


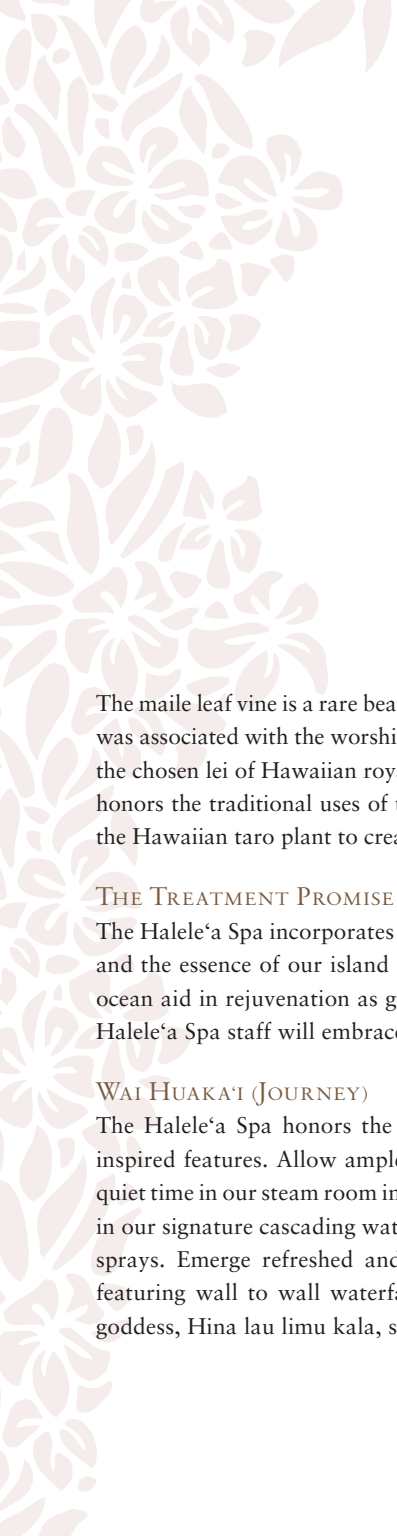
# Halele'a Spa

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



### EXOTIC MAILE MASSAGE *60/90 Minutes*

Ease away tension and soothe tired muscles with this unique treatment that incorporates self-heating seashells from the ocean. The shells are heated from the inside by combining natural ingredients of minerals, sea kelp, algae and salt water. This relaxing treatment concludes with the Maile Massage Cream specially created to promote peace and joy.

### HALELE'A CUSTOM MASSAGE *60/90 Minutes*

This customized treatment with your choice of 4 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.

### TARO 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 Taro 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.

### ORGANIC SEAWEED OIL MASSAGE *60/90 Minutes*

This organic seaweed oil massage with stress relieving marine elements will combat the effects of jet lag and recondition the skin. Seaweed extracts with an incomparable wealth of vitamins and minerals, help renew damaged skin cells, tone and elasticity. Seaweed is also accredited with relieving muscle stress and fatigue. It will make the skin smooth and soft. The 90-minute experience includes a luxurious hair conditioning treatment that will leave your hair silky soft.

### SPORT /TARGETED MUSCLE 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.

### HAPAI (EXPECTANT MOTHER) MASSAGE *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.

### COUPLES MASSAGE *60/90 Minutes*

Enjoy a massage together in our beautiful Nanu or Maile signature couples suite. Select a massage of your choice.

## Signature

### VOYAGE FROM THE SEA SIGNATURE 4 HANDS MASSAGE AND FACIAL *90 Minutes*

The voyage starts with fresh seaweed tea to awaken your senses. Two highly skilled experienced professionals work together in delivering a seaweed extract massage and marine repair facial treatment simultaneously. Where health combined with total relaxation is the focus, your mind skin and body will be reborn by receiving these gifts from the sea.

## Facial

### KANE'S HOT TOWEL KINARA FACIAL *60 Minutes*

A healthy dose of hydration, this deep cleansing facial dissolves skin impurities and surface dead skin cells to refine the skin's texture. This facial addresses the specific needs of male skin and helps reduce razor burn, irritation and ingrown hairs and includes a neck and shoulder massage.

### 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 vitamins and antioxidants resulting in instant hydration. The treatment also targets the delicate neck and décolleté and includes a special infusion treatment for the hands.

