



## THERAPIES MENU

LANIWAI  
A Disney SPA

The spa at *Aulani, Laniwai*, meaning “freshwater heaven,” embraces the Hawaiian connection to, and reverence for, nature. In particular, the spa’s design explores the cultural and even spiritual significance of *ānuenuē*, rainbows. We do this by combining elegantly reflected light, brilliant color, and healing water features, creating a mystical aura. At *Laniwai*, our guests are pampered in a way that enhances their connection to nature and sets them on a path to personal enlightenment.



Rainbows have come to be known as a symbol of Hawai'i because of the frequency with which brilliant, magical rainbows appear. When moisture and sunshine combine in just the right proportion, the magical phenomenon of a rainbow occurs. *Ua*, rain, is a gift from the heavens, bringing vital freshwater, *wai*, and may symbolize joy, life, and good fortune. Rain-bearing clouds fill streams in high mountain forests, which flow through the plains and empty into the sea. These streams provide the people living in the *ahupua'a*, land divisions, their source of life. The cycle of the water continues as it evaporates and returns to the heavens from whence it came. Laniwai...



The curative powers of water have been celebrated for centuries and are the origins of contemporary spa therapies. We invite you to celebrate the *healing wonders of nature*.

## KULA WAI (water source)

Early Hawaiians used water and heat therapies with massage to treat illnesses and to help restore the body's functionality. Hawaiians bathed in fresh, cool streams, mineral and sulfur baths and the sea. The use of water temperature fluctuations "reset" the body's regulatory system to boost the immune system and increase circulation to wash away daily aches and pains. We invite you to **Kula Wai**, a 5,000-square-foot outdoor hydrotherapy garden to enjoy before or after your spa services.

## EXPERIENCE

You will also be invited to experience our herbal pools, six unique "rain showers," hot and cold whirlpools and outdoor relaxation. In addition, you will be invited to blend with your spa host a complimentary Hawaiian body polish at our mixology station, *Pulu*, meaning to make soft, soak, moisten, saturate.

- STEP ONE** Select Your Aroma Blend
- STEP TWO** Select Base Polish Blend; Cane Sugar or Sea Salt
- STEP THREE** Select Base Oil Blends; Macadamia, Kukui or Jojoba
- STEP FOUR** Select Active Hawaiian Herb Ingredients; 'awa Noni; 'ōlena; 'awapuhi and more

## NATURE'S SOAKS



### A RAINBOW OF CHOICES

Soak in our outdoor vitality bath.  
All baths are 25 minutes in length.

#### **Laniwai** (*freshwater heaven*)

##### **White Bath: Organic Passion flower & Noni**

Calm your mind while soaking in this creamy white bath infused with organic Passion flower and Noni. The scents of lavender, ylang ylang and vanilla have been known to put one in a state of tranquil bliss.

*Benefits: anti-inflammatory, anti-oxidant, calms sensitive and sunburned skin.*

#### **Luahoana** (*rainbow around sun or moon*)

##### **Yellow Bath: Organic Green Hawai'i grown Papaya and Pineapple**

Lay back and relax in this uplifting yellow bath. Organic green papaya and pineapple extracts are used to exfoliate and soften the skin. The powerful citrus synergy includes lime, orange, lemongrass and grapefruit with a tropical pineapple papaya note. Lay back and relax, this bath has been known to put one in a very cheerful state.

*Benefits: uplifting, exfoliating, toning and cleansing.*

#### **Uakoko** (*earth clinging rainbow*)

##### **Red Bath: Organic Hawaiian 'Ōlena and 'Awapuhi (ginger)**

Rich red hibiscus color surrounds you; Organic Hawaiian 'Ōlena and 'Awapuhi (ginger) have been used for their powerful immune boosting and healing qualities. Cinnamon, allspice, clove, orange, black pepper and vanilla together create an amazing synergy that has been known to act as a sedative and have an aphrodisiac affect. You will not want to get out of this bath, so just lay back and breathe in the amazing spice aroma.

