

*The*  
**WELLNESS**  
**CENTER**  
AT LUMERIA

Welcome to the Wellness Center at Lumeria Maui, a tranquil sanctuary for relaxation and education immersed in the natural beauty and healing magic of Maui. We encourage you to experience our signature wellness treatments with expert therapists and healers. We believe that true balance and well-being come from the gifts of the earth and elements of nature applied in daily life. Our signature treatments will help you relax into an ideal state of health, joy and wellbeing – in mind, body, and spirit.

For your comfort, please shower before all treatments, rest and avoid vigorous activity for at least an hour after treatments. Be sure to drink water before and after all therapies. Please remove all jewelry and eye makeup for your treatment, and, if you are comfortable, we encourage you to come in your robe. Please advise our wellness practitioners of any health concerns, allergies, or special requests to ensure an enjoyable and safe experience. For your convenience, a 15% service fee is added to all spa and wellness services and treatments, 100% of which is given directly to your treatment provider.

For reservations or inquiries, please call 808-579-8877 or e-mail us at [reservations@lumeriamau.com](mailto:reservations@lumeriamau.com).

All Wellness Reservations require a 24hr cancellation notice.



## Therapeutic Bodywork and Massage

**Lumeria Crystal Massage:** Inspired by the Lemurian Ancient Seed Crystal's messages and the Four Life Forces from Hawaiian culture, our signature crystal massage is a deeply nurturing treatment. Experience the combination of Hawaiian aromatherapy oils, therapeutic massage and the radiant healing energy of ancient Lemurian Seed Crystals. *60 min. \$165 | 90 min. \$235*

**Hawaiian Lomi Lomi Massage:** Lomi Lomi is a traditional Hawaiian healing practice. Organic coconut oil is used in combination with long, continuous, flowing rhythmic massage strokes and light joint manipulation. This deeply restorative healing massage relaxes and restores the body and strengthens the connections between body, mind and spirit. *60 min. \$140 | 90 min. \$195*

**Lomi Lomi Pohaku Massage:** In the traditions of Hawaii, smooth hot stones apply the elements of earth, air, fire and water to achieve a healing, centering and rejuvenating treatment as muscle tension melts. *90 min. \$220*

**4 Hand Temple Style Lomi Lomi:** This traditional Hawaiian massage is performed by two highly trained therapists working in perfect synchronization. Incorporating Hawaiian chants and organic coconut oil, this exquisite "double pampering" is a massage experience of a lifetime! For ultimate luxury, add Pohaku Hot Stones or a Lava Sea Salt Scrub. *60 min. \$280 | 90 min. \$390*

**Shinrin – Yoku (forest bathing) Massage:** Offered in our outdoor huts, your therapeutic intuitive massage begins with energetically connecting you to the deeper rhythm and natural healing of the Aloha spirit residing in the Aina (land) through breath, and a balanced blend of wood oils (frankincense, eucalyptus, sandalwood). The session is completed with Ho'okupu, a traditional Maui Ti – leaf blessing for good fortune, that anchors your reverent partnership with the Aina. *90 min. \$235*  
*(Moved to crystal healing room during inclement weather)*

**Deep Tissue Massage:** Melt away with a deep tissue massage and release all of your tension. This therapeutic massage focuses on realigning deeper layers of muscle and connective tissue through slow, deep, and direct movements in problem areas. *60 min. \$150 | 90 min. \$205*

**DeepFeet™ Bar Therapy:** Often described as the deepest, most luxurious massage on the planet. Overhead bars are used for support and balance to deliver deep compression strokes with the feet that glide over the body. Provides deep relaxation and relief from chronic pain. *60 min. \$160; 90 min. \$220 | 120 min. \$310*

- o **Deep feet Firewalk:** Experience all the benefits of deep feet Bar Therapy, enhanced by the application of warm coconut oil and hot molten lava rocks ("poepoe pohaku") ceremonially gathered from the Wailua river valley. Melt away the deepest layers of muscle tension. Add \$50

**Meditative Massage:** Experience the best of both worlds when intuitive inner guidance and gentle deep tissue bodywork (inclusive of craniosacral, myofascial, and acupressure) are used in concert to provide a relaxing massage that provides an integrated sense of well-being. Intuitive insights surface and are shared and received throughout the experience. *60 min. \$160 | 90 min. \$220 | 120 min. \$310*

**Aloha Foot Massage and Reflexology:** Our signature foot massage and reflexology starts with a hot towel wrap for your feet followed by massage and reflexology focused on the legs - specifically the calves and feet - to deeply release tension and promote relaxation. *60 min. \$140*

