




Hāwanawana Spa



There is a reason why we are drawn to the ocean.
The ocean is where we seek to renew.
The warmth of the sun serves to soothe our spirit and awaken our soul.
We can almost feel stress and tension flowing out of us,
like the receding tide returning to the sea.

Hāwanawana Spa is your ocean.

Go ahead. *Dive in.*



You are the moon to our tide.



Although our focus at Hāwanawana Spa is on ocean-based products and treatments, our inspiration is you. That's why we customize everything—no two Hāwanawana experiences are alike. Along with the expert skills of our highly trained professional staff, this attention to detail assures that you'll leave Hāwanawana feeling refreshed, rejuvenated, and ready to start anew.



Hāwanawana rituals and body treatments

Suite Serenity

Serenity is not synonymous with solitude. Indeed, shared serenity can deepen the bonds between two people. This 4-hour exclusive Hāwanawana experience takes place in our private treatment suite and begins with a customized combination of massages, body treatments or facials that will leave you both in a state of bliss. Finish with an in-suite epicurean selection of culinary delights as you revel in total relaxation and rejuvenation—together.

Ocean Ritual

Let the gentle power of the ocean wash away all the stress you carry. This tranquil, soul-soothing body polish, massage, cranial flow therapy and hair conditioning treatment makes use of wild seaweed and undaria algae oil. You'll emerge refreshed, with invigorated skin that is smooth as silk. The ritual ends with a nourishing Super Green Marine Bath.

Pineapple Citrus Body Polish

Once known as the "Pineapple Island," Lana'i has inspired our signature scrub, which is based on an old family recipe and made in our own kitchen. It leaves skin energized and smooth as silk.

Deep Sea Cleanse Body Scrub

An invigorating brush and scrub with wild sea algae and sea salts.

Algae Ti Leaf Body Wrap

This cooling, aromatic wrap begins with wild algae, aloe vera and green tea gel, followed by a calming overlay of fresh ti leaves. Perfect for those "kissed" by the Hulopo'e Beach sun.



Hāwanawana Custom Facial*

Designed specifically for your skin, this facial focuses on exactly what you need, and nothing you don't.

Beach Boy Facial*

Soothes sun, wind and razor-damaged skin to provide soft, smooth results. Especially good for golfers.

Sea to C Facial*

Recharge your glow with Vitamin C.

* With any of our 60 or 75 minute facial services, choose a complimentary facial enhancement: Eye and Lip Treatment, Coconut Oil Hair and scalp treatment or Microcurrent Lift.

OSEA Royal Hawaiian Age Defying Facial

Give your skin a youthful boost. Organic seaweed and pure essential oils increase antioxidant activity, restore moisture to tired skin and combine with dermal proteins to create a protective moisturizing barrier against the elements.

Tata Harper Ultimate Luxury Facial

Firm your skin with this Anti-Aging Facial Solution that stimulates the tissues of the skin, creating an instant uplift.

HydraFacial with Vortex-Fusion® Facial

The highly advanced Vortex-Fusion® serum delivery system helps diminish environmental damage, reduce fine lines & wrinkles, and plump & firm skin for long-term results you can see and feel instantly.



massage services

Signature Hāwanawana Massage*

Ease stiff joints and tight muscles with this customized massage.

Lāna'i Lomi Lomi Massage*

Refresh body and mind with this uniquely Hawaiian massage that uses flowing rhythms and long strokes over the entire body.

Lava Stone Lomi Lomi Massage*

This treatment incorporates traditional Hawaiian Lomi Lomi and Pohaku warm stone therapy to stimulate the circulatory system, ridding the body of tension and stress.

Reflexology*

Relieves stress and tension using gentle massage and stimulation of pressure points on the feet.

Prenatal Massage*

This treatment is designed to nurture the expectant mother and baby. Expectant mothers must be beyond their first trimester.

* With any of our 60 or 75 minute Massage services, choose a complimentary enhancement: Foot Mask, Deep Penetrating Muscle Liniment, or Coconut Oil Hair and Scalp Treatment.

Please inform your Spa receptionist if you would like to enjoy your massage experience with someone special in one of our spa suites.



Hair and Makeup

Hair care services for both adults and children include: Shampoo and styles, haircuts, scalp and conditioning treatments and updos for special occasions.

Professional make-up services; natural to the dramatic.

Bridal hair and make-up to make your day picture perfect.

Waxing Services

Our quick, expert waxing service removes unwanted hair from (practically) anywhere. See price list for details.

Manicures and Pedicures

Instant Shimmer: An instant fix for nails including a cut, file and polish or buff.

Sea and Salt Manicure: With nourishing seaweed soak, brightening mask, and organic cuticle care.

Sea and Salt Pedicure: With mineral-rich foot soak, seaweed scrub, and organic cuticle care.

Just for Keiki Mani/Pedi: Special treatment designed with kids in mind.

Pool-Side Services

Adult pool-side massage services 30 or 45 minutes.

Choose from a scalp, neck and shoulder massage, foot massage or foot exfoliation treatment.

Just for Keiki: 10 or 20 minute feet, hands and shoulder massage.



Fitness Center

Hāwanawana's 24-hour Fitness Center features state-of-the-art training equipment, positioned to offer spectacular ocean views in addition to video options.

Fitness Classes

Our Fitness and Yoga Instructors offer a variety of indoor and outdoor classes including yoga, Pilates, spin, meditation, healthy lifestyle lectures and cardio inspired workouts. Private fitness classes are also available and include:

- Personal Training Sessions
- Personal Fitness Assessment
- Personal Meditation Sessions
- Private Fitness Classes

Yoga

We are pleased to provide an array of yoga experiences. Whether it's your first class or you have been a life-long practitioner, we offer something for everyone. Our highly skilled and enthusiastic yogis have trained throughout the world to connect with people emotionally and through articulate instruction from sunrise on the beach to sunset on the luau grounds.

Scheduled studio classes are complimentary.



FOUR SEASONS
RESORT
LĀNA'I

1 Manele Bay Rd | Lāna'i City, HI 96763
(808) 565-2000