*Benefits: immune boosting, increased circulation, release of tension, muscle fatigue and exhaustion, great for jet lag.*

#### **Hakahakaea** (*greenish rainbow*)

##### **Green bath: Spiraling Seaweed Sea Bath**

An extremely uplifting citrus essential oil synergy bath. This unique essential oil blend is used to aid in weight loss and detoxification while reducing the appearance of cellulite. Herbalists use seaweed as a weight loss aid and thyroid stimulant.

*Benefits: detoxify the body.*

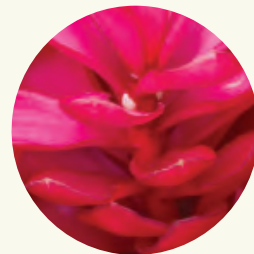


#### **Ānuenue Kau Pō** (*lunar rainbow*)

##### **Sky Blue Bath: Eucalyptus, 'Awa**

This bath has an aroma that brings the mind to an elevated state of relaxation. The combination of eucalyptus, rosemary and lavender is used to alleviate muscle pain while the unique combination of sandalwood and vanilla has been known to bring about a state of peace. Cypress is a comforting scent used to aid in life's transitions. Organic Hawaiian 'Awa has long been used to ease muscle pain and deeply relax the body and mind.

*Benefits: elevated state of relaxation, ease of muscular pain.*



## SIGNATURE THERAPIES

### Signature Lomilomi

This traditional Hawaiian massage is passed down from generation to generation by healing kūpuna (elders). This hands-on technique provides a gentle, rhythmic massage incorporating, as needed, lomilomi sticks and warm river stones to release tension, pain and fatigue and replenish the mind, body and spirit with positive energy, increased circulation and muscular tone.  
50 or 80 minutes

**Lilinoe “Fine Rain”** Customize the following services in the privacy of our Lilinoe, rainwater suite.

#### **Kilikili** *(fine gentle rain)*

Begin with a Journey through the Kula Wai. Select your exfoliation of choice followed by a lomilomi, a traditional Hawaiian massage. Enjoy a relaxing, smooth-flowing lomilomi enhanced with fragrant coconut oil under streaming jets of warm water. Feel delightfully re-energized and refreshed afterwards. Finish with a signature body butter to nourish the skin. Relish in the resulting smooth, hydrated and invigorated skin.  
80 minutes

#### **Waiwai** *(abundance, prosperity associated with freshwater)*

Enjoy a Signature exfoliation, moisturizing and detoxifying Body Cocoon and/or warm, lomilomi massage all under the warm fine rain waters.  
25–110 minutes *(guest choice)*

### CUSTOMIZE!

#### **Signature Exfoliations:**

Select from Maile, Mango, Plumeria, Hibiscus, Ginger, Lime, Liliko'i, Limu or Vanilla

