



**SPAHALEKULANI INTRODUCES LIVING-WELL LECTURE SERIES TO JUMPSTART THE NEW YEAR**  
***Halekulani's Award-Winning Spa Debuts Monthly Seminars***

**FOR IMMEDIATE RELEASE**

**WAIKIKI, HAWAII – January 14, 2015** – SpaHalekulani, [Halekulani's](#) award-winning spa, kick-starts 2015 with a brand-new ***Living-Well Lecture Series***. The public is invited to join Halekulani's resident Lifestyle Coach, Kamala Skipper, to learn how to better themselves by eating well and establishing healthy habits to energize their lives. The hour-long classes will be offered on a monthly basis at Halekulani's Conference Room.

The first event, ***Jumpstart Your Health – New Year, New You!*** will be held on Saturday, January 31 at 11 a.m. Led by Skipper, guests will learn how to remove obstacles in their path to well-being by introducing whole foods and healthy habits to feel their best. Attendees will also have an opportunity to sign-up and attend a presentation after the lecture for the ***SpaHalekulani New Year's Cleanse***, offering a comprehensive guide and a step-by-step daily detoxification protocol with recipes and Skipper's guidance along the way for a five-day experience. The cleanse is valued at \$225. SpaHalekulani is offering a special *kama'aina* rate of \$175 per person with the January seminar fee comped.

"We are very excited to be the first hotel spa in Hawaii to have a resident Lifestyle Coach and introduce this one-of-a-kind series," says Kamala Nayeli, Director of SpaHalekulani. "The program is part of SpaHalekulani's ***Living as an Art*** lifestyle, designed to achieve overall well-being. Ms. Skipper's expertise and guidance will provide participants with the tools to attain a life that is more fulfilling, happy and healthy, not just in 2015 but for many years to come."

Upcoming ***Living-Well Lectures*** will be on February 28, March 28 and April 25 at 11 a.m. The February presentation, ***Increasing the YUM factor*** will discuss ways to enhance your meals and receive the most nutrients for overall enjoyment. In March, ***The Energy Solution*** class will teach you how to use food and lifestyle to naturally increase your energy levels and feel more alive! April's lecture is ***Food Freedom***, where you can discover ways to curb your food cravings by first understanding the causes and then learn alternative means to satisfy these desires.

***Living-Well Lectures*** are complimentary for Halekulani guests. For non-hotel guests and *kama'aina*, the cost to participate is \$25 per session and each paying guest will receive a \$25 SpaHalekulani gift certificate for future spa services. The lectures will take place every last Saturday of the month for the entire year of 2015. Private Consultations with Skipper are also available for a fee. For more information, call SpaHalekulani at 808.931.5322 or visit <https://www.halekulani.com/living-well-lecture-series>.

(more)

### **About Kamala Skipper**

Kamala Skipper is a certified, integrative lifestyle coach that provides clients with guidance and support to implement and maintain life changes promoting optimal health and wellness. Having received her training from the Institute for Integrative Nutrition, the largest nutrition school in the world, she is certified as a Holistic Health Practitioner by the American Association of Drugless Practitioners. Originally from South Africa, Skipper wishes to empower people to not only make healthier choices, but to help a society that better supports and encourages sustainable models for individual and collective health.

### **About Halekulani**

Since its inception in 1984 as one of the world's finest and most acclaimed independent luxury hotels, Halekulani has received more than 500 accolades, awards and honoraria. The property is one of The World's Best Hotels on *Condé Nast Traveler's* 2015 Gold List and was voted Best Hotel on Oahu in *Travel + Leisure's* 500 World's Best Hotels for 2015. Halekulani is home to SpaHalekulani, House Without a Key, Lewers Lounge, Orchids and La Mer, Hawaii's longest, consecutively ranked AAA 5 Diamond and *Forbes Travel Guide* Five-Star Restaurant. For twenty years, Halekulani has maintained a strong commitment to arts and culture through exclusive alliances with Oahu's most iconic cultural venues. Halekulani is operated by the Hotels and Resorts of Halekulani, a brand management division of the Honolulu-based Halekulani Corporation, which also oversees the Waikiki Parc Hotel. Halekulani is a member of The Leading Hotels of the World and is aligned with Tokyo's legendary Imperial Hotel.

Stay connected with Halekulani via [www.halekulani.com](http://www.halekulani.com), on [Twitter](#) and [Instagram](#) at @HalekulaniHotel or on Facebook at [Halekulani Hotel](#).

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