
Water gives life within

In ancient times, the land where The St. Regis Princeville Resort resides was known as Halele‘a, the house of joy. This magnificent place was noted in chant and hula for its ethereal beauty and rejuvenating qualities. The Halele‘a Spa at The St. Regis Princeville Resort is the namesake of this revered Ahupua‘a that encompassed the land from mountain to sea. ♦ The island of Kaua‘i has abundant water sources, both “wai” (fresh) and “kai” (sea), used to promote health and well-being. Traditional Hawaiian medicine includes the use of both botanical and ocean related resource found in the Ahupua‘a. ♦ The Halele‘a Spa celebrates the Spirit of Aloha by creating a memorable spa experience with the highest level of personalization in mind. Carefully crafted custom treatments combine Hawaiian healing traditions with western techniques. Fresh island botanicals and resources from the sea blend together seamlessly to promote calm and peace.

The maile leaf vine is a rare beauty handpicked in the native rain forests of Hawai‘i. Maile was associated with the worship of the gods, especially Laka, the god of Hula. Maile was the chosen lei of Hawaiian royalty because of its fragrance and beauty. The Halele‘a Spa honors the traditional uses of the maile by carefully infusing its healing properties with the Hawaiian taro plant to create rituals that are uplifting, pure and vibrant.

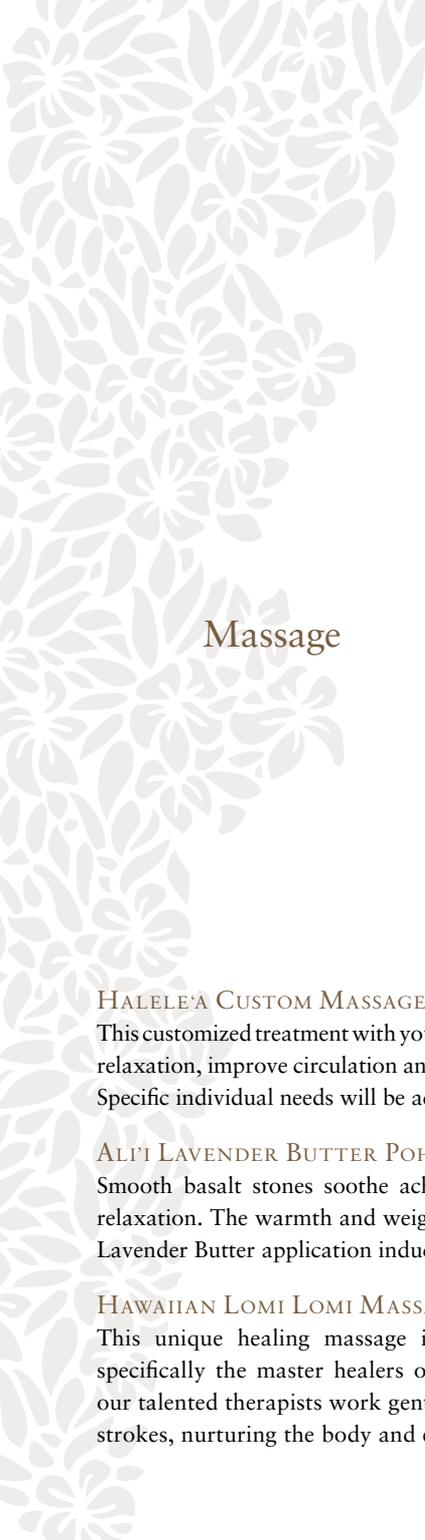
THE TREATMENT PROMISE

The Halele‘a Spa incorporates the Hawaiian healing properties of the indigenous plants and the essence of our island home. The potent minerals and trace elements from the ocean aid in rejuvenation as guests are “renewed” through exotic spa treatments. The Halele‘a Spa staff will embrace and nurture every guest of the house of joy.

WAI HUAKA‘I (JOURNEY)

The Halele‘a Spa honors the magical waterfalls of Hanalei through its many water inspired features. Allow ample time for a pre-treatment sensory journey starting with quiet time in our steam room infused with aromatic tropical essence. Become invigorated in our signature cascading waterfall showers with an overhead deluge and several body sprays. Emerge refreshed and renewed, and rest in the tranquil relaxation lounge, featuring wall to wall waterfalls and guardianship from the statue of the Hawaiian goddess, Hina lau limu kala, skilled in the medicines of the sea.





