

Hawaiian Rainforest Spa

is a reflection of Kauai and the geographic wonders of the tropical Hawaiian Islands. At Hawaiian Rainforest Spa, you'll find a peaceful haven and spa experiences to restore, rebalance and rejuvenate your body, mind and spirit. Our philosophy embraces sincere respect for our Aina (the land) and incorporates Kauai's indigenous botanical products in several of our signature treatments.

We provide a relaxing array of spa services including massage therapy, facials, and body treatments. We also offer complimentary use of the spa sauna with all services E Komo Mai... Come. Relax. Let us care for you.

Massage Therapy

Massage treatments nourish the skin with pure coconut oil and ease muscle tension with a warm towel application. We are pleased to accommodate couple's and single's massages, as well as larger groups with advance notice.

Select from 25-minute, 50-minute and 80-minute services:

HAWAIIAN LOMI LOMI MASSAGE...\$70 • \$105 • \$135



If you like Swedish massage, you will love Lomi Lomi massage! Using ancient Hawaiian techniques handed down through generations, it soothes with long, gliding strokes using the forearm and gentle rhythmic motions. Our most sought-after massage!

DEEP LOMI LOMI MASSAGE...\$80 • \$125 • \$155

Perfect for guests who need a firmer, more intense treatment, but want to enjoy all the benefits of a Lomi Lomi experience.

SPORTS MASSAGE...\$80 • \$125 • \$155

Designed especially for the vacation warrior, this massage gives specific attention to sore, over-used muscles. A sports massage also promotes improved range of motion and flexibility. Your therapist will assess and target different muscle groups for golf, tennis, surfing, running and hiking.

DEEP TISSUE MASSAGE.....\$80 • \$125 • \$155

Guests who are accustomed to deeper pressure with specific muscle attention will enjoy this treatment. Our therapists ease into muscle tissue and work to resolve specific areas of tightness.

CLASSIC SWEDISH MASSAGE...\$70 • \$105 • \$135

Traditional Western-style massage designed to alleviate muscle tension, promote relaxation and increase circulation.

REFLEXOLOGY TREATMENT...\$70 • \$105 • \$135

This ancient treatment restores natural balance and well-being to your body by applying pressure to specific points on the feet and occasionally on the hands.

PRENATAL (*Hapai*) MASSAGE...\$70 • \$105 (*n/a for 80 min*)

A nurturing and relaxing massage for the mother to be. Special attention is given to her comfort and stage of pregnancy with the goal of easing pregnancy-related physical changes including back pain, sciatica, edema (*swelling*) and muscle spasms. Deep pressure is contraindicated in pregnancy; we use gentle to medium pressure.

MASSAGE & FACIAL ENHANCEMENTS

UPGRADE YOUR MASSAGE & SKIN CARE EXPERIENCE

- Warm Coconut Oil Scalp Massage...\$15
- Aromatherapy with Pure Essential Oils...\$15
- Hot Stone Therapy ...\$25 (*n/a for prenatal massage*)

Additional massage modalities may be available. Please inquire about Shiatsu, Lymphatic Drainage, Craniosacral Therapy, Neuromuscular Release, Reiki and other modalities from our experienced staff.

Exclusive Treatments

FACE MASSAGE (25 MIN)...\$50

This service targets sinus pressure points, TMJ issues, neck and shoulder stress. With a warm towel compress, this treatment is ideal for guests who would like to have an additional level of nurturing.

INTENSIVE SCALP THERAPY (25 MIN)...\$50

Warm coconut oil is massaged into the scalp and hair, with neck and shoulder massage. This journey into nirvana is designed to ease chronic head and neck pain. Ideal for guests who use a computer in their job, parents of toddlers and migraine sufferers.

SUNSCREEN APPLICATION *with reflexology* (20 MIN)...\$40

The Kauai sun can be intense. Protect your skin and enjoy a mini foot massage as you prepare for the beach.

SUNBURN RELIEF TREATMENT (20 MIN)...\$40

Sooth your skin after overexposure to the wind and sun.



Skin Care

Our very special facials are designed to pamper the skin, ease the mind and restore your spirit. Your esthetician will analyze your skin, listen to your skin care concerns and select the ideal treatment for your unique needs. Your skin will feel nourished and revitalized. Each facial is a head-to-toe experience with warm mittens, hand and neck massage and warm booties to pamper your feet. Your esthetician will provide a suggested skin regime while on vacation and at home.

ANTI-AGING RENEWAL FACIAL (80 MIN)...\$125

As we notice the signs of aging - a new wrinkle, or perhaps skin texture changes, our skin needs special attention to help rejuvenate its appearance. This oxygenizing facial incorporates highly effective serums and nutrients to minimize lines and firm the skin.

CUSTOM DEEP CLEANSING FACIAL (50 MIN)...\$105

Ideal for skin showing signs of dehydration and travel-related stresses. Exfoliation, application of a custom mask and proper moisturizing will improve your skin's appearance and leave you feeling younger and refreshed.

VITAMIN C/WHITENING FACIAL (50 MIN)...\$125

Essential oils and pure vitamin C provide a calming, lightening effect on skin. Ideal if your skin is showing signs of sun damage or pigment discoloration.

MEN'S EXECUTIVE FACIAL (50 MIN)...\$105

Formulated to help counter exposure to the elements while golfing, surfing, and sporting about in Kauai. This facial addresses men's concerns including shaving irritation and reducing the appearance of fine lines and wrinkles.

BACK FACIAL (50 MIN)...\$105

This unique treatment begins with a soothing warm towel compress, followed by exfoliation and a custom mask for your skin type. Your back treatment is concluded with full moisturizing application of lotion or sunscreen.

Body Treatments

HAWAIIAN ALAEA SEA SALT GLOW (35 MIN)...\$75

Infused with emollient coconut oil and aromatic essential oils, designed to exfoliate dry skin.

HAWAIIAN SUGAR & COFFEE BEAN POLISH (35 MIN)...\$75

A wonderful option for sensitive skin, the body polish utilizes Hawaiian sugar crystals and skin firming Hawaiian coffee.

MARINE BODY WRAP (60 MIN)...\$105

We begin this special treatment with a gentle exfoliation followed by an application of warm body mask. You are then tucked into a warm cocoon to help the special ingredients penetrate your skin. This detoxifying treatment will leave your body feeling soft and refreshed with our unique formulation of minerals, seaweed, bentonite clay, vitamins A, C, & E.