

*The*  
**WELLNESS**  
**SPA**  
AT LUMERIA

Welcome to Lumeria Maui, a tranquil sanctuary for relaxation and education immersed in the natural beauty and healing magic of Maui. We invite you to enjoy our wellness spa treatments and services with expert massage therapists, bodyworkers 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 mindfully curated offerings are designed to support your health and wellbeing – in mind, body, and spirit.

For your comfort, please shower before your wellness spa appointment and remove all jewelry. If you are comfortable, we encourage you to come in your robe. To fully integrate the benefits of your experience, please rest and avoid vigorous activity for at least an hour afterward. We ask that you advise your wellness practitioner at the beginning of your appointment of any injuries, discomforts, allergies, or special requests to ensure an enjoyable and safe experience.

For your convenience, a 15% service fee is automatically added to all 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: [reservations@lumeriamau.com](mailto:reservations@lumeriamau.com).



**Cancellation Policy:** All Wellness Spa Reservations require 24 hr cancellation notification.

A cancellation fee of up to 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.

**Additional Information:** The Wellness Center at Lumeria Maui offers Therapeutic Bodywork & Massage, as well as education in Healing Arts & Meditation. All of our massage therapists and body workers are licensed in the State of Hawaii, and bring years of study and experience from different lineages of teaching. We do not provide medical services, and our services and treatments are not designed or intended to diagnose or treat any illness, disease or medical condition. For such concerns, please connect with your medical professional.

# Therapeutic Bodywork & Massage



We welcome friends and couples to enjoy wellness treatments together.

With the exception of the Lumeria Crystal Massage, Deep Feet Bar Therapy, Sarga Bodywork, Meditative Massage, and Palo Santo Massage, any of our other Bodywork & Massage offerings can be booked as a tandem treatment for two.

**Lumeria Crystal Massage:** Our signature crystal massage is a unique and deeply nurturing healing treatment, incorporating therapeutic touch massage, Shanti Kai gemstone and flower aromatherapy essences, and the radiant healing energy of 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. *This treatment can be adapted for expecting mothers seeking a gentle pre-natal option.*

60 min. \$140 | 90 min. \$195 | 120 min. \$280

**Lomi Lomi Pohaku Massage:** 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 Hand Lomi Lomi:** This traditional 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.

60 min. \$280 | 90 min. \$390

**Deep Tissue Massage:** Release tension and restore balance with a deep tissue massage. This therapeutic massage focuses on supporting the realignment of deep layers of muscle and connective tissue through slow, deep, and direct movements in problem areas.

60 min. \$150 | 90 min. \$205 | 120 min. \$295

**DeepFeet™ Bar Therapy:** An exquisite and innovative deep bodywork offering, DeepFeet™ is a unique and highly sought after massage. Overhead bars are used by our therapist for support and balance while she delivers deep compression strokes with the feet that glide over the body.

60 min. \$160 | 90 min. \$220 | 120 min. \$310

- o **DeepFeet™ Firewalk:** Experience all the benefits of DeepFeet™ 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.

**Sarga Bodywork:** A precise and detailed tapestry of tensegrity, delivered through the skilled feet of a highly trained therapist using myofascial release techniques. If you enjoy deep tissue massage and are seeking an innovative and luxurious deep bodywork experience, Sarga is for you!

60 min. \$160 | 90 min. \$220 | 120 min. \$310

**Meditative Massage:** Our therapist uses intuitive guidance in consort with gentle deep tissue bodywork (inclusive of craniosacral, myofascial, and acupressure) to provide a relaxing massage that provides an integrated sense of well-being. Intuitive insights are shared and received throughout the experience.

*60 min. \$160 | 90 min. \$220 | 120 min. \$310*

**Palo Santo Energy Massage – with Sage Cleansing:** Experience the gentle and sophisticated healing of ancient plant medicine with sacred aromatherapy and healing touch massage. Beginning with a ritual sage smoke cleansing, you will be invited to release your fears and emotional burdens in a safe and nurturing space. Your therapist will then begin a healing touch head, foot and back massage with Palo Santo oil. This ancient healing oil works with your nervous system to support energetic releasing, cleansing and healing. The supportive techniques of shiatsu, myofascial release, cranio-sacral therapy and reiki work together to create a gentle yet powerful shift for the mind, heart and overall nervous system. Allow your awareness to surrender gently and easily into the beautiful serene stillness residing within you for a deep and profound feeling of release.

*90 min. \$235 | 120 min. \$325*

**Therapeutic CBD~ Cannabis Oil Massage:** A therapeutic touch massage incorporating non-psychoactive cannabis oil, Lumeria's CBD Oil massage is a deeply healing treatment for mind, body and spirit. Cannabis oil is purported 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. This treatment features gentle bodywork as best fits your needs, including myofascial and acupressure. An innovative treatment unique to Lumeria, clients report a light and calming effect as CBD oil is absorbed by the skin. A perfect complement to a day spent by the pool or ocean, soaking up the Maui sun and enjoying tropical paradise!

