



# Willow Stream Spa menu

FAIRMONT KEA LANI, MAUI



## *Eia ka wai la, he wai e ola.*

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Here is water, water of life.

Hawaiians and their ancestors revere water as a sacred element – it represents an interconnectedness to the rest of the world – near and far.

## **Willow Stream Spa** at Fairmont Kea Lani

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*E komo mai* (welcome)

In ancient Hawai'i, wellbeing was achieved by honoring nature, people and *nā akua* (spiritual beings), all of which were connected. Each entity had *mana* (energy) that flowed from themselves to others. Keeping these entities connected resulted in a sacred balance that helped to maintain a healthy way of life.

Our award-winning Willow Stream Spa offers locally inspired experiences that combine the highest quality products with ancient traditions, to uplift your spirit and restore your *mana* (energy).

Enjoy any of our 13 luxurious treatment rooms, including a state-of-the-art high performance vichy shower and the couple's Aloha suite. Facilities include male and female relaxation areas with heated stone lounges, inhalation steam rooms, sauna, a *pālolo* (mud) bar and unique rain showers.

Finishing touches are completed in our nail salon to suit all your beauty needs. We also offer outdoor cabanas to ensure you are pampered wherever you wish to be.

The Willow Stream Spa at Fairmont Kea Lani is the perfect means to achieve a life of health and wellness.

Willow Stream Spas are acclaimed around the world for our focus on finding innovative ways to help guests discover their own energy. That is why energy renewal is our mission.

Each of our spas are designed to reflect the beauty of its location, so no two are alike. But all of our spas have this in common: they deliver an outstanding experience.

**Our name** – Willow Stream. We believe these two words reflect our philosophy and our connection to nature's elements.

**Willow** – represents our deep-rooted authenticity, strong center and flexible spirit.

**Stream** – represents our energizing journey through life – bending and changing in a purposeful manner as it finds its way around obstacles.

**Our logo** is composed of ancient symbols for the world's essential elements: earth, air, fire and water. The willow—wood—is the fifth element. Balancing these elements puts us in sync with nature's equilibrium.

## inspire your energy

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Fairmont Kea Lani's **Inspire Your Energy**, a curated fitness and wellness program, is designed to motivate and challenge all from the experienced athlete to those embarking on a new personal journey. The comprehensive program offers the following facilities and services:

- 24-hour Fitness Center (must be 16 years old)
- Daily group fitness classes
- Personal training
- Private yoga sessions
- Steam Rooms / Sauna
- Experience Showers
- *Pālolo* (mud) bar
- Heated stone bench and lounge chairs
- Specialty wellness events
- Guided excursions

## nourish the body

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Attain peak performance whilst achieving your desired fitness results. Combine workouts with one-to-one strength training, fitness coaching and lifestyle sessions. Allow our personal trainers to help you create a customized program, aimed at balancing physical activity with relaxation.

## discover balance

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The word yoga translates as the union or discipline of breath control, simple meditation, and the adoption of specific bodily postures, widely performed for a greater sense of wellbeing. The practice of yoga has been known to increase flexibility, decrease stress levels, and energize and restore the mind. Our certified instructors at Willow Stream Spa offer a variety of different yoga techniques, available in personal or group classes.

## stay longer

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**steam room wellness** – This humid, aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last between 10 to 15 minutes and that you keep your body well hydrated afterwards.

**sauna wellness (men's locker facilities)** – Dry heat soothes and warms the muscles, relieving tension from your body and minimizing joint pain. Dry heat is recommended for 10 to 15 minutes daily and it is important to ensure that your body is kept well hydrated afterwards.

**pālolo (mud) bar (women's locker facilities)** – Rejoice as you soothe your skin with local clays and feel any tension melt away.

**experience showers** – Experience showers offer refreshment from all sides, pure water pleasure, a celebration for body and senses. These special showers have different techniques, which massage the skin, while offering a deep feeling of wellbeing.

