

Big Island

BODY • MIND • SPIRIT



YOUR FREE GUIDE TO
SPAS
YOGA
MASSAGE
RETREATS
HEALTHY FOOD
CULTURAL GUIDES
ECO ADVENTURES
WELL BEING SERVICES
ON THE ISLAND OF HAWAII

Pele
Hawaiian Volcano Goddess



Poli'ahu
Hawaiian Snow Goddess

HAWAI'I ISLAND

~The Land of Fire and Ice~

Welcome to one of the world's most invigorating natural environments ~ where powerful volcanic energies, commanding mountains, mist-filled rainforests and pure ocean waters create a medley of magic. Where else can you watch a living volcano give birth to the newest land on earth? Or play on a tropical beach while gazing up at a snow-capped mountain in the distance?

An environment like this can deliver irresistible feelings of well-being. It's no wonder residents affectionately refer to their island as the "Healing Island." Here, traditional Hawaiian healing practices, east-west modalities and innovative wellness techniques are offered daily at the island's award-winning spas. Magnificent accommodations, spiritual retreats and health practitioners provide experiences that can last a lifetime. Fresh island-grown foods, solitude in nature, yoga on the beach and rejuvenating adventures are just some of the gifts the Healing Island has to offer.

Whether you seek a cleansing program, a quiet week of meditation, or simply a bit of pampering, may this guide be your treasure map to tranquility and may you journey well!

E Ola Mau, "Live Long"

The Hawaii Island Wellness Travel Association Welcomes You to the Big Hawai'i my beloved land. - Mary Kawena Pukui

Have you noticed how challenging it can be to really unplug now days? When someone is stuck in their head and can't relax, Hawaiians say they are "pa'a in the po'o." The antidote is to empty your self. Be still. Open your heart. Here in Hawai'i where the natural rhythms are calming and composed, you can come to a place of rest.

Hawai'i Island is larger than all of the other Hawaiian Islands combined, and then some. That's why it's called the "Big Island." Don't try to see the entire island in a short period of time. Driving distances can be upwards of several hours. Settle in and enjoy your surroundings. If possible, extend your vacation time. Give yourself enough down time for deep rest and integration.

Let your wellness vacation be the antithesis of the old familiar indigestion holiday, you know - "the shop 'til you drop, eat 'til you pop, tan 'til you sizzle, and drive all over the island to see every last inch of it" model. A popular bumper sticker here reads: "Slow Down, This Ain't the Mainland." Just a friendly reminder - speed is optional.

www.WellnessTravelHawaii.com

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The information contained herein is meant only to educate and inform.
It is not meant to provide individual medical advice, which should only be obtained
from qualified health practitioners.

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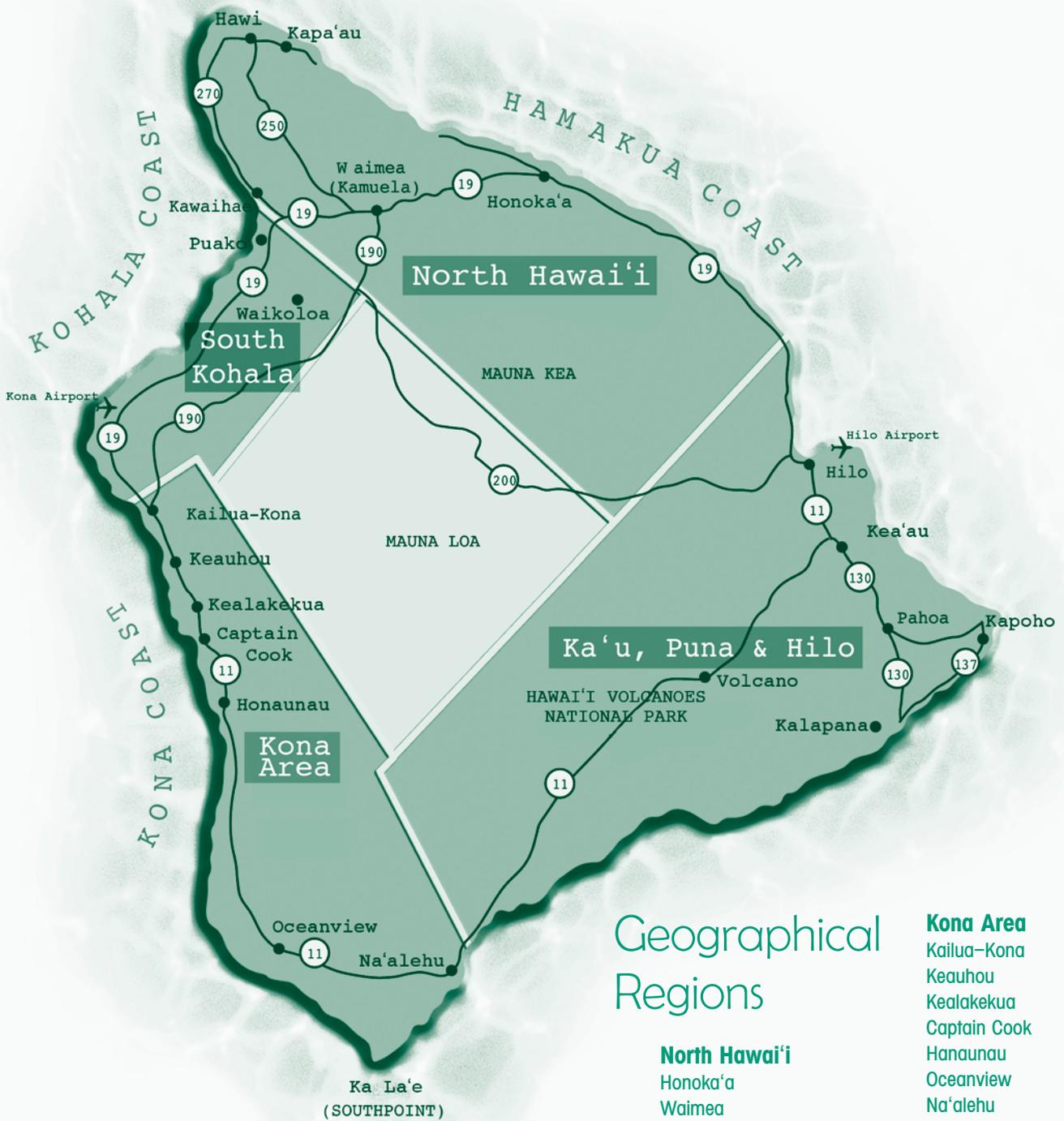