*Please note that deep bodywork is not a feature of this treatment; for deep tissue work please see our Deep Tissue and DeepFeet™ offerings.*

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

**Sweet Dreams Relaxation Massage:**

This myofascial release session uses long massage strokes, finishing with a gentle head massage, in concert with hydrotherapy, hot stones, and Floracopia's Dream Oil. This treatment invokes restful feelings, no matter what time of day, to help you settle your system and find your dream state.

*90 min. \$235 | 120 min. \$325*

**Psoas Release Massage:** Colloquially referred to as "the muscle of the soul" by massage therapists and bodyworkers, the psoas is a core muscle in the hip flexor group. The psoas affects our structural balance, muscle and fascial integrity, strength, range of motion, organ functions, emotions, energy and breathing. It is said that the psoas instructs our deepest urges for survival and our elemental desires to flourish and thrive. A psoas release massage incorporates grounding and lengthening movements to free and awaken the spine, calm the nervous system and support the healthy circulation of energy to the rest of the body.

*60 min. \$160 | 90 min. \$220*

**Aloha Foot Massage and Reflexology:** Our signature foot massage with reflexology releases tension and promotes deep relaxation. This treatment begins with a lovely eucalyptus and peppermint hot towel wrap for your feet, followed by massage and reflexology focused on the legs - specifically the calves and feet.

*60 min. \$140 | 90 min. \$195 | 120 min. \$280*

**Yoga Sport Massage:** Perfect for athletes and yogis! Therapeutic sport massage can support the efficient elimination of metabolic wastes and sharpen mental focus. Treat yourself to a healing, rejuvenating treatment with our signature sport massage.

*60 min. \$140 | 90 min. \$195 | 120 min. \$280*

**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.

*Please wear comfortable, loose fitting pants and top (no dresses or skirts) for this treatment.*

*60 min. \$140 | 90 min. \$195 | 120 min. \$280*

**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*

**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.  
*Please wear comfortable, loose fitting pants and top (no dresses or skirts) for this treatment.*  
*90 min. \$250*

**Rolfing© Structural Integration:** Transform your posture with advanced global bodywork. Customized and painless, this "fascia"-deep connective tissue manual therapy will support you to feel relaxed, taller and lighter. Shoulders relax, tensions melt, and you will feel "unglued" with better range of motion. There will be a new sense of the ground and ease of gait after your session, creating a deeper sense of trust and integration for the mind and nervous system.  
*Please wear comfortable, loose fitting shorts or slacks and top (no dresses or skirts) for this treatment.*  
*60 min. \$160 | 90 min. \$220 | 120 min. \$260*

## **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. Add on to any massage: *20 min. \$50*
- **Aromatherapy Scalp Treatment:** This supplemental scalp treatment incorporates therapeutic essential oils to stimulate and nourish your hair and scalp, leaving you ultra-relaxed. Add on to any massage: *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. Add on to any massage: *\$20*
- **CBD Oil:** Add-on non-psychoactive cannabis oil to any massage treatment. *\$20*
- **Pohaku (Hot Stone):** Traditional Hawaiian heated, smooth stones. Add-on to any massage: *30 min. \$75*
- **Foot Massage:** Deepen any massage experience with a warm towel peppermint foot massage. Add on: *20 min. \$50*
- **Outdoor Massage:** Add-on to any 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 | Single 90 min. \$195 | Semi-private 60 min. \$80 per person | Semi-private 90 min. \$120 per person  
Group 60 min. \$50 per person | Group 90 min. \$75 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:** Clarity, Insight, and Guidance. This is what you will receive in a channeled reading. Understand your life from a clear perspective and experience the release of old patterns, stories and habits which are no longer serving your soul's purpose. While connecting with your divine reflection through a highly trained spiritual channel, an Amethyst Crystal Bio-Mat attunes your body to amplify healing, for a deep lasting transformational experience.

*90 min. \$250*

**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*

**Quantum Healing Hypnosis Technique:** 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*

**Shamanic Sound Healing:** Discover why this ancient healing modality has stood the test of time. During your inward journey, various ancestral & indigenous instruments are played to invoke a sacred space of harmony and deep stress relief. Receive expert guidance to connect with your inner healer — bringing forth profound insights, awakenings and inspiring visions for your life.

*Single 90 min. \$245 | Couples 90 min. \$360*

*\* Group rates available upon request*

**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*

*\* Group rates available upon request*

## **Signature Workshops & 5-Session Programs:**

Our 5-Session Programs are best suited for individuals and groups staying at least 3 nights at Lumeria Maui.

Private Program sessions are one hour, and Group Program sessions are one to two hours.

**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 how to use meditation as a healthy antidote to stress, and how to explore the higher states of consciousness that open to you through daily meditation.

*Private/Individual Program: \$595 per person | Group Program: \$495 per person*

***Special Offer: 10% off Meditative Massage when booked with a Signature Workshop or 5-Session program experience!***