### **wahine (women's) locker**

- *Ua Noe* (Morning Mist)
- *Ua Naulu* (Afternoon Rain)
- *Ua Hekili* (Evening Storm)

### **kane (men's) locker**

- *Wai Hu'ihu'i* (Cool-down)
- *Ua Loku* (Power)





## signature journeys

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Willow Stream Signature Expressions bring together the key elements of face and body as one. We place a careful emphasis on our guests feeling locally connected while encouraging relaxation to restore their personal energies, resulting in feeling revived.

### **welina** journey | 120 minutes

Embark on an unforgettable journey with a ti-leaf energy clearing that symbolizes the beginning of a new path. Enjoy a *pa'akai* (sea salt) scrub performed on our state-of-the-art vichy table complete with a warm water mattress and infra-red light therapy, finished with a traditional lomilomi massage.

### **natural** hawaiian journey | 120 minutes

As a local tradition native Hawaiians used a combination of rich flora, fruits, earth deposits and waters in their purest form to maintain health and well-being. Your therapist takes you through this journey using locally-grown rich ingredients. The skin is exfoliated with an *'alaea* (water-soluble earth used for coloring salt) Hawaiian salt scrub continued with an application of a clay body mask, to replace lost nutrients. Feel yourself drift away as we wrap you in soothing *kī* (ti leaves) and massage your scalp and hair with a nourishing citrus mask. Then enjoy a full body massage using Maui vanilla bean and coconut body butter, leaving you replenished and radiant.

### **maui** nō ka 'oi journey | 120 minutes

Allow us to show you why guests and visitors alike refer to Maui's only Willow Stream Spa as *nō ka 'oi* (the best). This unique journey includes a customized massage and facial package. Whether you seek relief for overexerted muscles or simply want to let your mind and body escape reality, your massage therapist will customize your massage using specialty products and will combine a variety of techniques to achieve ultimate relaxation and rejuvenation. Our estheticians will then take the time to analyze and assess your personal skin needs and create a customized facial to ensure you get the most effective results.

## invigorating body experiences

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### 'awa remedy | 90 minutes

This experience includes a Hawaiian citrus sugar scrub that prepares the skin for optimal absorption of our 'awa (native kava) aloe body mask. A foot, face, and scalp massage will melt away tension while a full body massage with vanilla bean dry oil restores the warrior in you. Inspired by the Makahiki season of ancient Hawai'i that took place each fall for four months. Warriors relieved bodily stress with various herbs and tonics, including the locally grown 'awa (native kava) root.

\*Available as a couple's experience

### intuitive reflection | 90 minutes

Customize this sensory experience to what your body needs. Affirm your spirit, calm your mind and intuitively select from lavender, ginger, neroli or grapefruit black pepper organic aromatherapy oils. The blend you choose will reflect what your body needs and accompany you through this head-to-toe wellness treatment. Start with an invigorating full body exfoliation using a signature rinse technique that never requires leaving the table. Next, warm stones will be used to melt away tension and stress. Close by relaxing in a warm cocoon as you are treated to a luxurious foot and pressure point scalp massage. Emerge renewed and replenished.

\*Available as a couple's experience

### hawaiian pa'akai | 60 minutes

In ancient Hawai'i, *pa'akai* (sea salt) was gathered from dry pools along the island's coastlines. Hawaiian sea salt contains more than 80 minerals, and is considered to be one of the three most mineral-rich salts available. Healing sea salt is mixed with organic coconut oil and locally-grown green papaya and lemongrass, which leaves skin smooth and hydrated. Rinse under our state-of-the-art vichy shower, with infra-red light therapy. An application of rich Hawaiian coconut oil completes the treatment.



## body massages

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### **kea** lanī signature | 90 minutes

Experience a decadent dose of hydration with a blend of pure macadamia nut and *kukui* (nut) oil, while tired soles are revived with a lemongrass foot scrub. Specially designed by our Willow Stream Spa team, this signature full body massage is like no other. You will experience a focused neck and shoulder massage, as well as a pressure point scalp massage using an invigorating citrus mask to nourish the scalp, melting away any tension you may have. Inspired by the islands to balance your energy for a grounding experience you can only find here.