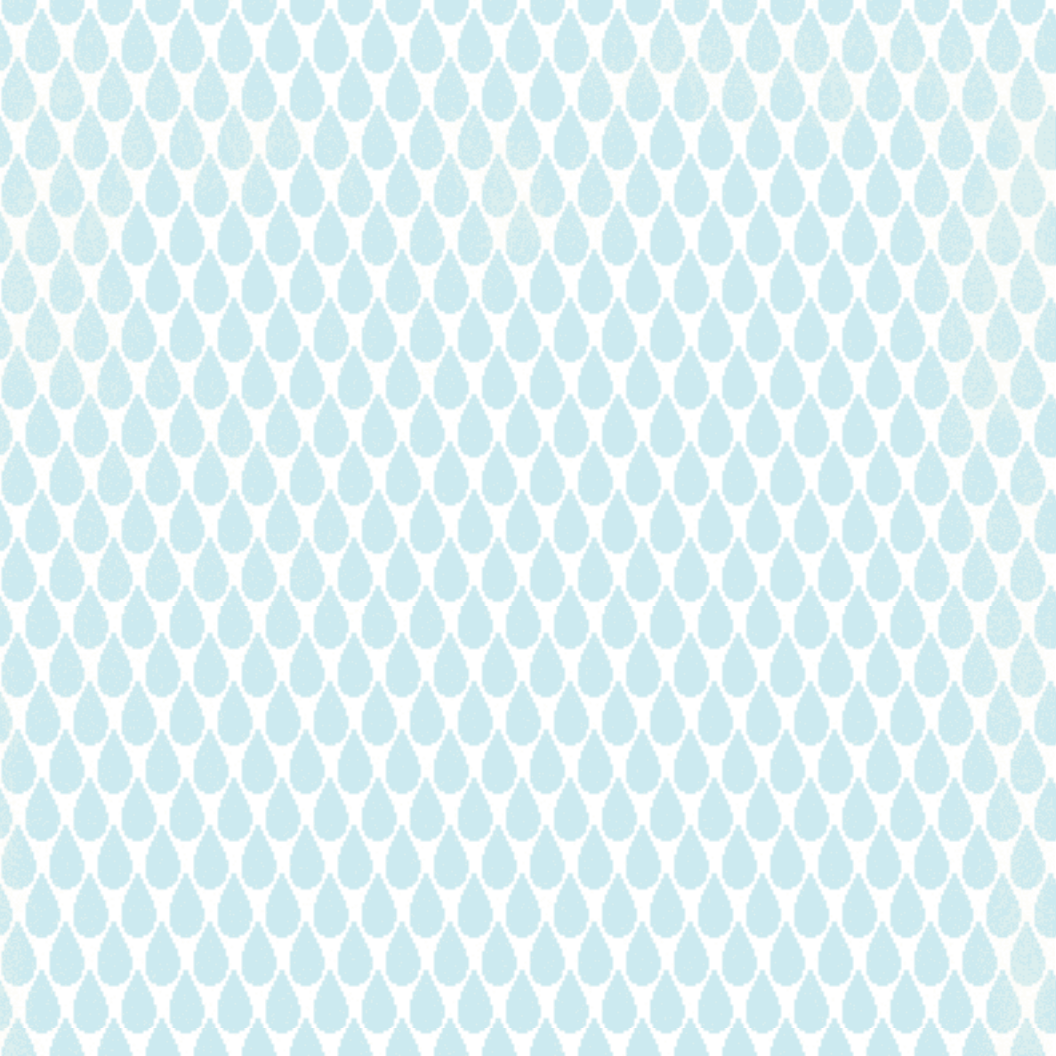
#### **Signature Body Cocoon:**

Select from Purifying Volcanic Clay, Detoxifying and Firming Spirulina Clay or Moisturizing and Healing Lehua Honey.

#### **Lomilomi Massage:**

50 or 80 minutes (select your Hawaiian herbal body butter kiss)





## MASSAGE THERAPIES

Therapy guests may select their lotion of choice from our aroma flight.

### Lomilomi

This traditional Hawaiian massage was passed down from generation to generation by healing kūpuna (elders). This hands-on technique provides a gentle, rhythmic massage, releasing tension, pain, and fatigue, and infusing the mind, body and spirit with positive energy, increased circulation and muscular tone.  
50 or 80 minutes

### Hana Pōhaku (to work with stones)

Practiced for centuries, heated stone massage is a technique that is renowned for its healing and relaxing properties, while providing individuals with a unique way to indulge. This specialty lomilomi massage utilizes carefully placed heated stones, which are believed to rejuvenate and soothe the body and mind. The combination of heat and rhythmic pressure stimulates circulation, promoting the release of tension and restoring balance. Feel tired and tense muscles instantly unravel beneath the heat of gliding warm stones.  
50 or 80 minutes



### Kāpa'i Massage (herbal poultice)

The Kāpa'i Massage treatment utilizes warmed muslin poultices of local herbs that are steamed and applied directly to the body in a kneading action. This traditional treatment soothes muscle tension and stiffness on key areas. Heat and herbs are absorbed by the body to help reduce aches and pains, increase lymphatic drainage and condition the skin. 80 minutes

### Shiatsu

Shiatsu (Japanese from *shi*, meaning finger, and *atsu*, meaning pressure) is a traditional hands-on therapy originating in Japan. A form of therapeutic massage in which pressure is applied with the thumbs and palms to areas of the body, also called acupressure. 50 minutes

### Traditional Thai Massage

This massage originated in India over 2,500 years ago. Through compressions, pressure on specific points and stretches to release blockages, a free flow of energy is restored. Thai massage is performed on a futon with loose comfortable clothing. It is a blend of massage, acupressure, energy work and gentle yoga stretches.

