

HAWAII: NOT ONLY BEACHES BUT SPAS AS WELL



kayaking with whales, healing and spiritual retreats.

Hawaii is a well established tourism destination. However the island can offer much more than just romantic scenery and beautiful nature. Hawaii is also home to number of spas. The Big Island of Hawaii can for example boast with its 40-acre Tara Yoga Center offering healing and educational programs, the joyful healing power of dolphin swims, yoga, meditation, family and children's retreats,

The Kolealea Retreat Center offers quiet and seclusion, gourmet meals and a variety of massage techniques. Hawaii Wellness Retreat House, which is situated in beautiful Kalihi Valley, offers a variety of classes in meditation, yoga, weight loss, art and so forth. Hawaii visitors can enjoy wide range off services in the local spas. There are different types of massages and therapies like the hydrotherapy, neuromuscular therapy, reflexology and therapeutic massage to provide health and wellness, sports massage or clinical massage. Some visitors may want to try some more exotic therapies like e.g. shiatsu, acupressure and aromatherapy. They can also choose massages like the Reiki, Jin shin, Thai or the Hawaiian specialty lomi lomi massage. Lomi lomi is not only a massage; it has also a spiritual context. It is usually connected with a prayer and the therapist can also recommend the customer to change their diet plans or perhaps to meditate.

For tourists it is advisable to consult the Internet before they set off for Hawaii. The prices should be affordable but it is good to know that many Hawaii spas offer special discounts and promotions online therefore a savvy customer can make a real bargain.

According to Jim Dannemiller, the president of Research and Evaluation at SMS Research on Oahu, spa industry has become very important in the last three to four years. He also claims that Hawaii consistently has four to eight spas and resorts ranked among the top 20 in the world by magazines such as Conde Nast Travel.

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