



## Rejuvenation Packages

Please allow 2 hours for these treatments.

**Ma'ukele** - Volcano Rainforest 'Ike - Experience this healing element package that begins with our foot lomi and volcanic foot scrub. The body is then exfoliated with an 'iliahī verbenā (sandalwood) salt scrub. While enjoying a warm steam you will receive a face and scalp massage. A volcanic clay mask can be applied upon request. After rinsing a lomilomi massage relaxes you with our unique Ola tropical oil replenishing and moisturizing parched dry skin.

**Piha Hau'oli** - Euphoric awakening of all the senses. This package begins with our pikake foot soak and lomi. While enjoying a warm steam, a Hawaiian passionfruit citrus sugar cane scrub and Island Pikake deep purifying facial mask is applied. For a finishing touch your choice of Island Pikake body butter or a luxurious creme lomed on the skin taking your senses on a journey that is uniquely Volcano.

**Kane Ali'i** - This specialized treatment for men begins with an exfoliating foot scrub followed by a pa'akai (salt) and cane sugar scrub infused with coconut, avocado and lilikoi (passionfruit) oils. Uplifting island aromas surround you under a warm steam canopy while enjoying a deep cleansing herbal mask. After a rinse enjoy our finishing touch with a lomilomi massage using a rich botanical creme.

**Kanilehua** - This unique package will give your skin a drink. Beginning with a flower infused foot scrub and lomi. A vanilla cane sugar body scrub is applied then enjoy a warm steam bath with a face and scalp massage. After a rinse, enjoy a lomilomi with warm kukui nut oil finishing with a wild ginger body mist.

**Wāwae Lomilomi** - A foot massage that stimulates all parts of your body. This relieving treatment begins with an Organic Ginger and 'Ōlena (tumeric) purifying foot soak then a Volcanic clay scrub. Hot pōhaku (stones) are then utilized with warm kukui nut oil and lomi that works its way from the tip of the toes to the tops of the knees. A truly loving treatment that takes care of the hardest working part of our body.

**Pilialoha Package** - (Honeymoon or Anniversary) This loving treatment begins with with a Pikake foot soak and lomi then followed by a choice of a Salt or Sugar Body Scrub. You are then placed in an Imu-loa (sweat bath) finalized with an hour long Lomilomi Hula, leaving you in a bliss filled with the Spirit of Aloha.



## To make an Appointment

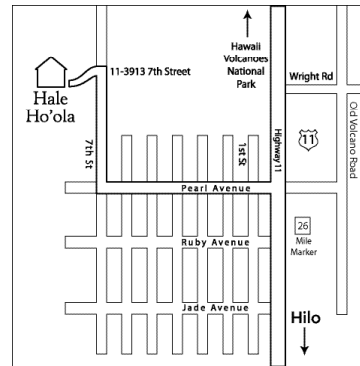
Please call or email us. No walk-ins.

Phone: (808) 756-2421

aloha@halehoola.net

www.halehoola.net

## How To Find Us



Hale Ho'ōla  
11-3913 7th Street  
Volcano, Hawaii 96785

## Cancellation Policy

A twenty-four hour advance notice is required for a cancellation or to reschedule.

## Spa Tips

Children under 16 must be accompanied by an adult. Please arrive 10 min prior to your appointment. Should you arrive late, your appointment will be shortened to allow time for the following appointed session.

Please notify practitioner of any health conditions or surgeries as it may affect the type of treatment you choose.

## Gift Certificates Available

Tax and Gratuity not included  
Prices subject to change



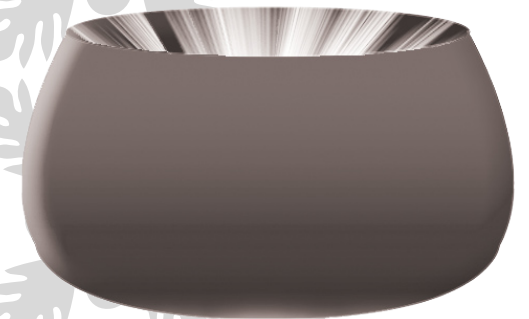
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# Hale Ho'ōla

Hawaiian Healing Arts Center and Spa

VOLCANO'S  
SPA



'Imi pono a me lamalama ka'ili  
(Strive to be righteous and glow with health)



# Hawaiian Treatments

Experience the very essence of Hawaiian Culture and it's healing elements. Feel the warm aloha spirit lift your heart, mind, body and soul.

