



**Makena Beach & Golf Resort**  
5400 Makena Alanui  
Kihei, Maui, HI 96753  
(808) 874-1111

*For an appointment, please call the  
Concierge desk at extension 5220.*

*Enhance your stay at the  
Makena Beach & Golf Resort  
by experiencing a relaxing massage  
or luxurious facial given by one of  
our expertly trained, and licensed  
professional staff.  
Also available are a variety of unique  
body treatments which include a  
rejuvenating aroma therapy steam bath.*

## Massage Therapy

A full session of 50 minutes includes a complete body massage and is recommended for your maximum relaxation and therapeutic benefit. Half sessions of 25 minutes are available for massage to a specific area of the body or to sample a particular style of massage.

### HAWAIIAN LOMI-LOMI

A uniquely Hawaiian massage consisting of long, flowing and rhythmic strokes utilizing hands and forearms. A favorite with island visitors for its deeply relaxing and tranquilizing effect.  
\$60.00 for 25 minutes • \$90.00 for 50 minutes • \$125.00 for 80 minutes

### EUROPEAN SWEDISH

A classic massage which combines gliding, kneading and percussive strokes to invigorate and rejuvenate the body.  
\$60.00 for 25 minutes • \$90.00 for 50 minutes • \$125.00 for 80 minutes

### JAPANESE SHIATSU

Five thousand years of ancient healing wisdom incorporated into a pressure point therapy which is both relaxing as well as therapeutic. Performed over loose, comfortable clothing without the use of oils.  
\$60.00 for 25 minutes • \$90.00 for 50 minutes • \$125.00 for 80 minutes

### SPORTS MASSAGE

An invigorating massage incorporating stretching, compression, and trigger point techniques to lengthen contracted muscles and reduce soreness and fatigue.  
\$60.00 for 25 minutes • \$90.00 for 50 minutes • \$125.00 for 80 minutes

### MAKENA COMBO

For the one who is undecided, try them all by allowing your therapist to artfully combine elements of several massage techniques customized for your enjoyment.  
\$60.00 for 25 minutes • \$90.00 for 50 minutes • \$125.00 for 80 minutes

## Specialty Massage Treatments

### HOT STONE "POHAKU" MASSAGE

Heated smooth lava stones covered in warm oil glide comfortably over the body carrying deeply penetrating warmth into muscles and joints. Extremely relaxing and soothing to the body and mind.

\$110.00 for 50 minutes • \$145.00 for 80 minutes

### THERAPEUTIC DEEP TISSUE

A combination of customized therapeutic techniques utilizing deep compression, stretching and trigger points to address your specific needs.

\$100.00 for 50 minutes • \$135.00 for 80 minutes

### REFLEXOLOGY

The ultimate foot massage. Soothing warm towels soften and prepare your feet for the application of pressure to specific reflex points which have an energizing effect on the whole body. The finishing touch is a heavenly foot massage with peppermint lotion which will leave your feet tingling.

\$65.00 for 25 minutes • \$95.00 for 50 minutes

### AROMA THERAPY

Customize your massage with the addition of unique botanical essential oils and hot aromatic towels to deepen your relaxation and enhance your sense of well-being.

\$65.00 for 25 minutes • \$95.00 for 50 minutes • \$130.00 for 80 minutes

### MASSAGE & AROMA THERAPY STEAM

Experience the luxury of a relaxing massage of your choice by one of our highly skilled therapists followed by an aromatherapy steam treatment. Rejuvenating and relaxing!

\$105.00 for 50 minutes • \$140.00 for 80 minutes

### OCEANFRONT MASSAGE (weather permitting)

Enjoy your choice of massage on a grassy knoll while overlooking the ocean. (Suggested attire: Bathing suits, preferably two piece for women.)

Please contact concierge desk for pricing and availability.

### PREGNANCY MASSAGE

A nurturing and rejuvenating massage for the pregnant women utilizing a specially designed pillow to provide support and comfort for your complete relaxation.

\$90.00 for 50 minutes • \$125.00 for 80 minutes

*All massage styles focus specifically on the needs of the clients. Please inform your therapists of any pre-existing conditions or areas that require special attention and your preference for a massage that is either gentle, moderate or firm.*

## Aveda Facial Care

Nourish and replenish your face with a luxurious facial utilizing all natural, organically grown botanical ingredients from Aveda. These purifying treatments eliminate toxins, soothe facial muscles while hydrating and rejuvenating the skin. Includes a deep cleansing, aromatic steam towels, exfoliation, facial massage, and extraction's, if necessary. Our professionally trained estheticians will customize a specially blended aromatherapy masque for your individual skin type.