**Yoga Sport Massage:** Perfect for athletes and yogis! Therapeutic sport massage can support the efficient elimination of metabolic wastes (lactic acid) and sharpen mental focus. Treat yourself to a healing, rejuvenating treatment with our signature sport massage. *60 min. \$140 | 90 min. \$195*

**Couples Lomi Lomi Massage:** Enjoy our famous Lomi Lomi massage with your partner! There is no better way to unwind, relax and restore together than with a traditional Hawaiian Lomi Lomi massage on our tranquil grounds. *60 min. \$280 | 90 min. \$390 \*Massage performed in outdoor huts with ocean view upon request. Add-on fee of \$25 per person.*

**Chocolate Indulgence Massage:** An indulgent sensory journey! Melt away with a warm chocolate massage while easing muscle tension and stress. Massage is followed by an invigorating body polish made with chocolate, coffee, and Hawaiian Sandalwood Oil to detoxify and exfoliate, revealing firmer more vibrant skin. Each treatment includes a ZenZiva chocolate body scrub and a raw organic chocolate treat. *60 min. \$180 | 90 min \$245 | 120 min. \$325*

**Ashi-Thai Massage:** Often called the lazy man's yoga, this unique expression of traditional Thai massage is enhanced through performance on the table with the use of overhead bars. Deep muscle compression and passive stretches combine to help you rest, recover, and repair. *90 min. \$195 | 120 min. \$250*

**Craniosacral Therapy:** Gentle manipulation of the soft tissues of the head, neck, and spine ease the restrictions of nerve passages, reduce pain, and invite a state of deep awareness and regenerative relaxation. Benefits may include reduction of chronic headaches, jaw tension, teeth grinding and anxiety, and an increase in rejuvenating sleep. *60 min. \$140 | 90 min. \$195*

**Aqua Craniosacral Therapy:** This therapeutic treatment is performed at sunrise, in waist-high water, with therapists supporting clients to deeply surrender to the experience of unwinding, releasing and healing. Water provides an expansive and soothing medium for the body to release tension, physical and emotional stress, and regain balance. Therapists firmly support and guide clients in the process of unwinding and releasing through this innovative and effective therapy combining traditional craniosacral therapy with the element of floating in water. Clients report this treatment to affect profound change and heal deeply rooted, chronic patterns. *60 min. pool session \$180 | 120 min. ocean session \$280*

**Holistic Acupuncture:** Experience your peak self with healing techniques from ancient Chinese medical arts. Gentle touch holistic Acupuncture clears energetic blockages, heals physical imbalances, and promotes the efficient flow of vital energy in the body, mind and spirit. Chinese herbs may be suggested for deep internal healing and comprehensive, systematic rebalancing. Treatments may incorporate Tui Na (energy massage) and cupping for deep relaxation and revitalization. *90 min. \$195*

**Zen Shiatsu:** A modernized form of the ancient Chinese art of acupressure, Zen Shiatsu is sometimes referred to as "acupuncture without needles". This healing art uses the same meridian system of acupuncture, without needles. This therapy combines meditative exercises, joint rotations, stretches and gentle pressure to unblock disrupted energy (qi) flow and stimulate the body's innate healing abilities. Therapists work over clients' clothes, without oil, using stretching and compression techniques with palms, thumbs, elbows and knees when appropriate. Clients report that Zen Shiatsu treatments ease and prevent aches and pains, namely headaches, back pain and computer-related problems, allergies, stress and menstrual problems. Sessions support physical, psychological and emotional healing, promoting the inner harmony and healing capabilities of the body-mind connection. *90 min. \$250*

**Acupuncture Facial Rejuvenation:** Acupuncture facial rejuvenation is a nonsurgical, pain free, natural way to heal damage and promote the youthful vitality of your face. Hair-thin needles are inserted along facial meridians to support the circulation of blood and the clearing of toxins and impurities, while promoting the production of collagen. *90 min. \$195*

**Lava and Sea Salt Exfoliation:** This luxurious and invigorating combination of massage with a lava rock sea salt body exfoliation will cleanse and tone your skin, relax and heal muscles and ligaments, and rejuvenate your entire being! We infuse our black sea salt with healing Hawaiian essential oils, leaving your skin supple, soft and radiant. *60 min. \$130*