**Lomilomi** - A traditional Hawaiian massage which is passed on through family generations. Lomilomi begins with a pule (prayer) and employs the elbows to create a rhythmic therapeutic experience. Offering relief to sore muscles, increasing circulation and is beneficial for the physical, mental and spiritual aspects of the individual.

**Lomi Hula** - A creative, soothing infusion of hula (dance) and lomilomi that is choreographed to Hawaiian music. Descriptively it is portrayed as doing the hula on the body. Lomi Hula is a more relaxing and soothing massage, offering a melodic and euphoric experience.

**La'au Hamo** - La'au (medicinal herbs) Hamo (to rub or massage). Blends Lomi lomi with the use of Hawaiian medicinal plant and flower extracts. Promotes healing, rejuvenates, calms and soothes the mind and awakens the senses. Practitioner will discuss homeopathic and aromatherapy choices.

**Pō'pō kāpa'i** - Pō'pō kāpa'i (ball of herbs used for massage) traditional Lomilomi massage incorporating hot steamed herb filled bundles. Soothes sore muscles and leaves you with a sense of endless relaxation.

**Hāpai Lomilomi** - Hāpai (pregnancy) massage pays special attention to the mother-to be in her stage of pregnancy. A special Body Support System is used for comfort and proper positioning for a relaxing and nurturing massage. Aids in reducing edema, relieves low back pain and discomfort, promotes greater relaxation, helps with insomnia, and improves both expectant mother and baby's overall health and well-being. Not recommended in the first trimester.

**Ōpū Huli** - Ōpū (stomach) Huli (to turn) begins with the Lomilomi practitioner measuring the placement of the wāwae (feet). A pule (prayer) is said and warm kukui nut oil is carefully filled into the piko (navel). The na'au (stomach) is gently manipulated and kneaded in a circular motion. Opu Huli offers relief for menstrual cramps, jetlag, gastritis and any low back or abdominal pain.

**Keiki Lomi** - Keiki (child) massage for a child under the age of 14. An adult must be present during this massage.

**Kūpuna Lomi** - Kūpuna (grandparent, elder) massage with a special body support system that is used to cradle the body and support the spine so that the body may relax and be loved.

**Pōhaku Pa'a** - Pohaku (water worn basalt stones) Pa'a (firm, solid, hard) is based on a Hawaiian healing method of fire heated stones. Pohaku had many different uses in the Hawaiian culture. This treatment utilizes the art of Lomilomi with warm kukui nut oil. The hot pohaku are placed along the spine and extremities. A soothing unique island experience that melts away tight muscles, improves circulation, and leaves you with an overall sense of well-being.

## Body Treatments

All body treatments include a full body exfoliation then implement the use of the Steamy Wonder steam therapy canopy which requires no wrapping so that you may enjoy a nice steam bath on the table. Finishing with a light body massage utilizing a body butter, oil or mist.

**Ancient Forest 'Iliahi Verbena Salt Scrub** - Ancient Forest is a blend of Sandalwood ('iliahi verbena), hint of orange, vanilla and ylang ylang. 'Iliahi verbena is soothing, centering and promotes well-being. This exotic body treatment exfoliates, purifies and tones leaving your skin soft, smooth and refreshed.

**Fruit Leo Body Polish** - Fruit Leo (melody) is a profusion of mango passionfruit, orange, lime, pineapple, and a hint of jasmine. Fruit is full of alpha-hydroxy acids and vitamins for moisturizing and nourishing the skin. Finalizing with a coconut mist, your body will feel revitalized and refreshed.

**Vanilla Ginger Sugar Cane Scrub** - Intoxicating vanilla combines 'ōlena (tumeric), mango, cinnamon, nutmeg, orange & ginger for a purifying and warming experience. This island body treatment stimulates circulation, tones & hydrates the skin, leaving it soft, moisturized and in a state of balance.

