



EXPERIENCE PERSONAL TRANSFORMATION WITH SPAHALEKULANI'S LIVING-WELL PROGRAM



Kamala Skipper was an attorney at the largest human rights law organization in Southern Africa. Faced with the stressful demands of her work and personal life, her existing health issues worsened. Skipper, who was previously a professional athlete, started to research ways to improve her health. As she implemented changes to her diet and lifestyle, she immediately experienced significant improvements to her health and well-being. Fast forward to today, Skipper has left behind her career as an attorney and is now Halekulani hotel's in-house Lifestyle Coach.

As part of Halekulani's overall vision to promote a healthy lifestyle, *SpaHalekulani* has launched a Living-Well Program offering a series of wellness lectures, a cleanse program and individual lifestyle coaching sessions. This one-of-a-kind program offers in-depth consultations with Skipper, guiding guests to develop a personalized plan based on their specific health and wellness goals.

The *SpaHalekulani* program also provides its clients with the tools to self-motivate, self-regulate and create lasting change.

SpaHalekulani Living-Well Programs:

Individual Consultations are available for 60 and/or 90 minute sessions. Costs range from \$175-\$255 per session. Guests of Halekulani have the option to schedule a complimentary 20-minute introductory session with Skipper prior to their consultation.

(more)

Living-Well Packages offer individual lifestyle coaching sessions and consultations plus a *SpaHalekulani* treatment and activity.

- **Foundation for Optimal Health Package (\$595)**
 - Two nutritional consultations
 - One personal training session
 - One signature *SpaHalekulani* service
 - Personalized email/phone support with Skipper

- **Executive Health Package (\$685)**
 - Introductory Pre-Session
 - Two individual coaching sessions on the essentials for nutrition and stress management
 - One signature *SpaHalekulani* service
 - Personalized email/phone support with Skipper

Continuity Program enables guests to optimize results after their visit, when they return home via Skype or phone appointments. Three 60-minute sessions costs \$495 and six 60-minute sessions costs \$955.

Jumpstart Your Health Cleanse helps reduce inflammation and introduces foods that fuel and nourish the body's vitality. The cleanse is safe and effective, and is intended to reset the body's system by removing toxins and maximizing nutrients. Cost is \$195 and includes a comprehensive booklet, a shopping list with menus and recipes, cleanse protocol as well as daily personal email support.

Living-Well Lectures with Ms. Skipper teaches guests how to eat well and establish healthy habits. Upcoming events include 'Simple Stress Solutions' (August 29), 'Mindful Eating' (September 25) and 'Living Longevity' (October 31). The one-hour *Living-Well Lectures* are offered every last Saturday of the month at Halekulani for \$25 per session and are complimentary for hotel guests. Paying participants will receive a \$25 gift certificate to *SpaHalekulani*.

For information about *SpaHalekulani's* Living-Well Program, please visit <https://www.halekulani.com/living-well-lecture-series>.

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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, on [Twitter](#) and [Instagram](#) at @HalekulaniHotel or on Facebook at [Halekulani Hotel](#).

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