Benefits from a session may include releasing tight joints, stretching muscles, increasing range of motion and reducing stress. 80 minutes

### Sports Massage

Sports therapy energizes, relieves swelling, reduces muscle tension, and promotes flexibility, to prevent the recurrence of injuries. Alleviate the stress, tension and toxins that build up in the body's soft tissues during overexertion and demanding physical activities. This massage is a combination of rigorous strokes and facilitated stretching to flush the muscle. This is great after working out! 50 or 80 minutes

### Reflexology

Reflexology is a therapeutic method of relieving pain by stimulating predefined pressure points on the feet and hands. This controlled pressure alleviates the source of the discomfort. In the absence of any particular malady or abnormality, reflexology may be as effective at promoting good health and preventing illness as it is for relieving symptoms of stress, injury, and illness. 25 minutes

## HERBAL BODY REMEDIES

### Nature's Magical Niu (*coconut*)

The perfect way to counter the effects of over-exposure to nature's elements! Return home relaxed, refreshed, renewed and radiant! Surrender to a gentle coconut body exfoliation. Follow with a light massage using your choice of tropical scent from our aroma bar blended with coconut milk. You are then wrapped in hydrating Ti leaves to enhance the healing properties of the tropical oils and coconut milk. During your body cocoon, enjoy a warm coconut oil scalp massage. Leave with your skin hydrated, looking radiant and renewed! 80 minutes



### Nature's Healing 'Āina (*land*)

Begin with a calming kava kava passion fruit oil body scrub followed by warm volcanic clay that is blended with an herbal hydrosol of Noni, 'Ōlena, sugarcane and Mamaki. Finish with a refreshing hydrosol. This invigorating treatment will help to detoxify and leave your skin glowing, smoother and your spirit in tune with the islands. 80 minutes



### **Anti-Aging and Skin Firming for the Entire Body**

#### **Age-Reversal Body Treatment**

This multitasking treatment is most efficient for mature and sun-damaged skin as well as skin with stretch marks and discoloration. It reveals a more even, toned and healthy skin not attainable with any non-invasive body treatment. Customized for your most challenging areas and to restore youthful skin. *50 minutes*

#### **Slimming Body Treatment**

This treatment uses nature's anti-oxidant, Coffeeberry. A targeted, naturally slimming treatment for the hips, abdomen, thighs and other problem areas. Helps to firm the skin, reduce inches and minimize the appearance of cellulite. When you combine the treatment with prescribed home care and smart lifestyle choices, you'll see revitalized and remodeled skin with a smoother texture. Most effective when done in a series of six treatments and will deliver serious results in just three weeks. *50 minutes*

#### **Clarifying Body Treatment**

A relaxing, yet intensive, body treatment that delivers multi-layer skincare therapy for problematic, dehydrated, dry, sun-damaged or devitalized skin. Exfoliates, clarifies and evens the skin tone while deeply hydrating at the dermal level. Leaves the skin with a smoother, softer and brighter look and feel. *50 minutes*

#### **Massage Booster: Island Scalp Massage**

Warm coconut and kukui oil infused with Hawaiian herbs is drizzled over the scalp and massaged into the hair. Select your own tropical scent from our aroma bar. *25 minutes*







## FACIAL

*We will offer a journey that starts with serene tranquility, evolves into an experience that will touch your heart and mind forever, and ends with the transformation of a protected, perfected you. Experience this journey with luxurious, modern, results-oriented products that will change the way you and others view your skin.*

All facial treatments are followed by 100% Natural Perfecting Minerals Brush on SPF 25,—the first and only skin caring mineral line that contains CoffeeBerry® extract, Nature's most potent anti-aging botanical, to fight free radicals and the causes of skin aging. Perfecting Minerals are clinically proven to improve skin condition, making them a natural addition to any skin care routine. You will leave perfected, relaxed, protected and flawless...Departure Antioxidant Elixir; start treating the skin from within. All facials are offered in 25-80 minute lengths.