Massage

HALELE'A CUSTOM MASSAGE *60/90 Minutes*

This customized treatment with your choice of 3 exotic aroma scents are designed to promote relaxation, improve circulation and relieve tension to create an overall sense of well-being. Specific individual needs will be addressed by incorporating a variety of techniques.

AL'I LAVENDER BUTTER POHAKU MASSAGE *60/90 Minutes*

Smooth basalt stones soothe aches and pains, while promoting circulation and deep relaxation. The warmth and weight of the stones combined with a locally island farmed Lavender Butter application induce deep muscle tissue relaxation without overheating.

HAWAIIAN LOMI LOMI MASSAGE *60/90 Minutes*

This unique healing massage is derived from the ancient Polynesians and more specifically the master healers of Hawai'i. Known as the “Loving Hands” massage, our talented therapists work gently yet deeply into the muscle with continuous flowing strokes, nurturing the body and enabling relaxation.

ESSENCE OF ALOHA MASSAGE 60/90 Minutes

This organic dilo oil massage with stress relieving marine elements will combat the effects of jet lag and recondition the skin. For generations, Native Polynesian Islanders have used this healing oil combined with Virgin coconut oil as a daily massage treatment and for treating degraded skin due to age and exposure to actively heal, leading to repair of connective tissue damage and restore skin elasticity and tonicity. It is also known to hydrate and repair dry skin. The 90-minute experience includes a luxurious hair conditioning treatment that will leave your hair silky soft.

SPORT /DEEP TISSUE MASSAGE 60/90 Minutes

This therapeutic technique aids in the release of tension in the deeper layers of muscle tissue. Range of motion improves along with relief from muscle pain. This massage is effective for individuals whose body tone and conditioning is tied to performance.

“WAWAE” REFLEXOLOGY MASSAGE 45 Minutes

“Wawae” is Hawaiian for foot. This treatment relieves tired soles and soothes tension after a long day exploring the island of Kauai. Ancient reflexology is combined with Hawaiian traditional massage to create a unique and sole soothing experience.

COUPLES MASSAGE 60/90 Minutes

Enjoy a massage together in our beautiful Nanu or Maile signature couples suite. Select a massage of your choice from Lomi Lomi, Custom, Sports/Deep Tissue, and Aloha Island Spirit Massages.

**Couples Massage is available with warm stones, please inquire with spa reception for pricing variation.*

A BESPOKE EXPERIENCE

BESPOKE IN-ROOM MASSAGE

Enjoy a 60 or 90 minute Customized Massage in the comfort of your room.

Please inquire about availability of in-room massage services and pricing with the spa receptionist.

BESPOKE OCEANSIDE MASSAGE

Enjoy a 60 or 90 minute Customized Massage in our beachside cabana surrounded by Hawaiian tropical breezes and soothed with the sound of the Pacific Ocean. This service is available as an individual or couples massage.

**Please inquire about availability of ocean side massage services and pricing with the spa receptionist.*

Signature

HALELE'A SIGNATURE 4 HANDS MASSAGE 60 Minutes

Two highly skilled experienced professionals work together in delivering a Hawaiian bespoke massage treatment simultaneously. Where health combined with total relaxation is the focus, your mind skin and body will be reborn by receiving these gifts of healing.

**Experience 4 hand massage to the sound of the ocean surrounded by Hawaiian tropical breezes. Please inquire about availability of ocean side massage services and pricing with the spa receptionist.*

KANE'S HOT TOWEL FACIAL 60 Minutes

From Fiji to The West Indies to ancient Polynesia, the Blue Lotus has come to symbolize purity. Our Gentlemen's deeply cleansing and hydrating facial employs wild crafted Blue Lotus, Algae Extract, Rice Germ, Bamboo, Ginger, Lemon, and Tiger Grass to exfoliate and purify the skin and decongest pores. Perfect for a man's skin, this facial provides the full spectrum of skin benefits as nature intended.

