



HALEKULANI ANNOUNCES 2016 SPAHALEKULANI LIVING-WELL PROGRAMMING

FOR IMMEDIATE RELEASE

WAIKIKI, HAWAII – January 19, 2016 – *SpaHalekulani*, Halekulani’s award-winning spa, expands its ***Living-Well Program*** with a new series of hour-long, wellness-themed lectures led by in-house Lifestyle Coach, Kamala Skipper. In addition, the program offers a new cleanse and body treatment package to jumpstart and maintain everyone’s resolutions well into the new year.

Resort guests and the general public are invited to learn how to live your best life in 2016 at the ***Foundations for Optimal Living*** presentation on January 21, the first in the ***Living-Well Lectures*** series. Following the presentation, an information session for the first cleanse of the year will take place with ***Jumpstart Your Health***, a five-day food cleanse and longevity program for \$195.

Living-Well Lectures are complimentary for Halekulani guests. For non-hotel guests and *kama’aina* (Hawaii residents), 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 at Halekulani’s Executive Conference Room, every third Thursday of the month for the entire year of 2016.

SpaHalekulani is also offering the new, ***Surface to Center*** body treatment, which begins with a dry exfoliation, continues with lymphatic techniques and incorporates the Scientific Organic skin care product line. The cost for the service is \$175 for 50 minutes.

For a more enhanced and integrated experience, *SpaHalekulani* offers a package which includes both the five-day cleanse, complete with recipes, shopping lists, daily support, a personal journal and other take home tools as well as the 50-minute ***Surface to Center*** body treatment for \$295.

Other lectures in the series include ***The Power of Pleasure*** in February which explores simple culinary practices to get the most pleasure while eating. The March presentation, ***Being Well in a Stressful World***, offers practical tips on how to be vital and energized in a stressful world. In April, the ***Detox 101*** lecture teaches how to maximize the body’s ability to detox on a daily basis. May brings ***Digestive Health***, a lecture that helps discover the connection between the digestive system and your wellbeing. June’s program will dissect some common myths around weight and weight loss in the ***Weight Loss—Truths and Misconceptions*** lecture.

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 was voted Best Hotel on Oahu in *Travel + Leisure's* 500 World's Best Hotels for 2015 and is one of The World's Best Hotels on *Condé Nast Traveler's* 2015 Gold List. 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. Halekulani is a member of The Leading Hotels of the World and is aligned with Japan's legendary Imperial Hotel.

Stay connected with Halekulani via www.halekulani.com, on [Twitter](#) and [Instagram](#) at @HalekulaniHotel or on Facebook at [Halekulani Hotel](#). To share an unforgettable #HalekulaniMoment, visit <http://www.halekulanimoment.com>.

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