### **hawaiian** stone | 90 minutes

This customized massage uses specific techniques to release and relieve deep-seated tension. The use of *pōhaku* (Hawaiian stone), which are handpicked by our therapists, are combined with healing hands and warmed *kukui* (nut) hydrating oil. This combination relieves tight muscles, improves mobility and aids in restful sleep.

### **lomilomi** | 60 / 90 minutes

The Hawaiian tradition of lomilomi symbolizes transformation by helping us to let go of old patterns that can limit the potential of our lives. It disperses muscle tension through long, rhythmic strokes, enhances circulation and releases blockages, creating a deep sense of *kaulike* (balance).

### **WaveMotion™** | 60 / 90 minutes

A unique treatment table moves with the soft, rhythmic motions of the therapist, creating a deeply relaxing escape. You will feel like you are floating on water when you lie on this revolutionary massage table that tilts, rotates and rocks to create a weightless sensation. The table's three-dimensional movements allow therapists to use joint-release techniques and stretch your muscles more effectively. This is the perfect treatment for those who need both a therapeutic and a calming experience. Be sure to wear comfortable clothing that allows you to move easily.

### **deep tissue** | 60 / 90 minutes

Deep muscle work is combined with stretching, rocking and circulation-enhancing strokes to move lactic acid out of the system. A healing and stimulating massage assists in muscle relaxation; helping to relieve the feeling of tension and soreness in the body.

### **stress** relaxation | 60 / 90 minutes

Tailored to suit your specific needs, this light to medium pressure full body massage is designed to improve energy levels, promote restful sleep and melt away muscle tension. It offers a gentle intensity and is designed to increase circulation, enhance lymphatic drainage and promote relaxation.



## *Eia Hawai'i, he moku, he kanaka, he kanaka Hawai'i e*

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Here is Hawai'i, an island, a man, a man is Hawai'i.

Earth and man are the same. You must care for the land, as you care for your body.



## **pampering** massage experiences

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### **mālama** mama | 60 minutes

Designed with the safety and comfort of expecting mother and the baby in mind, this customized massage using nourishing cocoa butter and support cushions, helps to relieve muscle aches, joint pain and reduce swelling.

### **volcanic** restorative foot experience 60 minutes

One of the world's oldest healing methods, this unique massage technique targets reflex points in the feet to bring all of the body's organs back into balance and promote relaxation. Your therapist will use a local volcanic clay mask to open pores and ease inflammation of tired feet - perfect after traveling.

## **blissful** experiences for two

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### **honeymooner** in maui | 90 minutes

Indulge in side-by-side body scrubs, highlighting citrus-infused Maui kō (sugar), and body massages, complete with a whipped mask of local organic honey blended with ginger, ylang-ylang, gotu kola, 'awa (native kava) and lemon. The experience is completed with a sugar-cane foot scrub, scalp massage and a soothing shower.

### **couples** massage | 60 / 90 minutes

The perfect gift is time together. Let the pressures of life melt away while you drift off enjoying a side-by-side custom massage. Select from any massages on the menu, priced accordingly.

\*Also available in our poolside or oceanfront cabanas

## **rejuvenating** facials

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### **tighten** and transform

30 / 60 / 90 minutes

Energize your skin with an exfoliating multi-acid peel for the face, neck and décolleté. A red LED light and an impulse micro-current help cells function at a younger level, accelerate cell repair for a more lifted appearance and trigger DNA regeneration. The experience ends with the infusion of essential nutrients into the skin with cutting edge transdermal delivery technology.

Linger in serenity that much longer with the ultra 90 minute experience which includes a decadent ampoule application and a bio-matrix sheet.

### **customized** HydraFacial™

30 / 60 / 90 minutes

The customizable HydraFacial™ resurfacing treatment thoroughly cares for your skin, providing cleansing, exfoliation, extractions and hydration, including Vortex-Fusion® of antioxidants, peptides and hyaluronic acid. This advanced medical-grade hydradermabrasion technology achieves instant hydration and lasting results, with little or no downtime.