### ORGANIC SEAWEED REPAIR FACIAL *60 Minutes*

This organic seaweed facial will gently cleanse and exfoliate your skin to remove surface dirt and impurities. The deeply hydrating face mask containing seaweed, pro-collagen extract and other antioxidant-rich organic extracts will calm irritated skin and moisturize dry skin. The hydrating seaweed based ingredients and the soothing chamomile extracts will plump and slow the signs of premature aging.

### EXPRESS SUN SOOTHER FACIAL *30 Minutes*

This skin-quenching Kinara facial works as a soothing oasis for dry, irritated, sun exposed skin. After a gentle rehydrating cleansing massage, skin is comforted with a repairing collagen mask that is infused with refreshing and hydrating cocktail of botanical extracts and replenishing amino acids. This nurturing treatment has an immediate soothing and refreshing effect leaving skin noticeably hydrated and calm.

### WAXING

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

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

### HALELE'A KINARA CUSTOM FACIAL *60/90 Minutes*

This advanced luxury treatment is based on an exclusive formula that combines lactic and amino acids to create an intelligent exfoliating system that dissolves skins impurities and surface dead skin cells to refine the skin's texture, soften wrinkles, and even-out skin tone. A relaxing face, neck and shoulder massage incorporating a peptide-rich, skin-repairing serum with a regenerating mineral-rich mask will leave the skin with a healthy dose of hydration and a glowing complexion. The 90-minute enhanced treatment includes an advanced collagen mask and an eye treatment to further perfect skin for any special occasion.



## Body



### KAUA'I TARO CLAY WRAP *60 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.

### SEAWEED LEAF BODY WRAP *90 Minutes*

This anti-aging treatment covers the entire body with fresh, sustainably-harvested seaweed and is truly amazing. The organic seaweed detoxifies, firms and softens the skin while improving elasticity. Seaweed is a treasure chest of natural and beneficial ingredients that promote detoxifying and anti-cellulite properties. Only the finest seaweed, harvested by hand from the ocean is used to ensure that the highest content of bio-actives is preserved.

### EXOTIC AROMA BODY SCRUB EXPERIENCE *60 Minutes*

Revel in a Vichy shower experience that will reveal a new glow with a moisturizing body scrub that combines the healing powers of Jasmine and the toning properties of lemongrass with nourishing sweet almond oil, starfruit, green tea and vitamin E. Remove environmental pollutants with naturally exfoliating crushed walnut seed and leave your skin protected with a luxurious application of floral Ylang Ylang or uplifting Kaffir Lime Body Lotion.

### SUN SOOTHER BODY TREATMENT *30 Minutes*

Designed to provide instant relief from sunburn and help restore moisture to dry, dehydrated skin. A healing lavender mist is first applied to skin followed by an application of Voya organic seaweed oil and a light application of Voya body lotion. A moisturizing application promotes a fresh approach to treat sun exposed skin.

## Bath

Our luxurious bath soaks stimulate your muscles and revitalize, rebalance or just relax your body. Bath Huaka'i will be enjoyed in our Maile Suite.

### DETOX SEAWEED BATH *45 Minutes*

Indulge your body in a purifying mineralizing bath of 100% organic seaweed. Seaweed draws from the sea an incomparable wealth of mineral elements, vitamins and trace elements which are readily absorbed while toxins are drawn out of the body. A nurturing oil hair treatment with scalp massage compliments this experience.

### EXOTIC BATH RITUAL *30 Minutes*

Surrender to a heavenly scented fusion of rich mineral sea salts and pure essential oils that will soothe nerves and remineralize the skin. Cleanse your body with a natural Jute fiber bath mitt filled with jasmine or lemongrass infused soap beads of soothing and hydrating rice bran and coconut oils. This perfect combination of oils and salts prepares the skin beautifully for exfoliations and wraps or on its own as a quietly sensual escape.

### HALELE'A SPA MANICURE *60 Minutes*

This deeply rejuvenating manicure will exfoliate the skin by gently dissolving dead skin cells to reveal more youthful hands. This luxurious manicure incorporates a repairing peptide serum and a skin polishing mask of green tea and healing minerals that create the ultimate anti-aging hands experience.

### EXOTIC NURTURE MANICURE *30 Minutes*

Experience a floral escape with the combination of Ylang Ylang and jasmine as your hands are cleansed, polished and restored. In addition to a perfect polish, your hands will regain their youthful tone with the restorative properties of our Pink Tea (Hibiscus) Hand Scrub and ultra-rich Jasmine Hand Cream.

