

Hawaii: Aloha Spa Trends

Discovering this magical and surreal mystical beauty in this particular spa environment makes it an ideal healing destination for both island visitors and the island 'ohana alike.

The aloha spa trends for the treatments/services at the Spa without Walls located at the Fairmont Orchid, Hawaii integrate the Big Island of Hawaii's natural therapeutic environment with the ancient healing arts, and traditional Hawaiian or island enrichment body treatments using locally blended or indigenous products. Guests are offered an exotic blend of the essence of aloha with the relaxed and tropical spirit in Hawaii.



The term kahuna (plural, kahuna), derives from kahu (caretaker) and means the custodians of esoteric knowledge kept secret in order to preserve its mana. Mana means life force, equivalent to Ki (as in Aikido), Chi (as in Tai Chi) or Shakti in the Sanskrit language. Taken together the word Ho'omana means empowerment or to empower.

The Big Island of Hawaii resonates with the natural beauty of nature and the resort and spa blend elegance, comfort, and Hawaiian style that capture the (mana) power of the island.

Guests can invigorate their own inner mana as they seek balance and calm with the unique massages. You can choose to have a massage at the waterfall haies and listen to the trickling of the waterfalls or experience the oceanside cabana and surrender to the sounds of the gentle surf, feel the gentle breezes and experience the delightful aromatic fragrances.

The ancient master healers of Hawaii practiced massage regularly and created the ancient art of

lomilomi which means massage. It is intertwined with the laws of Huna, most specifically the law that everything seeks harmony and everything seeks love. Huna is the healing empowerment and spiritual Shamanism of ancient Hawaii. The therapists that do the treatments are all trained in the Hawaiian healing arts.



The lomilomi massage originated in the Islands to restore the mana (power) within. Long, gliding rhythmic movements with the fore arms and hands offers relief to sore muscles, increases circulation and is beneficial for the physical, mental and spiritual aspects of the individual.

Imagine a Hawaiian lomilomi massage and a foot wrap which is followed by a compress of specially blended Hawaiian herbs. **La'au Hamo**- La'au (medicinal herbs) Hamo (to rub or massage), blends lomilomi with the use of Hawaiian medicinal and flower extracts which promotes healing, rejuvenates, calms, and soothes the mind and awakens the senses.

The highly trained staff embodies the collective wisdom of their Kupuna (Native Elders) which allows them to emanate the Aloha (healing intention) which translates directly to **a spa experience like none other** for their guests.

Coffee has long been noted for its antioxidant qualities to combat the signs of aging skin as the caffeine promotes circulation to help diminish the appearance of cellulite. The famous Kona Coffee, indigenous to the Big Island is a natural ingredient for a body exfoliation and a luscious vanilla orange cream and spritz tops off the aromatic renewing experience.

Some products that are manufactured here use only ingredients found in Hawaii and they make their own hydrosols (soul of the plant) infusing locally grown and wild crafted botanicals in ancient copper distilling processes. The products that they create produce a resonance and a vibration that are

palpable which makes the products feel alive and fresh.

The blends of the Hawaiian body products embody the mana, beauty, and mystique of the Hawaiian Islands. Because of the reverence to the indigenous people who evolved in harmony with nature-they capture ancient knowledge and combine tranquil healing elements to optimize and balance the whole person.



Under the palm trees, beside the ocean, amid white coral and black lava the exotic fruits and plants such as coconut oil, Lehua honey, Hawaiian sugar cane, papaya enzymes, warmed lava stones and balancing aromatherapy oils, and seaweed is just a few of the natural ingredients that are used in the products and then utilized in the treatments and services. Eco-friendly, with much Aloha the spa trends are creating a sustainable environment for everyone involved and the body, mind, heart, and spirit are renewed using authentic healing methods and products of the earth.

Photos: Fairmont Orchid

By Sandra Alexcae Moren

Spa Consultant, Author and Educator

Date: 2009-05-25

Article link:

<https://www.tourism-review.com/travel-tourism-magazine-hawaii-aloha-spa-trends-article885>