**Tahitian Body Glow** - An invigorating sensual, aromatic scent of aged coconut oil infused with Tahitian tiare flower. A flower infused salt body scrub is used then enjoy a face and scalp massage while steaming. After rinsing off a warm monoi oil (aged coconut oil infused with tiare flower) is then massaged over your body revealing hydrated, fresh radiating skin. Finishing with a light coconut mist that embraces you.

**Hawaiiana Lo'i (kalo) Smoothie** - Taro (kalo) the life force of Hawaiian Culture combined with cleansing & conditioning coconut milk & skin softening organic lehua honey. This treatment will restore moisture & leave your skin feeling nourished and hydrated.

**30 minute Pūholo** - Pūholo (sweat bath) An effective treatment for those who wish detoxification or sore muscle relief. Beginning with a 10 minute lomilomi on the back and legs then a steam canopy covers you for 15 minutes. While steaming enjoy a face and scalp massage. A great pick me-up especially after a hike or strenuous work-out.

**Hawaiian Coconut Lemongrass Cane Sugar Scrub** - Hawaiian coconut, long appreciated by the kama'aina (native born) for it's many uses and benefits. Coconut is a rich source of moisture and is highly conditioning. A rich tropical blend of sweet coconut, tangy lemongrass, and a hint of vanilla, that takes your senses on a journey of endless relaxation.

## Holistic Hawaiian Skin Care

Focused on promoting balanced, healthy skin naturally. Skin care treatments performed by licensed Aesthetician.

**Ocean Essence Facial Mask** - Sea mud, seaplants & spiruline are used to draw out impurities & replenish the skin with nutrients & minerals as the mask tones and renews the skin.

**Hawaiian Enzyme Facial Mask** - This light papaya & pineapple mask, enzyme rich, containing hydrating & healing aloe vera, antioxidant mamaki tea, lehua honey, sea minerals and papaya oil. Great for renewing the skin and circulation.

**Enriched Volcanic Mineral Mask** - Beginning with a lilikoi papaya face wash then island flower extracts of orchid, hibiscus, gardenia and passionflower are blended with rich volcanic clay to produce this ancient mineral mask experience. Volcanic clay draws out impurities, while the flower essences cleanse and soothe the skin.

**Kalo Enriched Facial Mask** - Kalo (taro) has always been the life-force of Hawaiian Culture. This rich mixture is combined with essential mind/body food with skin enhancing and healing honey, emollient coconut milk and moisture rich kukui nut oil leaving the skin nourished and glowing.

Please see insert for other services.



# Hale Ho'ōla Hawaiian Healing Arts Center and Spa

## **Lomilomi, Lomi Hula, Hapai Lomi, Opu Huli**

60 minutes / \$75  
90 minutes / \$100  
120 minutes / \$140

## **La'au Hamo, Po'po kapa'i, Pohaku Pa'a**

60 minutes / \$85  
90 minutes / \$110  
120 minutes / \$150

## **Keiki and Kupuna**

30 minutes / \$35  
60 minutes / \$65  
90 minutes / \$95

## **All Body treatments**

90 minutes / \$120

## **30 minute Puholo**

30 minutes / \$45

## **All Rejuvenation Packages**

120 minutes / \$150

## **Wawae Lomilomi**

120 minutes / \$140

*Prices subject to change*

# Holistic Skin Care & Aesthetic Services

Our highly trained aesthetician specializes in creating personalized, customized facials.

Our facials start with a consultation to determine your specific needs and assess your concerns so a program can be developed to help you achieve your goals. Our Hawaiian products use as many locally grown herbs and fruits as possible.

- Auana Facials - 75 min - \$65
- Moisturizing Foot Treatment may be added to facials for \$20

## **Other Esthetic Services**

- Glycolic Peels - 30 min - \$40
- Lash Tint - 20 min - \$20
- Brow Tint - 20 min - \$20

## **Make-up Services**

Natural Mineral Cosmetics

- Special Event - 30 min - \$30
- Wedding - (2) 30 min sessions + travel to location - \$75

## **Waxing / Hair Removal Services**

Ciripel French Wax

Prices range from \$10-\$75

*New Services are being added frequently,  
please inquire when booking appointment.*