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HAWAI'I ISLAND

The Healing Island



Geographical Regions

North Hawai'i

- Honoka'a
- Waimea
- Hawi
- Kapa'au

South Kohala

- Kawaihae
- Puako
- Kohala Coast
- Waikoloa

Kona Area

- Kailua-Kona
- Keauhou
- Kealahakua
- Captain Cook
- Hanaunau
- Oceanview
- Na'alehu

Ka'u/Puna/Hilo

- Volcano
- Kalapana
- Kapoho
- Paho
- Kea'au
- Hilo

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Ho'oponopono is a spiritual practice that involves personal soul searching and clearing through the release of toxic feelings and forgiveness. Literally translated, it means to "make right." Thoughts and feelings are powerful enough to heal or hurt. Righting one's relationship to self, others, and to the creator is an essential step in the healing process.

La'au lapa'au is the practice of herbal medicine. Hawaiian herbalists are skilled at proper identification and preparation of native plants, seaweeds, oils and juices for use in treating various ailments.

Fasting and cleansing are often undertaken annually. A deep ocean seawater formula is ingested to purge the intestinal tract and detoxify the organs. It is used in combination with herbs, lomi opu, (abdominal massage) and hydrotherapy.



HAWAIIAN SACRED SITES

Protocol should be observed when visiting these sites. Please do not disturb, remove or stack rocks or leave non-biodegradable offerings.

Pu'uhonua O Honaunau ("City of Refuge"), South Kona. A place of healing and forgiveness to which defeated warriors, lawbreakers and war victims traveled for safety.

Ahu'ena Heiau, Kailua Bay. King Kamehameha's personal temple, dedicated to Lono, the god of harvest and fertility.

Pu'ukohola Heiau, Kawaihae. A war temple built in 1790 by King Kamehameha to unify the Hawaiian Islands. In 1991, a re-dedication ceremony united opposing families in good will and forgiveness.

Hawai'i Volcanoes National Park, Where the Volcano Goddess Pele dwells, symbolic of the birth and death cycles in life.

Mauna Kea Summit, Home to the Snow Goddess Poli'ahu, considered the piko, or navel of the island. Also hosts the world's great astronomy observatories.

Waipi'o Valley, Hamakua Coast. Known as the "Valley of the Kings"; a fertile land, once the bread basket of the island and home to many past rulers of Hawai'i.

TROPICAL TREATMENTS

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NONI

For hundreds of years the fruit of the noni tree (Indian Mulberry) has been considered a cure-all in Hawai'i. Indigenous to Polynesia, the plant found its way into pharmacological use in ancient Indian Ayurvedic medicine as well. Because of its many applications, noni has been called "Hawaiian Aspirin." High in the alkaloid proxeronine, it is traditionally used to treat everything from diabetes, arthritis and high blood pressure to facial blemishes, wounds and even skin cancers.

'AWA

'Awa (also known as Kava) is a popular social drink in the South Pacific. It is traditionally prepared in a large wooden bowl and served in coconut shell cups. 'Awa has a mild astringent taste and can have a numbing effect in the mouth and a sedating effect that may reduce anxiety in some people. 'Awa comes from the root of a pepper plant - Piper methysticum. Extracts of the root are used in supplements at health food stores and in teas. It is served and sold in Hawai'i at 'awa/kava bars. Drinking too much can cause intoxication and impair your ability to drive so go easy on the 'awa and it will go easy on you.