### Skin Fitness

#### Skin Yoga

CoffeeBerry® Natureceuticals™ - Nature's Most Potent Anti-Aging Botanical. "Aging is Natural. Now so is Anti-Aging." Coffeeberry helps skin look and feel good NATURALLY, with benefits that include tightening, toning and tension releasing. The synergetic effects of detoxification, massage, lifting techniques and increased circulation will leave skin with a natural lift and smoother lines. The very best natural active ingredients to support the anti-aging process and achieve a new level of efficacy.

#### Basic Skin Fitness

Advanced AHA Cosmeceuticals Restore your skin to its basic health and fitness with this daily care regimen. This facial provides the latest in AHA technological advances – LCA Complex – a powerful combination of lactic acid and essential vitamin antioxidants. Ideal for dry, sensitive skin, problem-prone skin and mature acne. Produces intensive results: Provides multi-layer skin exfoliation, revitalizes dry, mature and sun-damaged skin, increases epidermal and dermal moisture levels, leaving the skin deeply hydrated and retexturized.

### Triathlon

Idebenone Complex\* Superceuticals®

The first anti-aging professional treatments to incorporate the dramatic benefits of Idebenone, an entirely new and different kind of antioxidant. It targets aging at its cellular source to provide a level of skin rejuvenation and free radical protection not available with any other non-invasive skincare program. Helps prevent skin aging at its cellular source, minimizes the look of fine lines and wrinkles, improves uneven skin tone and texture, evens pigmentation and revitalizes dry, mature and sun-damaged skin.

#### Certified Organic

Purely Organic! Customized by skin type, nourish and awaken the skin with a customized facial inspired by restorative fruits and plants from our global fair-trade farms. Experience the skin benefits of using Organic Seed Oils, which are the source of all new plant life. Our Whole Plant Ingredients will soften, balance and renew your skin's elasticity while stimulating cell renewal, providing antioxidant protection and repairing skins natural moisture barrier.



### **Hāweo (Glowing)** *(recommended for brides)*

This memorable experience will leave you feeling youthful inside and out. After a skin-refining exfoliation, a vitamin-rich facial mask will be applied. The real magic begins by deeply infusing age-defying vitamins, antioxidants and peptides to significantly reduce the appearance of fine lines and wrinkles while tightening and firming for more defined facial contour. Leave with a youthful glow! *50 minutes*

### **Up In the Air**

Like all living things, our skin needs oxygen to survive, reproduce and regenerate. This customized skincare treatment begins with a Clarisonic exfoliation, prepping the skin to be infused with moisture, vitamins and antioxidants via calming, pressurized oxygen. Your skin will instantly feel rejuvenated with improved firmness and a noticeable lift, complemented by a mini eye infusion. Results are not only instant but continue to improve in the following days. *50 minutes*

### **The Peel**

A powerful anti-aging facial that incorporates a DNA repair complex to speed up the restoration of environmental damage. Next, the award-winning Ossential Growth Factor Serum is added to stimulate, repair and protect the skin. This facial nourishes cells and fights the signs of aging with advanced encapsulated Retinol, which works harder and smarter than any other age-fighting ingredient. Transform your skin in just under a half hour! *25 minutes*

### **Growth Factor Collagen Therapy**

This facial is a one-two punch for fighting aging. Two powerful and proprietary peptides, containing both retinol and amino acids, boost collagen and stimulate cellular function, while protecting your skin from the elements. You can reduce collagen degradation and restore skin elasticity. Translation: you'll lose the lines and wrinkles and look younger in no time! *50 minutes*

### **Ultra Ageless**

A non-invasive alternative to cosmetic enhancements is the ultimate fusion of science and luxury. This experience begins with an ultra-sonic exfoliation to soften and renew the skin. Then rejuvenate and brighten with a customized Oxygen Infusion to restore natural vitality and glow. A non-surgical facelift is then expertly performed for a more youthful appearance. Light therapy will then be utilized to promote the healing response in the skin and stimulate acupressure points in the face and neck. This comprehensive treatment leaves the skin completely revitalized and looking luminous. *80 minutes*

### **Skin Boosters!**

Add on to any facial...