NANI OXYGEN INFUSION FACIAL 60 Minutes

Cooling, calming oxygen under light pressure is applied directly to the skin's surface increasing the absorption of a powerful skin quenching serum. Your skin will emerge deeply hydrated, youthful and glowing with a noticeable reduction in fine lines and wrinkles. This facial is perfect for all skin types.

ALI'I AGELESS FACIAL 90 Minutes

This anti-aging facial improves the skin's elasticity and softens common expression lines by deeply infusing a cocktail of oxygenated vitamins and antioxidants resulting in instant hydration. The treatment also targets the delicate neck and décolleté and concludes with a red light photo therapy and microcurrent lifting treatment that is combined to rejuvenate skin, counteract the signs of aging and leave you visibly lifted.

SAPPHIRE AND PEARL ILLUMINATING FACIAL 90 Minutes

Designed for the Hawaiian gods this luxurious, high-performance holistic facial will restore, nourish and balance stressed or fatigued skin, mind and body. A meditative treatment, beneficial during and after travel, to address seasonal changes, or to get skin looking its best before an important event. This facial features a pearl enzyme mask paired with specially chosen gemstones for massage, clarity and balance from head to toe, as well as lymphatic drainage with precious oil infused with blue sapphires, clear quartz, amethyst and rose quartz wands.

SUN SOOTHER ROSE HYDRATION FACIAL 30 Minutes

This facial will restore lasting hydration and elasticity while protecting skin from free radical damage. This gentle, botanical facial will nurture sun exposed skin. Using the healing strength of Rose you will see an immediate soothing and refreshing effect leaving skin noticeably hydrated and calm.

Added Enhancements:

Microcurrent lifting enhancement- lifts, firms and contours your jaw line, cheeks and eye areas.

Photo RED light therapy treatment- soften and plump the skin so you can look fresh, bright and well-rested.

WAXING

Lip	Half Arm / Full Arm	Back
Eye Brow	Bikini	
Underarm	Half Leg / Full Leg	

Time and cost of waxing may vary based on coarseness and/or thickness of hair.



Facial

HALELE'A CUSTOM FACIAL *60/90 Minutes*

This advanced luxury treatment will nourish and awaken the skin with a customized facial inspired by restorative fruits and plants from ancient Polynesian culture. Experience the skin benefits of using Organic Seed Oils, infused with jasmine, cocoa bean, blue lotus and myrtle, which are the source of all new plant life. Our Whole Plant Ingredients will soften, balance and renew skins elasticity while stimulating cell renewal, providing anti oxidant protection and repairing skins natural moisture barrier.



Body

KAUA'I TARO CLAY WRAP 90 Minutes

Wild crafted Kaua'i clay is infused with taro, organic aloe, noni, kava and blue green algae and is luxuriously applied as a full body masque. This treatment includes an application of Maile Massage Cream as well as a hand and foot massage. The Kaua'i Taro Clay Wrap leaves your skin deeply cleansed and detoxified and promotes relaxation.

RAINFOREST SHOWER AND TARO BUTTER POLISH 60 Minutes

Indulge the body with a blend of Kaua'i sugar infused with maile aroma, organic virgin coconut oil, organic cocoa butter and organic grapefruit seed extract. The combination serves as a natural cleanser performed in our Vichy shower, together with a Taro Butter Kiss that cleanses your skin and revitalizes your Aloha Spirit, leaving your skin smooth and soft.

HAWAIIAN DETOX SALT BODY WRAP 90 Minutes

Begin with a gentle, mineral rich Hawaiian sea salt and crushed olive stone body polish to exfoliate, stimulate and cleanse the skin. Wrapped in a detoxifying clay body mask cocoon, you relax and enjoy a harmonizing ear and scalp massage while organic Jojoba, Avocado, and olive oils detoxify your skin and body restoring healthy tone and texture.

FIRMING ALGAE WRAP 90 Minutes

Unrefined, sun-dried green clay blended with spirulina define this experience that will regenerate, oxygenate, clarify, balance and deeply stimulate your skin. Mature or sun damaged skin will be restored, rehydrated and protected by ingredients such as myrtle, cypress, hyssop, juniper, rosemary and other organic plants and flowers, for a firmer and smoother skin.