## Add-On's & Enhancements:

- **Dry Brush Treatment:** Add a dry brush treatment to your massage to remove excess dry skin and stimulate your lymphatic system for increased circulation.  
*20 min. \$50*
- **Lava Salt Scrub / Zenziva Sugar Scrub:** Treat yourself to a lava rock sea salt scrub add-on or a locally crafted sugar scrub add-on for a uniquely sumptuous experience.  
*30 min. \$75.00*
- **Aromatherapy Scalp Treatment:** This supplemental scalp treatment incorporates therapeutic essential oils to stimulate and nourish your hair and scalp, leaving you ultra-relaxed.  
*20 min. \$50*
- **Aromatherapy Oil Treatment:** This customized, subtle yet powerful essential oil treatment activates the body's innate self-healing process, reduces the effects of stress, and enhances your overall state of well-being.  
*10 min. \$20*
- **Foot Massage:** Deepen any massage experience with a warm towel peppermint foot massage.  
*20 min. \$50.00*
- **Pohaku (Hot Stone) Add-on:** *\$30.00*
- **Infrared Sauna:** *30min. \$30.00*
- **Outdoor Massage:** *\$25.00 per person*

# Healing Arts and Meditation

**Learning Meditation - Introduction for the Beginner's Mind:** A perfect choice for those who are interested in an introductory level one-on-one meditation class. If you have little or no meditation experience, or if you are ready to take your meditation to the next level, this class is the perfect way to begin!

*Single 60 min. \$130 | Semi-private 60 min. \$80 per person | Group 60 min. \$50 per person*

**Deepak Chopra's Primordial Sound Mantra:** Explore the sound the universe was making at the time and place of your birth. When you silently repeat your mantra in meditation it creates a vibration that delivers you to a quieter, more peaceful state of mind, supporting you to experience existing in the present moment. *Add on to any 60 min. meditation session for \$60*

**Amethyst Crystal Reiki Upliftment:** Release emotional stress as your intuition and inner grace is awakened, nurtured, and anchored into your core being. Working with the Chakras and the calming qualities of Amethyst Crystal, in concert with the creative flow of Reiki energy, you will experience a lightness of being that is often described as blissful and ethereal, healing and strengthening your connection with your inner wisdom. *60 min. \$140 | 90 min. \$195*

**Channeled Reading and Amethyst Crystal Attunement:** Connect with your Divine reflection through a highly trained spiritual channel. Experience the release of old patterns, stories, and habits which are no longer serving your soul's purpose. An Amethyst Crystal Bio-Mat attunes your body to amplify healing, for a deep and lasting transformational experience. *90 min. \$250*

**Couples Channeled Reading and Crystal Amethyst Attunement:** Experience a channeled reading and Amethyst Crystal Mat attunement with your partner! Release old habits and patterns, bring wonder and creativity to your relationship, deepen your reverence for the union between you, reach new levels of understanding and acceptance, and continue your sacred adventure together in joy and gratitude! *120 min. \$335*

**Transformational Introspective:** Gracefully go behind-the-scenes in your own psyche and discover the ways in which you are your own guru. You will feel and experience an approach that immediately shifts old patterns and energetic blocks that have kept you from a fuller, richer feeling of contentment and joy in your life. Includes embodiment guidance with Big Mind, Big Heart, and integral self aspects. This treatment is chakra energizing and balancing. *90 min. \$250 | 120 min. \$325 | Couples: 120 min. \$375*

**The Way of the Shaman:** \*Integrity\* \*Honesty\* Responsibility \* Trust \* Tolerance. Enter into a sacred space of transformation where you will be guided to release and resolve old patterns that no longer serve you. Live your full potential – Infinity in all directions. *60 min. \$140*

**Quantum Healing Hypnosis Therapy:** Open your lens of perception as our practitioner supports you in becoming your own spiritual channel. Using Dolores Cannon's technique, visit the Akashic Records and answer your most profound questions. Connect with your Highest soul self and see your past lives. The experience involves inducing an individual to the Somnambulistic state of trance through visualization. QHHT can initiate a sense of peace and acceptance for your life path and provide clarity on your deepest questions. *180 min. \$400*

**Energetic Crystal Sound Healing:** You will be bathed in the full spectrum of sacred sound washing over you through Crystal and Tibetan singing bowls, the deep resonance of a clearing gong & purifying mantras. Sound waves penetrate deep into the body, tissues and bones and assist in breaking up congestion, bringing Alignment & unblocking stuck energy. *60 min. \$165.00 | Couples: 60 min. \$205.00*

**Wellness Coaching:** Receive personally tailored recommendations for overall wellness by working one on one with our health coach. Explore diet and exercise, toxic relationships, stress, career fulfillment, spirituality and more. Leave with defined goals and steps towards transformation. *60 min \$135 | 90 min \$165*