### **Serum Infusion:**

Boosts and prolongs the positive results of any facial in just minutes.

### **Ultrasonic Exfoliation:**

Sound waves are used in this wet exfoliation to cleanse pores, ease extraction, and sterilize.

### **LED Light Therapy:**

Stimulates elastin collagen production, calms redness and kills acne-causing bacteria.

### **Eye Lift:**

Reduce fine lines and wrinkles and reenergize tired eye muscles. Instantly lifts, firms and tones, leaving more youthful, vibrant skin.

### **HydraTone Mask:**

Extremely cooling and soothing to calm and hydrate dry, red or irritated skin. If you've had too much sun and surf, this mask is the perfect finish to any facial and offers instant relief.





### **'Ohana means Family!**

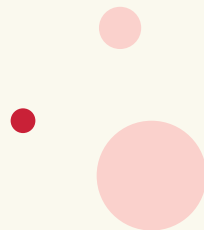
Learn ancient healing to assist each other during times of exhaustion, stress and digestion challenges. Your practitioner will teach you and your family how to use a lomilomi stick while receiving treatment.

The Hawaiian lomilomi stick has been used for 40 generations of islanders and is the symbol of self-care. It is a great way to create more meaningful relationships and an ideal healing tool for the person who wants to get in touch with the island culture.

*50 minutes 3-6 people*

### **Ka Makana - the gift - for Mom, Dad and Baby**

Have the new family experience wellness together. This introductory treatment provides treatment for entire 'ohana!  
*25-50 minutes*







## COUPLES JOURNEY

### **Honihoni** **“Sealed with a Kiss” Duet**

Lomilomi massage with a choice of tropical body butter kisses.  
*50 or 80 minutes*

### **‘Ōhi’a Lehua “Love Story” for two**

Custom exfoliation of choice, followed by a lomilomi massage with your tropical body butter kiss.  
*80 minutes*

### **Pili Aloha “Loving Companionship”**

Duet body exfoliation, massage and facial of your choice in a private suite with refreshing elixirs! *2.5 hours*



## MAKUAHINE (MOTHER)

### **The Yummy Tummy**

This combination treatment begins with a nourishing facial for your tummy to soothe and hydrate, followed by a gentle face and head massage, ending with a deep neck and shoulder massage to ease the stresses associated with pregnancy. *80 minutes*

### **Mellow Mama**

A full-body massage using safe and specific pre-natal techniques to relax, increase circulation, alleviate tired muscles and reduce excess water retention. *50 minutes*

### **Lucky Legs**

A mineral-rich foot soak with an Omega-rich exfoliation and massage to provide relief to hard-working legs and feet when they are in need of intense refreshment. This treatment is designed to reduce lower leg water retention, stimulate circulation, relieve lower leg muscle stress and leave legs refreshed and silky smooth. *25 minutes*



## No Nā Kāne (for the men)



## Salon

Treatments for men who like to live large, look well and feel their best!

### Nā Kāne Facial

Ideal for all men's skin, to combat skin sensitivities and environmental skin damage. Balancing, purifying and restorative, this facial is customized according to your professional consultation. *50 or 80 minutes*

### Kane Back Rejuvenation

Gentle exfoliation, deep-cleansing mud therapy and active botanicals restore this neglected area. *50 minutes*

### Man Cure: Men Only

Wāwae: Treat the feet! Don't neglect your wheels! A cleanse, exfoliation and massage to reinvigorate active feet.

### Hot Towel Facial and Shave

This treatment provides a facial cleanse, modern shave and scalp massage with male-specific grooming products. Look and feel your best! *50 minutes*

Everything for the well-being of your hands and feet!

All manicures and pedicures include herbal bath, deep cleanse, bamboo peel exfoliation, herbal lotion, nail treatment and massage.

### Classic or Organic Manicure & Pedicure

#### Sports Pedicure

Special products to care for active feet and to stimulate feet and legs.

#### Medical Pedicure

Includes Masque, Nail Serum and Leg Vitality.

#### No Soak Pedicure

Save time, no soak.

