



## SPAHALEKULANI AT HALEKULANI PRESENTS “THE ART OF LIVING WELL”

*Three day seminar reimagines the future of well-being*

### **FOR IMMEDIATE RELEASE**

**WAIKIKI, HI (June 25, 2013)** – SpaHalekulani, Halekulani’s award-winning spa celebrated for its innovation, unprecedented products and unrivaled service, invites the public to discover the true meaning of renewed well-being with *The Art of Living Well*. From July 26-28, 2013, the three day event features a series of lectures with medical anthropologist Dr. Meg Jordan, PhD, RN, CWP; various SpaHalekulani programs; demonstrations and activities; and an opportunity to experience signature items from the all-new spa menu.

“There’s a pioneering thought in the field of holistic health that well-being works best as an integrated concept. That’s the philosophy we have adopted at SpaHalekulani, and it is our goal to introduce this idea to our esteemed guests over the course of this weekend seminar,” says spa director Kamala Nayeli.

Dr. Meg Jordan’s eye-opening keynote presentation pulls together trends and research in health, wellness and fitness to help you chart a course that captures the original intent and passion of the well-being movement. It also gives attendees insight into the essential ingredients that help us recover, renew and thrive. Find out why interpersonal connection remains the cornerstone of wellness according to the latest neuroscientific research, and hear more about the key discoveries in motivation research.

Event activities include *Wake Up On The Beach*, a stretching session on the sand, under the gentle morning sun; *SpaHalekulani Blend Bar*, in which guests will enjoy creating their own custom mixture of body creams and bath salts using a variety of essential oils; and *Mindful Meditation*, a restful way to close the day by staying in the moment; and more. *Please see the attached schedule for a full listing of times, dates, and events.*

The demonstrations of the signature massages feature indigenous rituals from Japan and the South Pacific. SpaHalekulani is the first in the state of Hawaii to offer *Taurumi* – an authentic Tahitian massage, which involved training under Tahitian Taurumi masters. An additional signature treatment includes *Zen Shiatsu* – an energetic massage that combines acupressure and gentle stretches to balance the body’s energy system.

This event is part of the acclaimed lifestyle series *Halekulani Living*, which is inspired by four core pillars - *Connoisseur, Masterworks, Wellness, and Legacy*. It resonates with the spa’s renewed concept of infusing well-being throughout the entire hotel experience, evolving healthy practices into an elevated lifestyle.

### \$495 event package includes:

Access and participation in entire event  
50 min SpaHalekulani treatment and 1 Blend Bar product  
Daily fruit smoothie

### A la carte class prices:

Dr. Meg Jordan’s Lecture & Workshop:	\$195
Lunch As You Learn:	\$75
Classes:	\$25 per class

Special room rates starting at \$490 per night.

For additional information, please visit <http://www.halekulani.com/living/spahalekulani/> or for reservations call (808) 931-5322 or email [spa.halekulani@halekulani.com](mailto:spa.halekulani@halekulani.com).

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#### **About SpaHalekulani**

SpaHalekulani opened its doors in April 2003, and has since been consistently recognized for its luxurious spa services. Since 2004, SpaHalekulani has received a four-star ranking from *Forbes Travel Guide*, and *Condé Nast Traveler* rated SpaHalekulani as being the no. 2 Best Spa in North America in 2006. Since 2005, SpaHalekulani has been a member of Accredited Leading Spas.

#### **About Halekulani**

Since its inception in 1984, Halekulani has received more than 500 accolades, awards and honoraria, and is consistently ranked among the world's finest hotels. SpaHalekulani, amongst many others, earned the coveted Forbes Four-Star rating, the highest bestowed upon any spa by the *Forbes Travel Guide*, and was ranked the no. 2 Best Resort Spa in North America by *Conde Nast Traveler*. Halekulani's fine dining restaurant, La Mer, is Hawaii's longest-ranked AAA-Five Diamond restaurant. Halekulani is managed by the Hotels and Resorts of Halekulani, a brand management division of the Honolulu-based Halekulani Corporation, which also manages Waikiki Parc Hotel. Halekulani is a member of The Leading Hotels of the World and is aligned with Tokyo's legendary Imperial Hotel. For reservations and information, please contact a travel planner, call Halekulani at (800) 367-2343 / (808) 923-2311 or visit the website ([www.halekulani.com](http://www.halekulani.com)).

#### **About Dr. Meg Jordan**

Dr. Meg Jordan, PhD, RN, CWP, is a medical anthropologist, behavioral medicine specialist, author of several books, editor and founder of American Fitness Magazine, and Department Chair of Integrative Health Studies and Somatic Psychology at the California Institute of Integral Studies in San Francisco, where her focus is preparing graduate students as catalysts for positive change in health care, wellness and health promotion. She is also President of Global Medicine Enterprises, where her research on key trends in health and wellness are sought by Fortune 100 companies worldwide.

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