

~Lumeria Maui Well-Being Guide~



Welcome to Lumeria Maui, a deeply relaxing sanctuary of Peace and Tranquility enhanced by the natural tropical beauty of Maui. We believe true balance and health come from the gifts of the earth and elements of nature, and that Lumeria is a place of innate nurturing and well-being~

HAWAIIAN LOMILOMI :: 60 minutes, \$130 90 minutes, \$185

Lomilomi is a powerful native Hawaiian healing tradition. Lomilomi, literally translated means to “break apart”. The long, rhythmic strokes, joint movement and deep kneading open the body and soothe the soul.

DEEP TISSUE MASSAGE :: 60 minutes, \$140 90 minutes, \$195

Melt away deep-seated tension and pain. This massage focuses on realigning deeper layers of muscle and connective tissue through slow, deep, direct movements in your problem areas.

SWEDISH MASSAGE :: 60 minutes, \$130 90 minutes \$185

This deeply relaxing and classic style of massage uses flowing techniques to ease stiffness, release tension and increase circulation.

TRADITIONAL THAI MASSAGE :: 90 minutes, \$195 120 minutes, \$250

This ancient healing art of Thailand uses gentle compression, acupressure on specific energy lines, rhythmic stretching and warm herbal compresses. The yoga of massage. Thai massage garments are provided

POHAKU WELA HOT STONE :: 60 minutes, \$140 90 minutes, \$195

In the traditions of Hawai’i, smooth heated stones apply the elements of earth, air, fire and water to achieve a healing, centering, rejuvenating treatment as muscle tension melts.

~ADD ON THERAPIES~



DRY BRUSH TREATMENT :: 30 minutes, \$50

With this massage add on, dry skin will be brushed off, while stimulating the lymphatic system to help create the perfect balance.

AROMATHERAPY SCALP TREATMENT :: 15 minutes, \$35

This wonderful scalp treatment uses herbal oils of cinnamon and clove to stimulate and nourish your hair and scalp.

AROMATHERAPY OIL :: \$10

Consider one of our selection of six premium organic massage oils to add to your treatment. Choose from Relaxing, Balancing, Warming, Energizing, Fitness or Romance.

REFLEXOLOGY:: 60 minutes, \$130

Reflexology uses specific touch to stimulate points along meridian paths of the feet and hands will soothe the entire body. This treatment includes a detoxifying foot soak, dry brush of feet and lower leg and balancing hand and foot massage.

For Reservation call 808.579.8877 or e-mail info@lumeriamauai.com

CANCELLATIONS

Please keep in mind that the treatment times are reserved especially for you. There is a 50% charge for any changes or cancellation to appointments with less than 6 hours notice, or well-being Packages with less than 24 hours notice. No-shows will be charged in full.

GRATUITIES

For your convenience, a 15% gratuity will be added to each treatment.

FOR YOUR COMFORT

Please shower before all treatments. Rest and avoid vigorous activity for at least one hour after treatments, and drink water before and after all therapies. Be sure to advise our well-being instructor of any health concerns, allergies or special requests to ensure a healthy and enjoyable experience.

IN-ROOM MASSAGE

Enjoy massages in the privacy of your room for no additional cost.