HAWAIIAN DETOX SALT POLISH *60 Minutes*

Myrtle has a reputation for deep cleansing and a rich Polynesian history in the islands. Hawaiian legend associated myrtle with the goddess Hina who was known for her beauty and love. Our organic myrtle and other detoxifying plants such as organic cypress, Hyssop and Juniper, will refresh, smooth and refine skin, leaving your skin silky, smooth and rejuvenated.

KAUAI REFINING TREATMENT *60 Minutes*

Intense full body treatment of double exfoliation and deep tissue massage to get you beach ready.

- ◆ Improves skin texture, stimulates collagen production
- ◆ Tightens slack, spongy skin, reduces cellulite
- ◆ Ease water retention & improve skin elasticity

SUN SOOTHER BODY TREATMENT *45 Minutes*

Designed to provide instant relief from sunburn and help restore moisture to dry, dehydrated skin. A healing rose water mist is utilized to ensure a fresh approach to treat sun exposed skin.

Halele‘a Salon

CUTS & STYLES

Single Color
Highlights
Shampoo & Blow Dry
Ladies Cut & Blow Dry
Ladies Cut (Only)
Shampoo & Set
Up Do (Special Occasion)
Gentleman's Cut
Keiki Cut (12 and under)
Braiding
Deep Conditioning

MAKE-UP

Make-Up consultation
(light application)
Make-Up application
(eyelash application)

Nani Treatments

NOURISHING MASQUE QUINTESSENCE *15 Minutes*

This exceptional masque counteracts the harsh effects of sophisticated salon processing. Its nourishing nectar revitalizes, regenerates and repairs even the most damaged hair.

CONDITIONING PALM OIL HAIR TREATMENT *15 Minutes*

A pre-shampoo treatment formulated with botanical oil that helps detangle and nourish your hair. This treatment is very effective at providing protection against the damaging effects of sun, seawater, and chlorinated pool water.

Nails

HALELE'A JASMINE MANICURE *30 Minutes*

This deeply rejuvenating manicure will quench dry, dehydrated skin and reveal more youthful hands. This luxurious manicure incorporates a soothing jasmine yogurt mask and a rejuvenating cocoa bean moisture application to reveal the ultimate restorative hands experience.

KAI KANE MANICURE MANICURE *30 Minutes*

For hands that show your softer side. You begin with a ritual hand soak in Coconut Milk Bath which washes away stress and softens and hydrates hands. You will then be treated to an exfoliating hand scrub with a blend of coconut milk, drift nut oils and ground drift nuts. Following you will enjoy a warm butter wrap for your hands and a warm oil massage for your arms leaving you de-stressed, soft and freshly scented.

LOCAL MILK AND HONEY MANICURE *45 Minutes*

Drift away on a Hawaiian tropical breeze. Starting with a hand soak in a warmed Hawaiian honey and coconut milk. This softens and soothes the hands. Followed by an exfoliation of local cane sugar infused with exotic drift nut oils removes dry skin. A honey infused masque is then applied to the hands to tone and deeply hydrate the skin. Breathe deep and relax to conclude this service with a vitamin rich nourishing lotion massage leaving the skin silky smooth.

WARM SUGAR AND STARFRUIT MANICURE *50 Minutes*

More than a manicure this true spa treatment for the hands combats all of the signs of aging and exposure our hands endure each day. Begin with a soak in warmed coconut milk to prepare the skin for an exfoliation. Use the AHA perfecting masque to penetrate the deeper dermal layers and loosen dead skin cells. This is followed by a natural sugar cane rub which then lifts away dry cells and deeply nourishes the skin to a natural glow. A lower arm massage with a Botanical Refining Balm and Exotic Oil rich in vitamins and minerals is then performed to relax and soothe forearm muscles while toning and hydrating the skin.

ADDITIONAL SERVICES AND ENHANCEMENTS

Polish Change | French Polish Application | Paraffin Hands or Feet | Shellac Removal & Application | Oxygen Inhalation

HALELE'A JASMINE PEDICURE *45 Minutes*

This deeply rejuvenating pedicure will soothe tired feet with the relaxing scent of Jasmine. This service will focus on deeply hydrating skin incorporating a soothing jasmine yogurt mask and a rejuvenating cocoa bean moisture application to reveal beautiful touchable toes.