### HALELE'A SPA PEDICURE *60 Minutes*

The ultimate in luxury-considering this is a repairing "facial" treatment for neglected feet. This expertly designed, advanced pedicure incorporates lactic acid to smooth rough dry skin and dissolve calluses. Experience an indulgent massage with a rich peptide serum providing an immediate protective barrier to soothe and deeply hydrate your skin. Your feet are then treated to a warm mineral rich mask revealing beautiful touchable toes.

Polish Change | French Polish Application | Paraffin Hands or Feet

## 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.

## Halele'a Salon

### CUTS & STYLES

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  
French Braid

### MAKE-UP

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

## Nails

### WARM GINGER PEDICURE *75 Minutes*

Designed to detoxify. Feet are submerged in a warm bath of lemongrass extract and sea salt and then your deserving heels and toes are exfoliated with a creamy lemongrass scrub. Relax while your feet are wrapped in a purifying ginger and wasabi mask combined with shea butter and coconut oils, to recover softness and replenish moisture. Feel tension disappear through your feet as a steaming ginger compress is applied to reflexology points on your feet and calves. To prepare your feet for the miles ahead, revive them with an invigorating rosemary and lemongrass foot cream massage.

### MAKAI GOLF RETREAT PEDICURE *30 Minutes*

After tee time, relieve sore muscles and ease tension with this refreshing and relaxing sports pedicure. Tired feet are cleansed and soaked in a warm sea salt foot bath infused with kaffir lime. After a creamy lemongrass scrub, nails are expertly groomed and feet are treated to an invigorating peppermint and rosemary foot and calve massage.



## Wahine male hou & Kane male hou



Specially designed for our wahine male hou and kane male hou, the Halele'a Spa will customize a memorable spa and salon package in preparation of that special day. Let us create moments of joy, peace and romance to discover health, well-being and a love for life and each other. Suggested treatment combinations:

### HALELE'A SPA - BRIDAL TREATMENTS

Bride/Groom Halele'a Custom Facial, *90 minutes* ♦ Bride/Groom Halele'a Manicure and Pedicure, *90 minutes* ♦ Bride/Groom Couples Nanu Ritual Massage, *60/90 minutes*

### HALELE'A SALON - BRIDAL TREATMENTS

*A Wedding Consultation is included with every Bridal Experience*

Bridal Hair Style (shampoo, blow dry, veil) ♦ Bridal Up Do ♦ Bridal Deep Conditioning Hair Treatment ♦ Bridal Make-Up

## Suites

### COUPLES NANU WHITE FLOWER RITUAL *140 Minutes*

Designed to deeply cleanse, this treatment starts with a jasmine walnut 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. Complete this ritual with a serving of our tropical white signature tea and spa gift.

- ♦ Jasmine Scrub
- ♦ Jasmine Mini Massage Mitt in Cascade Shower
- ♦ Nurture Ylang Ylang Oil Massage with a White Clay Mask and warm Ginger compress foot experience

Relax in your own personal VIP room complete with oversize soaking tub, overhead rain shower, personalized pedicure station and individual lounge.

### HANAIEI BAY RITUAL *190 Minutes*

Enjoy this marine therapy ritual in our signature suite complete with a serving of our specialty seaweed tea and a gift from the sea.

- ♦ Organic Seaweed Oil Massage
- ♦ Detox Seaweed Bath
- ♦ Organic Seaweed Pedicure
- ♦ Organic Seaweed Repair Facial

### MAILE RENEWAL RITUAL *160 Minutes*

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

- ♦ Maile/Taro Body Polish
- ♦ Maile Bath Soak
- ♦ Exotic Maile Massage
- ♦ Exotic Maile Pedicure

### IN ROOM SPA EXPERIENCE

Please inquire with our professional spa staff to create a memorable in-room spa experience just for you.

## 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.

## HOURS OF OPERATION

Spa Boutique 8am – 8pm daily ♦ Spa Treatments 9am – 8pm daily

Fitness Center 24 hours daily

*Hours may vary. Please call the Spa reception desk for verification.*

## 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.



**ST REGIS**  
PRINCEVILLE

HAWAII'S QUINTESSENTIAL ADDRESS