



Elements of Wellness at Montage

Spa Montage Laguna Beach recently launched its Elements of Wellness program featuring a customized blend of services. The first Elements of Wellness program was introduced late last year at Spa Montage Deer Valley in Park City, UT, and will expand to other Montage properties in the future.

“The programs were designed to be similar so that people could go to different Montage properties and experience Elements of Wellness,” says Michael Conte, spa director at Montage Laguna Beach. “Where we differ is in the activities. Up there [in Deer Valley] they have archery and ski opportunities. Here, we do a lot on the beach and nature hikes and trails.”

A spa concierge helps guests choose experiences from three categories: Energize, Reconnect and Indulge. The Energize program focuses on being active; Reconnect centers on inner well-being through activities such as guided meditation; and Indulge promotes relaxation and beautification with

stress-relieving treatments. Guests aren’t limited to a category: They can cross-choose experiences on the menu to round out their customized program. “The goal of our philosophy is that it should be an all-encompassing retreat,” Conte says.

One of the most popular treatments is the Elements of Wellness Facial, a unique therapy with techniques originating from traditional Chinese medicine. Areas of imbalance are determined through face mapping, foot reflexology and a light application of customized oils on the spine. Therapists learn to work with the body on a much deeper level by participating in the program at Advanced Spa Therapy Education Certification Council (ASTECC). Body constitutions—Ectomorphy, Mesomorphy and Endomorphy—are similar to Ayurvedic doshas and help therapists determine the guest’s individual blend of products from OSEA, Spa Technologies and Eminence. *montagehotels.com—Kristin Vukovic*

HILTON HEAD HEALTH NEWS

Hilton Head Health, on beautiful Hilton Head Island, SC, has just had some work done. “The original facility was remodeled, renovated and now includes museum-quality art, a new restaurant called True, and a new spa and salon called Indigo,” says CEO Michael Tompkins. Completed in March, there are plans to begin construction on a hotel later this year; the accommodations currently feature 55 condos. Hilton Head still holds to the original mission of helping guests lose weight and get healthy. “We change people’s lives through personal transformation and lifestyle,” says Tompkins. *hhh.com*

Spa Artisan: Cultural Ambassador at Fairmont Kea Lani in Maui



Bringing authentic Hawaiian culture into the spa is so important that the resort hired Jonelle Kamai, a native Hawaiian, as its Cultural Coach. Kamai was entrusted

with training all Willow Stream Spa employees in the culture of Hawai’i and how it relates to spa.

She created two signature spa treatments—the Welcome (Welina) Journey and the Natural Hawaiian Journey (Huaka’i Kupono Hawai’i)—and brought in Ala Lani, a locally sourced, organic product line. We

spoke with Kamai to learn about some of her Hawaiian beauty secrets.

OSM: Hawaii has an abundance of beautiful natural ingredients that grow everywhere! What is most commonly used for relaxation and beautification?

JK: At the resort, we grow ti leaf and ‘awa and will soon be planting a kukui tree. Warriors used to drink ‘awa in Ancient Hawai’i to calm them after a long day. Now, ‘awa is used to rub on limbs, aiding in the relaxation process. Ti leaf (ki) alleviates muscle pain, stiffness in joints, and bruises to the body. Ancient Hawaiians used to apply a large ti leaf (ki) to a stiff muscle

overnight. Rubbing rich Kukui nut oil on the skin helps with rehydration. Noni leaves and bark were used in Ancient Hawaii to treat muscle and joint pain.

OSM: Would you consider lomilomi a traditional Hawaiian spa treatment, and why?

JK: Lomilomi is very traditional. Lomi means to rub, smash, press or squeeze. We would suggest seeking out a therapist who is well versed in the art of lomilomi, as it is a very deep tissue type of massage. Also, ask about the act of transferring mana (energy) from one person to the next—this is very important in a traditional lomilomi.