KANE KAI PEDICURE *30 Minutes*

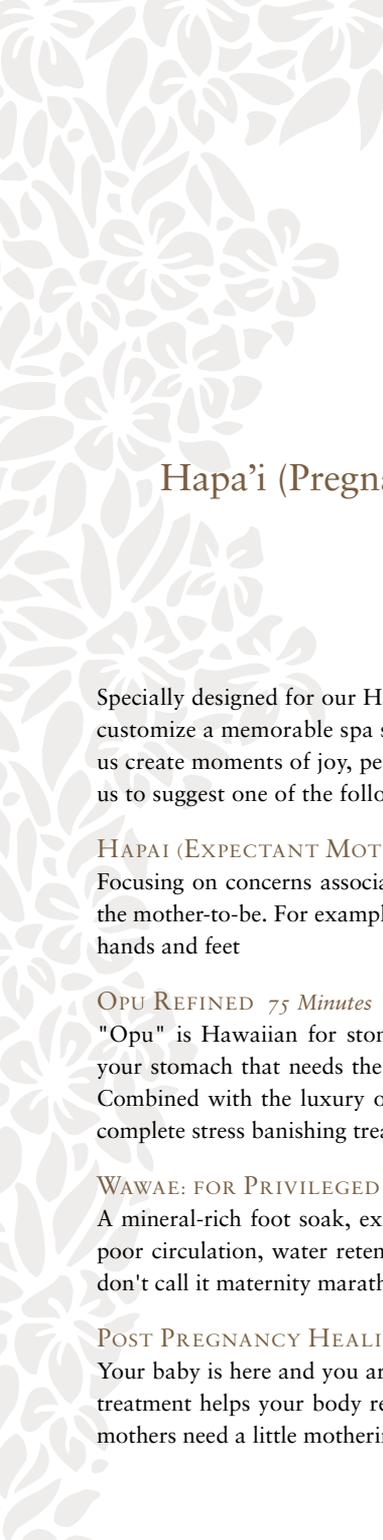
Relax and forget your worries as you take a Hawaiian tropical journey. Beginning with a ritual foot soak in Coconut Milk Bath which washes away stress and softens and hydrates feet. You will then be treated to an exfoliating foot and leg scrub with a blend of coconut milk, drift nut oils and ground drift nuts. Concluding the treatment with a warm body butter wrap for your feet and a warm oil massage of your legs leaving you de-stressed, soft and revived.

LOCAL MILK AND HONEY PEDICURE *50 Minutes*

Let your feet "Bee" their best after being "dipped" in heavenly warmed coconut milk and Hawaiian honey. Local raw cane sugar infused with exotic plants and flower extract remove dry skin preparing the feet for an ultimate hydrating honey and royal jelly masque. A relaxing lower leg massage completes the transforming treatment.

WARM SUGAR AND STARFRUIT PEDICURE *50 Minutes*

Never has a pedicure done more for the feet and lower leg than this unique treatment. To commence, the feet are gently lowered into a bath of pure coconut milk and exotic nut oils to soften and hydrate the deepest layers of dry skin. A perfecting masque is applied to penetrate the deeper dermal layers and loosen dead skin cells. A natural cane sugar rub then lifts away dry skin and polishes the skin to a natural glow. A lower leg massage with a Botanical Refining balm is then performed to relax and soothe leg muscles while toning and hydrating the skin.



Hapa'i (Pregnancy)

Specially designed for our Hapa'i (Expectant Mothers), the Halele'a Spa will customize a memorable spa service or package in preparation of that special day. Let us create moments of joy, peace and bonding to discover health and well-being. Allow us to suggest one of the following treatments:

HAPAI (EXPECTANT MOTHER) MESSAGE *60 Minutes*

Focusing on concerns associated with pregnancy, this caring massage is customized for the mother-to-be. For example, it helps relieve lower back tension and reduce swelling in hands and feet

OPU REFINED *75 Minutes*

"Opu" is Hawaiian for stomach. An Omega-rich facial for your tummy, because it's your stomach that needs the attention to maximize skin strength, health and elasticity. Combined with the luxury of an upper back, neck and head massage to ensure it is a complete stress banishing treat.

WAWAE: FOR PRIVILEGED FEET *30 Minutes*

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring affects of carrying an extra load. They don't call it maternity marathon for nothing.