**Age-Reversal Manicure** 50 minutes  
Classic Manicure with Superceuticals!  
Works to correct, protect and address  
signs of aging such as rough texture,  
dehydration, wrinkles and irregular  
pigmentation.

**Age-Reversal Pedicure** 50 minutes  
Classic Pedicure with Superceuticals!  
Restore the skin's appearance and  
texture while treating dehydration,  
wrinkles, irregular pigmentation and  
other signs of skin aging.

**For our "Minnie Me's"!!** (12 and under)  
Customize your experience  
Select any 3 Treatments or the entire experience!

**Kaikamahine**  
Hairstyle with pixie dust and flower  
Shimmering makeup  
Manicure  
Pedicure  
Keiki Aloha wear

**Keikikane**  
Haircut and style  
Temporary Tattoo-Hawai'i motif  
Hook necklace

**Foot Aid Station!**  
Active on vacation or do you  
just want your feet to look great  
in your slippers? We have the  
solution! A quick, 15-minute  
foot treatment that will leave  
you soaring!



**Bridal hair, makeup, haircuts and waxing  
all available at our full-service salon.**

**PAINTED  
SKY**





**Painted Sky is a 1,500-square-foot Spa for ages 13 +**  
**The spa includes a yogurt bar, relaxation area, computer station, D.I.Y Iliahi mixology bar (do it yourself) to blend your own Hawaiian body polishes, perfume and face masques. We offer Daily Programs and a Special Teen Treatment Room for manicures, pedicures, facials and massage.**

#### **PAINTED SKY PROGRAMMING**

##### **Mixology**

A rainbow of choices! Blend your own organic Hawaiian body polish or make your own perfume.

11am to 12pm	Space Out! Relax at Painted Sky Spa
12pm to 1pm	Complimentary Tasty Healthy Treats
1pm to 3pm	Painted Sky “Color Me” Series (consult spa activities schedule)
	Mini Massage, New You Styles, Spa Pantry

#### **PAINTED SKY TREATMENTS**

##### **Massage:**

###### **Introduction to Lomilomi Massage!**

This traditional Hawaiian massage was passed down from generation to generation by healing kūpuna (elders). This massage releases tension, pain and fatigue and reenergizes the mind, body and spirit with positive energy, increased circulation and muscular tone. *25 minutes*

**Sports Massage** helps energize, relieve swelling, reduce muscle tension, promote flexibility and prevent the recurrence of injuries. Alleviate the stress, tension and toxins that build up in the body’s soft tissues during overexertion and demanding physical activities. This is great after working out! *25 minutes*

##### **Skincare:**

###### **Clarity!**

###### **Completely Flawless Skin!**

The main focus is hydration, antioxidant protection and perfection. Get started on a skincare regimen that will maintain your youthful glow, bring clarity and relief to problem skin and protect it from future damage. The “iPAD” of skincare!

*25 or 50 minutes*

###### **Totally ORGANIC Skin!**

Create perfect harmony with pure plant ingredients. Restore balance, clarity and radiance to skin. Purify the skin and decongest pores. Fair-trade Organic Licorice Extract and Calendula calms and soothes skin and helps balance and even out the skin tone for radiant, youthful skin.

*25 or 50 minutes*

**Kane Choice** - For Him - treatments specifically for young men ages 13-17.

###### **Hā-Breath- Oxygen Inhalation**

for health, vitality, physical stamina and endurance.

##### **Just You!**

Allow experts to share their trade secrets to perfect makeup application...newest trends and colors.

Allow expert stylists to recommend the best hair style for you!

Consult 30 minutes (*application only*)

Consult 60 minutes (*lesson and full application*)

##### **Nail Care:**

**Manicure or Pedicure:** Enjoy a soak, cleanse, massage, shape and choice of color. Ask us about our Organic or Ice Cream Pedicure! *30 minutes*

**D.I.Y Nails:** Receive a manicure and/or pedicure while learning to DIY at home. Includes a take-home nail kit!

**Athlete’s Feet:** Take care of your feet and they will take care of you. Great for our active gentlemen.





## Fitness Programming

Improve your performance; work out with one of our expert trainers.