### AROMATHERAPY FACIAL

An exclusive cleansing and rejuvenating facial treatment utilizing personalized botanical products, essential oil aromas, and a deep cleansing clear, purified and radiant.

\$90.00 for 50 min.

### AVEDA DELUXE FACIAL

Same luxurious aromatherapy treatment as above including deep cleansing, exfoliation, and a customized masque accompanied by a tranquilizing massage of the neck and shoulders, hands and feet. You will feel transformed and revitalized.

\$125.00 for 80 min.

### TOURMALINE REJUVENATION FACIAL

Finely powdered Tourmaline, a naturally energizing mineral, gently sheds surface skin cells while infusing moisture and radiance into the skin. Powerful antioxidants have been added to help reduce the appearance of fine lines and wrinkles leaving your skin with a radiant glow.

\$100.00 for 50 min.

### REPLENISHING FACIAL

This delightfully powerful facial gives you a professional complexion correction treatment by customizing a specially blended masque to correct skin imbalances. Includes a gentle exfoliation and aromatic steam towels to rehydrate tired, dry and sun exposed skin leaving you purified and refreshed.

\$100.00 for 50 min.

### MEN'S REVITALIZER

Specifically created for men's skin care needs this deep cleansing and relaxing experience is rich in Aveda natural plant extracts which help reduce redness and sensitivity to razor burn. Includes a toning massage of facial muscles, neck and shoulders.

\$90.00 for 50 min.

### ANTI-AGING FACIAL

Featuring Aveda's Plant Therapy Firming Fluid and Night Nutrients. This rejuvenating and revitalizing facial treatment is designed to combat the signs of premature skin aging by restoring the natural balance to the skin with vitamins and minerals. The skin will look firmer, younger and more luminous as the signs of aging fade and soften. Includes a relaxing massage to the hands, feet and scalp.

\$135.00 for 80 min.

### WAXING SERVICES

Offered in combination with facial services (Prices vary)

## Body & Steam Treatments

### AVEDA SALT GLOW & AROMA STEAM

An exfoliating treatment utilizing mineral rich Dead Sea Salt to rejuvenate, soothe, refresh and rehydrate dry, stressed skin. Followed by a deeply relaxing and moisturizing aroma therapy steam within a private steam canopy.

(Please do not shave prior to treatment)

\$105.00 for 50 min.

\$140.00 for 80 min. (Includes light massage with replenishing body moisturizer)

### AVEDA BODY POLISH & AROMA STEAM

A gentle treatment using finely powdered walnut shells, aloe, kelp and herbal extracts to cleanse, exfoliate and refine the skins surface leaving you with a silky smooth finish. Your body is immersed in aroma therapy steam within a private steam canopy which hydrates and moisturizes the body while melting away tension. Ideal for sensitive skin.

\$105.00 for 50 min.

\$140.00 for 80 min. (Includes light massage with replenishing body moisturizer)

### ST. TROPEZ TANNING BODY TREATMENT

Indulge yourself in an instant Hawaiian tan without the harmful effects of the suns rays. Includes a gentle exfoliation and liberal application of bronzing lotion leaving you with a rich, bronze natural looking tan that will show visible results within hours. (Requires no showering or swimming for a minimum of 4 hours following treatment)

\$90.00 for 55 min. (arms, legs and face)

\$125.00 for 85 min. (full body)

### SUNBURN COOLER

A light, soothing massage using a cooling blend of aloe vera, peppermint and lavender to refresh and moisturize sun exposed skin. This treatment rehydrates dry, damaged skin reducing discomfort and redness leaving the skin relieved and refreshed.

\$65.00 for 25 min.

\$95.00 for 55 min.

## Makena Packages

### FACE AND BODY PACKAGE

Receive \$10.00 off and treat yourself to the ultimate pampering experience when you combine a massage and facial or body treatment one after the other.

### COUPLES FACE AND BODY PACKAGE

Receive \$10.00 off when a couple enjoys a massage and facial or body treatment at the same time.

## Guest Information

### APPOINTMENTS

To schedule an appointment please visit the concierge desk or call extension 5220.

### TAX AND GRATUITIES

Tax and gratuity are not included in the prices listed.

In appreciation for outstanding service, gratuities may be given at your discretion.

### HOURS

Massage Center hours are 9:00 AM to 7:00 PM

Facial, waxing & tanning services are offered from 9:00 AM to 2:00 PM or by special arrangement.

### GUEST ROOM AND AFTER HOURS

Massage services may be provided in the privacy of your own room during regular Massage Center hours for an additional \$40.00 or after hours for an additional \$55.00

### CANCELLATION POLICY

Cancellation or changes are accepted up to two hours prior to your appointment time to avoid incurring a charge of half the published rate.

### GIFT CERTIFICATES

Gift certificates are available through the concierge desk.