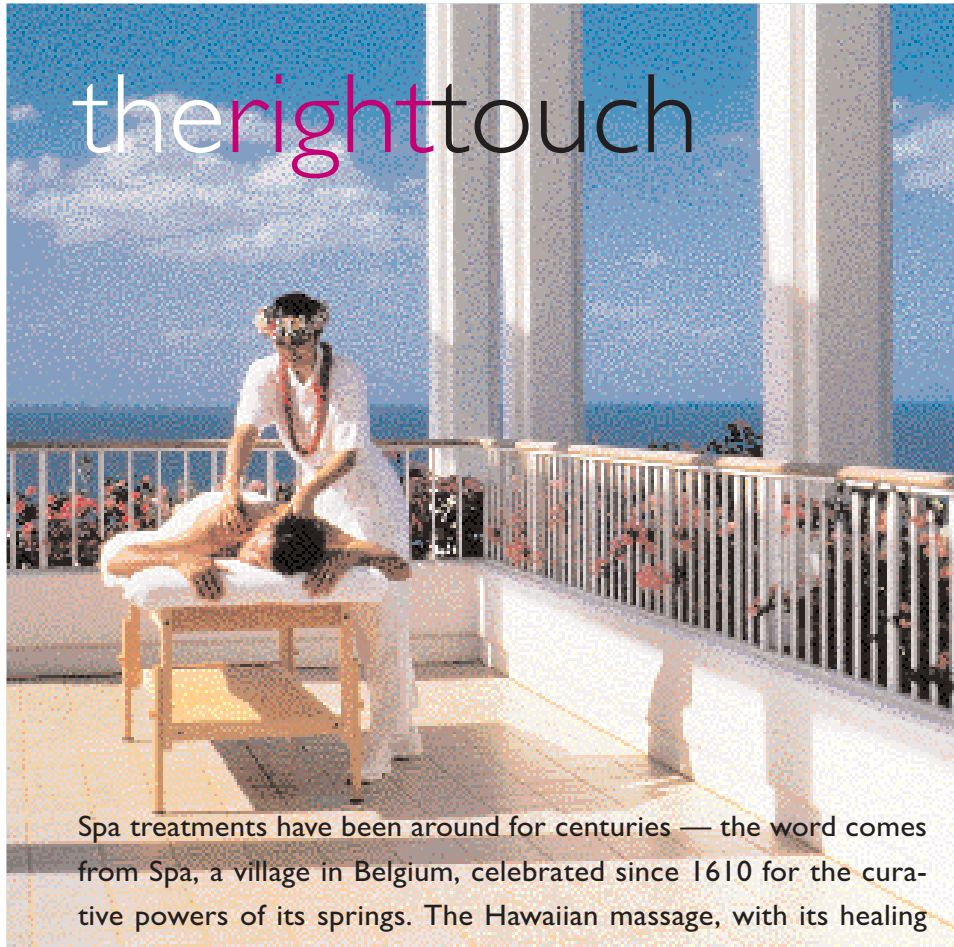


therighttouch



Spa treatments have been around for centuries — the word comes from Spa, a village in Belgium, celebrated since 1610 for the curative powers of its springs. The Hawaiian massage, with its healing

seaweed body preparations, itself goes back to the Polynesians. And in many European countries today, spa treatments remain a sanctioned medical prescription. Yet, we are often hesitant to take advantage of these marvelous relaxation and health-giving techniques — unless on vacation.

Now is the time to pamper and indulge yourself with the wide variety of spa services available. Calm your spirit, reduce fatigue and reveal a new you. Not only will you enjoy yourself, but you'll find a spa session beneficial for leaving your skin radiant and glowing, your senses awakened.

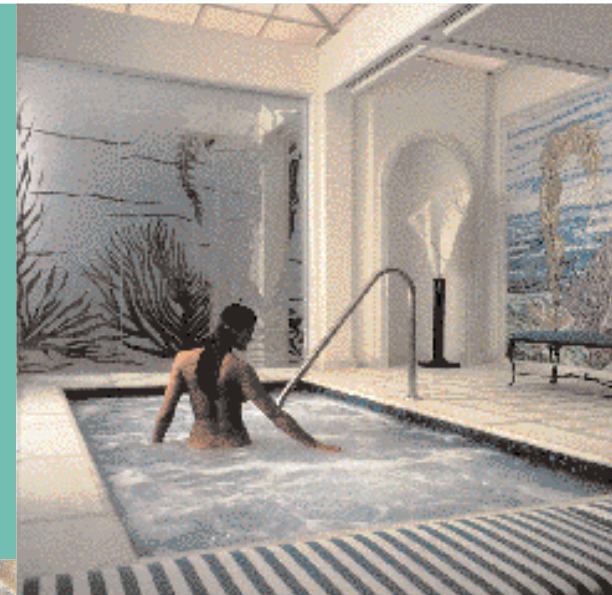
The resorts make it easy to pamper yourself with their body centers and delightful spa programs, which cover and treat every part of you — from your scalp right down to a relaxing foot massage.

Hyatt Regency, WaikĒkĒ

Overlooking WaikĒkĒ Beach and with a panoramic view of the Ko'olau Mountains, the Hyatt Regency is the perfect place to experience rejuvenation at its most luxurious. Opening in Spring 2000, this two-story, full-service spa perpetuates health and wellness through the practice of Hawaiian healing methods for the ultimate in pampering. The spa area also includes water features that maintain a rich, tropical decor with ancient Hawaiian artifacts. In addition to conventional treatments, there are 19 treatment rooms and an exercise area, a dry sauna, a whirlpool, a jacuzzi, steam showers, men's and women's locker rooms, a refreshment area, a retail shop and a nail salon — all designed to lift the spirits. (808) 923-1234.

PHOTO: IHILANI RESORT & SPA©

Top left: enjoy a relaxing massage with a lovely ocean view. Top right: you can ease away tension in a spa pool. Below: after a strenuous workout, a jacuzzi can help prevent sore muscles. Bottom right: an aromatherapy facial is cleansing and healthy for the skin, and it will lift your spirits.



Swedish, Sports, Deep Tissue, Shiatsu, Maternity, Lomi Lomi, Aromatherapy, Mild and Reflexology massages, with acupuncture and specialty Thalasso hydrotherapy services. Other services include herbal and Ti leaf wraps, sea salt glos, body polishes, masks, cellulite treatments, and facial and skin care. You will experience renewed vitality in a delightful paradise of beauty and tranquility. (808) 679-0079.



Kahala Mandarin Oriental
Guests of the Kahala Mandarin Oriental find the charms of old Hawai'i freshly re-imagined for the new millennium. The traditions of Hawaiian hospitality extend a warm Aloha to one and all. Visit the Fitness Center for the ideal "Stress Busters" experience. The Fitness Center is equipped with a steam room, sauna and jacuzzi. Or let yourself be spoiled with the therapeutic Shiatsu massages, including half, full and deluxe sessions. In room massages are also available. You will feel instantly at home with heartfelt Hawaiian hospitality and a special sense of exclusivity. (808) 739-8888.

PHOTOS: (MIDDLE) KAHALA MANDARIN©; (OTHERS) IHILANI RESORT & SPA©