Technology meets luxury in this transformative 90 minute experience. A relaxing scalp massage completes the treatment, leaving you restored and your skin renewed.

### **advanced** custom corrective

60 / 90 minutes

A deep cleansing and skin-refining facial using ingredients designed for problematic, sensitive skin this facial will leave you glowing. After a full consultation your therapist will create a targeted treatment plan to provide immediate results.

Enjoy the ultimate for repairing, firming and hydrating the skin with the 90 minute experience featuring a multi-acid skin exfoliation and a restorative mask therapy to improve luminosity.

### **gemstone** radiance | 60 / 90 minutes

Combining science and spirituality, this luxurious facial addresses fine lines and wrinkles, puffiness, dryness and uneven skin tone. The experience begins with intention-setting including: loving, grounding, connection or intuition. Gemstones including rose quartz, black pearl, gold and diamond are used to activate the chakras and energy sources to promote intentions and amplify facial results.

### **organic** vital essence | 60 / 90 minutes

Rooted in ancient Chinese medicine and renowned for its results oriented techniques of Gua Sha, this facial offers improved complexion and overall skin wellness. The detoxifying energy of sibi bian stones combine with multi-function organic products rich in adaptogenic vital nutrients, to create visibly revitalized and renewed skin. Includes LED light therapies which holistically improves texture and firmness while leaving your skin clearer, smoother and radiant.

## finishing touches

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Finishing touches are completed in our nail salon.

### **kea** wiki manicure | 30 minutes

This express manicure includes a mineral salt hand soak, invigorating salt exfoliation along with a hand and arm massage using rich moisturizing lotion with shea butter, jojoba, aloe vera and Vitamin E to provide lasting hydration.

### **kea** wiki reviving pedicure | 30 minutes

Treat your feet to the ultimate reviving pedicure. This experience includes a detoxifying mineral crystal foot soak, invigorating salt exfoliation and a foot massage using rich moisturizing lotion with shea butter, jojoba, aloe vera and Vitamin E to provide lasting hydration.

### **ali'i** manicure | 60 minutes

A luxurious royal manicure experience using organic local products that infuses a blend of essential oils and organic Hawaiian herbs. This experience deeply exfoliates the skin using Hawaiian sea salt, softening the skin with Hawaiian herbal honey mask and moisturizing with a cocoa butter massage using rose quartz stones.

### **ali'i** pedicure | 60 minutes

This pedicure journey infuses a blend of essential oils and organic Hawaiian herbs to deeply exfoliate while softening the skin with Hawaiian herbal honey mask and moisturizing with a cocoa butter massage using rose quartz stones.

### **men's** hand grooming | 30 minutes

A healthy approach to a traditional manicure, this treatment begins with a soak in thermal minerals and essential oils, continues with exfoliation, and is completed with a luxurious, hydrating hand massage.

### **men's** foot grooming | 30 minutes

This foot grooming helps to stimulate circulation and revitalize weary feet. Salts exfoliate the feet, which are then immersed in a rejuvenating foot bath. This treatment is completed with a foot massage using a therapeutic foot balm to seal in the moisture.

## spa etiquette

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Willow Stream Spa is a place to restore your energy and relax. We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of the treatment experience. Please come and spend the day with us.

**appointments** – Consult our Spa Experience Coordinators to select treatments that fulfill your personal preferences. The Spa is located on the Lobby Level of the Fairmont Kea Lani. For details and reservations please call 1 808 875 2229 or email [info@kealani.com](mailto:info@kealani.com).

**attire** – You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. We ask that you please leave jewelry and valuables in your suite. Unfortunately, we are not responsible for items that are lost or left at the spa.

**personal matters** – Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we can best customize your experience.

**cancellation policy** – If you wish to cancel or reschedule an appointment we require 24 hours notification. Missed appointments without proper notice to spa reception are subject to a 100% charge for reserved services.







WILLOW STREAM  
A FAIRMONT SPA

**Visit** FAIRMONT KEA LANI 4100 Wailea Alanui, Maui, Hawai'i

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