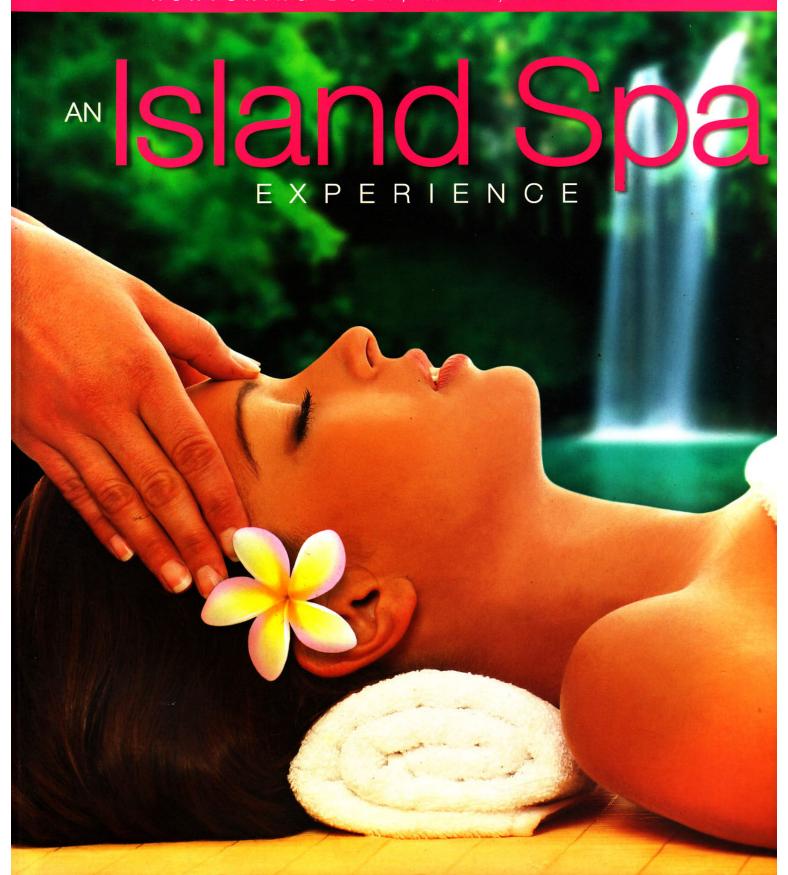
NURTURING BODY, MIND, AND SPIRIT



RIGHT (CLOCKWISE FROM LEFT): Pa'akai (salt) is used for Hale Ho'ōla's signature treatment, Ma'ukele Volcano Rainforest 'lke. Hawaiian lomilomi typically involves using the elbows. Here, a massage therapist at Hale Ho'ōla does that to relieve her client's sore muscles and to stimulate circulation. Walkways lined with graceful arches are among the architectural highlights of Ahu Pōhaku Ho'omaluhia.

## Big Island Spa & Tanning

29 Shipman Street, Suite 103 Hilo, Hawai'i 96720 (808) 961-1919 www.bigislandspatanning.com

Facility highlights: Seven treatment rooms, including an aromatherapeutic steam room and one for couples' massage; two rooms for aesthetic and beauty treatments, including facials, waxing, chemical peels, eyelash extensions, and eyebrow tinting

Special services: Wedding packages, indoor tanning Signature treatment: Herbal and Natural Body Wrap

## Hale Hoʻōla

Hawaiian Healing Arts Center and Spa 11-3913 Seventh Street Volcano, Hawai'i 96785 (808) 756-2421 www.halehoola.net

Facility highlights: Suite large enough to accommodate couples, located in a tropical rainforest; outdoor reception area overlooking the rainforest

Special services: Hawaiian cultural workshops, steam canopy system (a massage table covered by a canopy that provides the benefits of a steam room)

Signature treatment: Ma'ukele Volcano Rainforest 'Ike

## Ho'ōla Spa

Sheraton Keauhou Bay Resort & Spa 78-128 'Ehukai Street Kailua-Kona, Hawai'i 96740 (808) 930-4848 www.sheratonkeauhou.com

Facility highlights: Seven treatment rooms, including one with a Vichy shower, one with a hot tub, and two for

