

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.

All Wellness Reservations require a 24 hour cancellation notice.

A cancellation fee of the total cost of treatment or service, including tax or service fee, will apply to bookings cancelled, changed or rescheduled within 24 hours of appointment time, as well as to no shows.



Therapeutic Bodywork & Massage:

Featured Special:

Therapeutic CBD~ Cannabis Oil Massage: Our newest offering! A therapeutic touch massage with non-psychoactive cannabis oil delivers a deeply healing treatment for mind, body and spirit. A feeling of luxurious relaxation will wash over you as cannabis oil works with your skin's endocannabinoid receptors to deliver physical cleansing and protection from microbes and toxins, overall balancing, toning and healing of inflammation, and an integrated sense of mental and emotional wellbeing. Your therapist will use gentle and deep tissue bodywork as best fits your needs, including craniosacral, myofascial, and acupressure. An innovative treatment unique to Lumeria, clients experience CBD oil to deliver a light and calming effect – the perfect choice for a day spent by the pool or ocean, soaking up the Maui sun and enjoying tropical paradise!

60 min. \$165 | 90 min. \$225 | 120 min. \$315



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. \$215

Temple Style 4 Handed 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. Available to add on to DeepFeet Bar Therapy treatments for \$75.

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.*

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 Sea Salt Exfoliation: A luxurious and invigorating massage combined with a lava rock sea salt body exfoliation will cleanse and tone your skin, relax and heal muscles and ligaments, and leave you feeling refreshed and rejuvenated! We infuse our lava rock sea salt with healing Hawaiian essential oils to give your skin a wonderful treat, leaving it soft, supple and radiant! *60 min. \$140*

Zenziva! Chocolate Exfoliation: Pamper yourself with a soothing and revitalizing massage combined with a locally crafted chocolate exfoliation! The "Zenziva" chocolate scrub is made with sugar, cacao, coffee seed powder, and black Hawaiian sea salt infused with kukui nut oil, rose hip seed oil and sandalwood oil. This invigorating and indulgent treatment will awaken your senses, refresh and rejuvenate your skin, and leave you glowing inside and out! *60 min. \$140*

Add-On's & Enhancements:

- o **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
- o **Lava Salt Scrub / Zenziva Chocolate Scrub:** Treat yourself to a lava rock sea salt body scrub or a locally crafted chocolate body scrub for a luxurious and invigorating experience! Add-on to any massage. *30 min. \$75*
- o **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
- o **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.
Add-on oil: \$20
- o **Pohaku (Hot Stone):** Traditional Hawaiian heated, smooth stones.
Add-on to any massage: 30 min. \$75
- o **Foot Massage:** Deepen any massage experience with a warm towel peppermint foot massage.
20 min. \$50
- o **Infrared Sauna:** *30min. \$30*
- o **Outdoor Massage:** *\$25 per person*

Healing Arts & 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. Learning 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 Introspection: 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 deepest 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 | Couples: 60 min. \$205*

Private Yoga: Private instruction can be an invaluable tool for students of all levels and experience. Deepen your practice, gain confidence, and receive guidance from a teacher to develop a practice tailored to your individual needs. Work one on one with a certified teacher to help you experience the benefits of yoga in a safe, personal way. *60 min. \$140*

Health & Wellness Coaching: Uncover and explore daily and lifelong habits to optimize wellness. Receive personally tailored recommendations for overall health and happiness by working one on one with a certified coach.

Ideal for those seeking to jump start a new way of living or find balance in their daily routine. *60 min. \$135 | 90 min. \$165*

Introduction to Deepak Chopra's Perfect Health/Ayurveda: Ayurveda, "The Science of Life", is a 4,000 year old, consciousness-based system of healing from India. In this introductory session, you will discover your individual dosha (mind/body type). You will then be introduced to various techniques to help balance your constitution through improved digestion, nutrition, emotional freedom, rhythms of nature, healing through the senses, yoga, meditation and conscious choice making. Daily implementation of these tools will allow you to create a more vibrant, dynamic state of being.

60 min. \$140 | 90 min. \$190 | 120 min. \$240 | Couples' session 120 min. \$340

Chopra Perfect Health/Ayurveda Workbook (optional): \$25

Special Offer: Complement your experience with gentle bodywork by booking a Meditative Massage at a 10% Discount.



5 Session Programs

Our 5 Session Programs are best suited for those staying at least 3 nights at Lumeria Maui. Sessions are each 1 to 2 hours long and will be scheduled according to your needs.

Deepak Chopra's Perfect Health/Ayurveda Program: The Perfect Health program offers a five-step exploration of mind-body medicine and Ayurveda. Each of the five lessons includes instruction in the practical tools and techniques that participants can immediately begin integrating into their daily lives. Lessons include: Exploring the 3 primary doshas (mind/body types), nutritional practices for vibrant health and restful sleep, yoga & meditation techniques to relieve stress and anxiety, emotional freedom through conscious communication, rejuvenation, purification and strengthening your "Inner Pharmacy" to balance your mind, body and soul.

Group program: \$495 per person for group | Private program: \$595 per person

Special Offer: We invite you to complement your program experience with gentle bodywork by booking a Meditative Massage at a 10% Discount.

The Primordial Sound Meditation Program, Created by Deepak Chopra: Primordial Sound Meditation is a powerful, mantra based technique from the Vedic tradition of India, that Deepak Chopra has revived for this easy to learn program. The mantra you will receive is the vibration the universe was creating at the time and place of your birth. You will participate in 5 sessions that incorporate lessons on the benefits of meditation for your life, physiology, brain structure, mind, health, emotional balance and karma. You will learn about how meditation is the antidote to stress, and about how meditation can make physiological changes to the structure of your brain. You will learn how to explore the higher states of consciousness that open to you through daily meditation.

Group program: \$495 per person for group | Private program: \$595 per person

Special Offer: We invite you to complement your program experience with gentle bodywork by booking a Meditative Massage at a 10% Discount.