### **Personal and Group Fitness Training**

Allow our expert certified trainers to customize a program that fits your needs. Personal, duets and groups welcomed.

### **Sport-Specific Trainer Workouts**

Work out with a trainer who can enhance your performance.

### **Fitness classes**

Please see our schedule of fitness classes.

**Add one of these treatments to your exercise regimen!**

### **Boot Camp Series Spa Treatments**

Everyone has a bit of their body that bugs them. Do something about it with our radical, hard-hitting, focused body treatments to make a visible, lasting difference to cellulite, sag, wrinkle and excess wobble.

### **Boot Camp for Tummies**

A Tummy Tuck in 1 hour

This waist-whittling treatment reduces cellulite and fat deposits, stimulates circulation to detoxify, and offers anti-aging peptides that tighten and tone your skin.

- Greatly improves circulation to help with detoxifying and de-bloating.
- Double exfoliation retexturizes, clarifies, smoothes and refines skin.
- Results in a tighter, well-toned, very touchable tummy - ready for its reveal.

### Boot Camp for Buns

Lift your buns in 1 hour

This buttocks, hip and thigh treatment was created to reduce cellulite; detoxifying to stop spongy water retention plus fruit acid exfoliation for a smooth, soft appearance.

- Lymphatic drainage and deep massage to reduce 'saddle bags'
- Improved muscle tone and circulation; breakdown of 'trapped' fat pockets
- Smoother, tighter skin; visibly 'melts away' cellulite

### Full Body Boot Camp

Our full body firming and de-bloating treatment will make a visible, lasting difference to cellulite, sag, crepe and excess wobble. Like a facial for the body, you'll get a fruit acid peel from neck to knees for fresher, younger, touchable skin. Our famous alginate mask will release toxins, smooth skin texture and clarify to give you back your body of yesteryear. Buns will be lifted, tummies will be tucked and busts will be firmer with our targeted massage.



### SPA TIPS

Schedule your treatment prior to resort arrival or at arrival to dedicate time for rejuvenation.

Arrive 60 minutes prior to your treatment to enjoy the spa amenities and begin your relaxation.

Lockers are available for clothing; however, it is recommended that you leave valuable items in the safe in your guest room or at home. Robes and slippers are provided in the men's and women's lounges before and after treatments.

Cell phones and pagers must be turned off while you are in the Spa.

Spa Services are for adults 18+, however for ages 14-17 treatments can be enjoyed with adult supervision.

For young adults under 14, Spa Treatments are available in Painted Sky, Teen Spa.

A hot shower can relax you before your spa treatment and make it more enjoyable.

Hotel guests not receiving spa treatments have complimentary use of the fitness center. Use of spa amenities requires a daily fee.

Shaving for men is recommended two hours prior to your facial.

Shaving is not recommended prior to body treatments or hair removal services.

Most body treatments are enjoyed without clothing; however, please wear whatever is comfortable for you. Disposable undergarments are available.

During all treatments, the body is fully draped, except for the area being worked on.

If you schedule two treatments together, schedule a massage before your facial or a body treatment before your massage.

You can talk during the treatment or stay quiet, your choice. The therapist will follow your lead.

Your spa experience is your time and you should enjoy it to the fullest. If you experience discomfort from room temperature, massage pressure, music, music volume or any other conditions, please tell your therapist immediately.

Please notify the spa attendant or therapist if you have high blood pressure, allergies, any physical ailments or disabilities, or if you are pregnant (there are a few services that should be avoided during pregnancy, specifically in the first trimester).

Arriving late will simply limit the time of your treatment. Your treatment will end on time so the next guest will not be delayed. The full value of your treatment will be charged.

If you must reschedule or cancel your appointment, please notify the spa at least six hours in advance to avoid being charged the full service fee. Please inquire regarding large parties, spa packages or group cancellations.

For your convenience, a 20% service charge will be added to each spa service received. 18% is dispersed to the spa practitioner and the remainder is allocated to the spa. Additional gratuities are at your discretion.



**“All our dreams can come true, if we  
have the courage to pursue them.”**  
Walt Disney