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Maui!

Body • Mind • Spirit



• Maui •

The Magic Isle

Welcome to Maui! If you are come seeking solace and play, you are in good company. This is, after all, the favorite playground and resting spot of those grand and powerful sentinels of the sea – the humpback whales – who visit here each winter season.

On this enchanted island you are also in the presence of numerous talented and friendly wellness practitioners, who are poised to provide you with a complete approach to restoration on all levels: Body, Mind and Spirit.

Traditional Hawaiian healing practices, East-West modalities and innovative wellness techniques are offered daily at the island's award-winning spas. Magnificent accommodations and retreats welcome you. Fresh island-grown foods, solitude in nature, yoga on the beach, and rejuvenating adventures await.

May this guide be your treasure map to tranquility and may you journey well!

Above: detail of "Shadows of Forgotten Ancestors" by Thomas Christian Wolfe

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COCONUT

In Polynesia the coconut palm is hailed as the "Tree of Life". What other plant can provide such an abundant resource for food, shelter and tools while also offering so many health benefits?

This fruit of the tropics (technically classified as a seed) can be eaten in many forms - meat, milk, water and oil. Once proclaimed an "artery-clogger", coconut oil is proving otherwise. Rich in lauric acid and medium-chain fatty acids, these two ingredients fight against heart disease. By system, improve thyroid function, balance your blood sugar and control diabetes. Coconut has an alkalizing effect on the body and potent anti-bacterial, anti-fungal and anti-viral properties. It is also an anti-inflammatory and antioxidant. The oil is one of nature's best massage, body and suntan lotions.

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NATIVE WISDOM
Interact with local residents and learn from cultural guides.

WELLNESS TREATMENTS
Experience traditional Hawaiian, East-West practices and more.

ECOTOURISM
Combine exercise with immersion in nature.

HEALTH FOOD
Make healthy food choices that support locally grown, fresh, and organic foods.

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'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 supplements of health food stores and in teas. It is served and sold in Hawaii, of '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.

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Lomilomi is the art of massage and body manipulation. In its purest form it includes the use of pule (prayer). Lomilomi is offered at most island spas and through individual practitioners. Try it in combination with a pohaiku (hot stone) treatment for a deeply soothing experience.

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, lomilomi, (abdominal massage) and hydrotherapy.

Hawaii Carbon Offsets

Each flight between the U.S. west coast and Hawaii burns thousands of gallons of aviation fuel and creates carbon dioxide and other greenhouse gases. Per passenger this works out to the equivalent of one ton of carbon dioxide per flight.

For those who are concerned about Global Warming (and that should be everyone by now) there is a great way to have a CARBON NEUTRAL VACATION.

Hawaii Carbon Offsets originates from tree planters and alternative energy sources in Hawaii that take out the equivalent of carbon dioxide from the atmosphere or reduce pollution.

By buying these certificates, starting at \$10, you neutralize your vacation's pollution and make Maui even more beautiful and sustainable. Several of the projects also invite you to visit and take part in tree planting projects.

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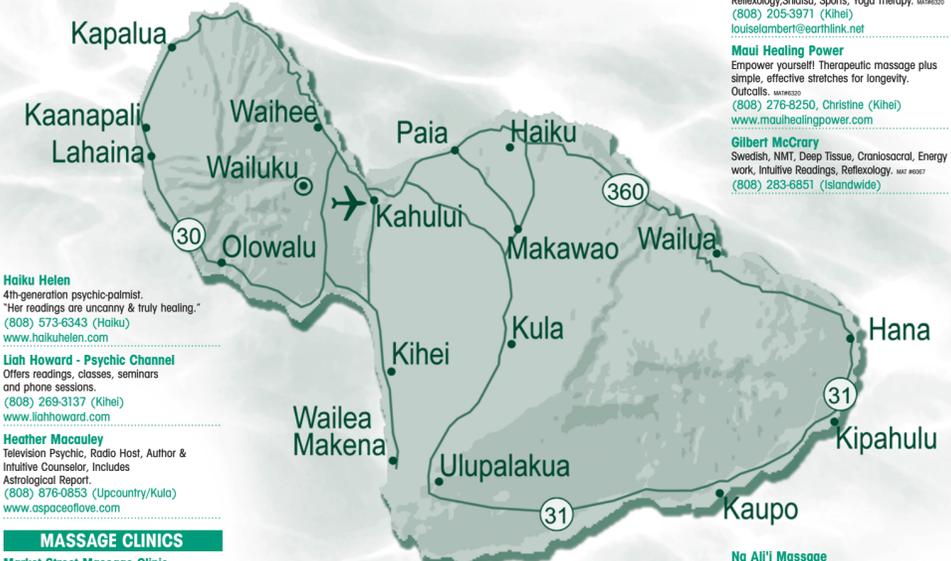
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