POST PREGNANCY HEALING HOUR *60 Minutes*

Your baby is here and you are in need of a little rejuvenation ? This restorative massage treatment helps your body realign as you remember how to be one person again. New mothers need a little mothering too! This is the perfect present for new mamas.

Suites

COUPLES NANU ALIʻI LAVENDER RITUAL *135 Minutes*

Designed to deeply cleanse, this treatment starts with a lavender honey scrub to leave your skin delicately scented, refreshingly clean and silky smooth. Then stimulate the senses with the alluring power of aromatherapy and the tactile sensation of a healing full body massage.

- ◆ Honey Lavender Scrub
- ◆ Cascade Shower
- ◆ Lavender Butter Massage with a Warm Ginger Compress foot experience

REJUVENATING HANAIEI BAY RITUAL *180 Minutes*

Experience the ultimate in luxurious rejuvenation! After a stimulating full body polish, you will feel completely pampered as your body is cocooned in a warm, green clay and algae body wrap which helps to draw out toxins and repair and smooth the skin. Transform the senses and skin with an anti oxidant rich facial, which includes a specialized neck décolletage treatment, to firm and brighten the skin and help you look and feel your absolute best!

- ◆ Detox Seaweed Bath
- ◆ Detox Salt Body Wrap
- ◆ Nature's Sea Algae Firming Facial

MAILE RENEWAL RITUAL *160 Minutes*

Experience our finest signature products in this truly Kauaʻi-inspired customized ritual. Relax in our decadent suite and enjoy a gift from the maile leaf vine.

- ◆ Hawaiian Salt Polish
- ◆ Maile Bath Soak
- ◆ Aloha Island Spirit Massage
- ◆ Jasmine Pedicure

ENJOY YOUR HALELE'A SPA EXPERIENCE

How do I select the right treatment?

Our professional spa staff will assist you in determining which spa treatments best meet your needs and ensure a relaxing and enjoyable experience.

When should I arrive for my treatments?

We recommend you arrive 20–30 minutes prior to your first appointment. This will allow you time to change into your spa robe and sandals, become familiar with the facility and amenities, and enjoy our Wai Huaka'i.

What should I wear to the Spa?

You may wear whatever is comfortable. A robe and sandals will be provided for your treatment.

What should I wear for my treatment?

Most spa treatments are enjoyed without clothing; however you may wear whatever is comfortable for you. Our professional staff is trained to drape towels or sheets discreetly to protect your privacy at all times.

What about jewelry?

We advise you to remove all your jewelry prior to arriving at the Spa.

Should I shave before a treatment?

Shaving is not recommended prior to any body treatments or waxing services.

What if I'm late for my appointment?

Arriving late will limit the time allotted for your treatment. Your treatment will end on time so that the next guest will not be delayed. The full value of your treatment will apply.

Should I leave a gratuity?

Gratuities are at your discretion based on your level of satisfaction.

Quiet Consideration

Our spa environment is one of tranquility and relaxation; please respect the privacy and quiet consideration of other guests. We request that all cell phones be turned off in the Spa.

Treatment Health Considerations

We ask that you notify your reservationist of any of the following health considerations when reserving appointments due to contra-indications.

Pregnancy, pacemakers, medications, cancer (chemo or radiation), Depressed immune system, Diabetes, Peripheral Vascular disorder, High Blood Pressure, burns, Psoriasis, Dermatitis, Eczema, Acne, Shingles, Herpes, or any acute skin condition, and any metal plating in the body.



GENERAL INFORMATION

- ◆ Halele‘a Spa guests are required to be a minimum of 16 years of age. For guests under 16 years of age please ask about our Halele‘a Salon Services or Poolside Spa Services.
- ◆ SPA RESERVATIONS We recommend scheduling spa appointments prior to arrival to better accommodate preferred times. A hotel reservation number or a credit card number is required at the time of bookings.
- ◆ CANCELLATION POLICY Spa treatments are reserved specially for you. Please notify us four hours before your scheduled appointment if you need to cancel or reschedule to avoid being charged 100% of the service. No shows will be charged 100% of the service fee.
- ◆ Ask about the Halele‘a Spa’s gift of giving.



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PRINCEVILLE