



globaltravelerusa.com | \$4.99 October 2017

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PLACE OF PEACE

Find aloha at Naupaka Spa & Wellness Centre in Hawai'i. BY SUSAN B. BARNES



ISLAND BLISS:
Spa pool view

PHOTO: © FOUR SEASONS
RESORT OAHU AT KO OLINA

THE HAWAIIAN WORD “ALOHA” has several widely known meanings, including hello and goodbye, and love and affection. Even deeper, however, the literal meaning is “the presence of breath,” or “the breath of life.” According to Hawai’ian traditions as mentioned at to-Hawaii.com, “aloha is a way of living and treating each other with love and respect. Its deep meaning starts by teaching ourselves to love our own beings first and, afterwards, to spread the love to others.”

When visiting the Hawai’ian island of Oahu, there may not be a better, more peaceful place to learn to love ourselves and others than the tranquil Naupaka Spa & Wellness Centre at the oceanfront Four Seasons Resort Oahu at Ko Olina. Situated on the island’s western coastline and at the edge of Lanikuhonua,

which translates to “where heaven meets earth,” it’s easy to feel like you’ve slipped into a more peaceful world upon arrival.

The resort’s *kama’aina* style, with open-air public spaces and luxurious guestrooms filled with natural light, flows as easily through its 642 acres as the soft, warm, comforting Hawai’ian trade winds.

Inside the 35,000-square-foot Naupaka Spa, 17 spacious treatment rooms are tucked throughout its four levels, complemented by three oceanfront *muliwai* massage *hales*, all available for relaxation and enjoyment. The spa’s calming décor is inviting, and its expansive menu features Hawai’ian-inspired ingredients and healing therapies. Two Himalayan salt chambers, where therapists offer halotherapy, are exclusive to Naupaka Spa within

the Four Seasons portfolio.

Naupaka Spa's signature Ho'okahi (To Make as One) Ritual treatment combines multicultural traditions into one divine 110-minute experience. Step into a chamber built of Himalayan salt blocks from Pakistan to enjoy European halotherapy with traditional Turkish hammam elements. Afterward, a Moloka'i sea salt body scrub honors the old tradition of Hawai'ian salt farming known as *pa'akai*, followed by a Hawai'ian *lomilomi* massage with heated salt stones and fragrant tropical oils.

On a recent visit, I indulged in the Ho'okahi Ritual, and I am pretty sure I floated back to my suite and watched the sun melt into the Pacific Ocean, just as all of my cares had melted away from my body during that time of bliss.

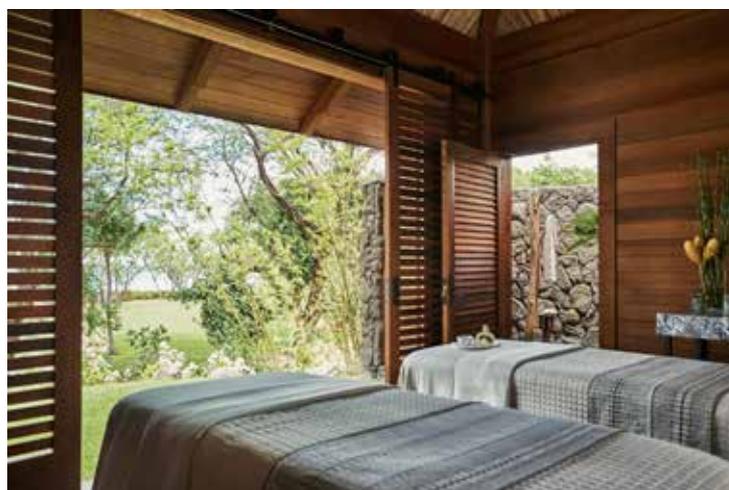
The leadership team at Naupaka Spa continues to listen to its guests' desires, adding new treatments and facilities since its opening last year, including Sodashi Face Therapies using products from the popular Australian skin care company of the same name.

Sodashi, meaning "wholeness, purity and radiance" in ancient Sanskrit, has led the way in chemical-free skin care development, and the spa incorporates the line's Samadara Ultimate Age-Defying Crème into its 110-minute Samadara Ultimate Age-Defying Facial. Using the natural healing powers of a warm rose quartz crystal facial massage to increase circulation, the crème can penetrate deep into the skin to increase collagen production, firmness and elasticity. Spa guests might also consider one of the Circadia Face Therapies, which work in concert with the body's natural circadian rhythms to repair your skin while you sleep.

Younger spa-goers are not forgotten at Naupaka Spa. The Keiki O Ka'Aina (Children of the Land) Therapies introduce *keiki* (children) to the healing traditions that connect them with their *ohana*, or family, and teach them self-care and body awareness. *Keiki* treatments are personalized for children 11 and younger, as well as ages 12 to 17.

Aside from luxurious treatments, the spa houses the Yamaguchi Salon, where international celebrity stylist Billy Yamaguchi brings his feng shui approach to hair styling and whose monthly consultations focus on the five elements — fire, earth, metal, water and wood — to draw from clients' core energy to inspire colors and styles that naturally complement their features. Within the men's area on the spa's second floor, classic barbering traditions combine with the luxury of an upscale men's grooming lounge at the Barber Shop.

For those looking for more activity, take lessons from a pro on one of the five Plexipave tennis courts in the



HEALING POWERS: Chamber built of Himalayan salt blocks (top), and spa beds (bottom)

PHOTOS: © FOUR SEASONS RESORT OAHU AT KO OLINA

Tennis Centre, found on the sixth floor of the Spa & Wellness Centre, complete with ocean views. Additionally, the cutting-edge Health Club, open 24 hours a day, features personal trainers on hand to lend their expertise.

Whether you opt to stay and relax in the spa or work out a bit, take time to enjoy all of the spa and wellness amenities, including indoor and outdoor cold plunge pools, steam room and sauna, and needle shower. There is even a private lap pool and Jacuzzi on an outdoor terrace exclusively for spa guests.

After a visit to the Naupaka Spa, you will quickly find it is easy to embrace this *Ko Olina*, "place of joy."

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