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Spa, Wellness And Romance In Maui



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Travel

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Maui combines the Aloha spirit with spa, wellness, and romance. GETTY

A trip to Maui means visiting gorgeous beaches, hiking in the amazing Haleakala National Park, getting pampered at luxury spas and staying at world-class resorts. Known as the Valley Isle, Maui is the second largest

island in the Hawaiian chain and it's known for its upscale luxury and famous aloha spirit.

Spa and Wellness

Maui has no shortage of amazing spas and wellness centers.



The Awili Spa is located right next to the adults pool. ANDAZ MAUI

Couples will enjoy a romantic couples massage at the [Andaz Maui at Wailea Resort](#) spa called Awili Spa. The 14,000 square foot full-service spa also has a private adults-only pool, apothecary blend bar, retail and fitness facility. There are three outdoor infinity pools at the property. Be sure to dine at one of the two acclaimed restaurants Ka'ana Kitchen and Morimoto Maui.





The Ritz-Carlton, Kapalua has a luxury spa and wellness center. THE RITZ-CARLTON, KAPALUA

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[The Ritz-Carlton Spa, Kapalua](#) offers a range of Hawaiian-based spa treatments, including authentic lomilomi massage and Hawaiian healing treatments based on relaxation and rejuvenation. Many of the spa treatments incorporate natural ingredients in the spa products such as pineapple, papaya, kukui oil, coconut, pumpkin and blueberry.

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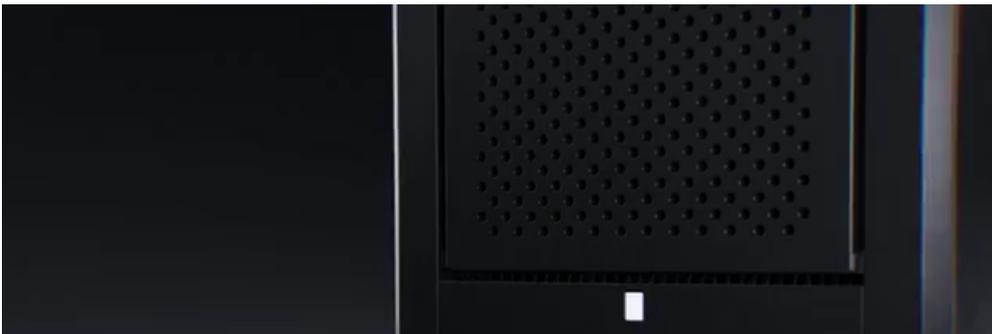
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The spa at the Grand Wailea has an extensive treatment menu. GRAND WAILEA, A WALDORF ASTORIA RESORT

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The Grand Wailea, A Waldorf Astoria Resort features a new spa concept called Mōhalu by Spa Grande. There are 19 treatment suites all with views of the garden or ocean. Services include their signature Pala'au Journey, a traditional Hawaiian-style massage, and the Honey Macadamia Nut Indulgence, a full body treatment that includes a bee propolis mask to soften the skin followed by a luxurious whipped honey and macadamia nut oil massage. Hawaiian lomilomi is also a fan favorite.

Activities in Maui



A helicopter tour is one of the best ways to really get a feel for the island of Maui. BLUE HAWAIIAN

Two ideal activities in Maui are hiking in Haleakalā National Park (exploring by foot) and taking a helicopter tour (and exploring the island by air). Blue Hawaiian offers tours that fly over some of the most beautiful landscapes and attractions including the Road to Hāna and Haleakalā National Park. In fact, the views over the moon-like crater of Mt. Haleakalā are some of the beautiful to be had. It's the world's largest dormant volcano. The tour also flies over the Hāna Rainforest Preserve and the Road to Hāna as well as the famous Pīpīwai Trails & Waimoku Falls, where bamboo trees line the forest and dozens of waterfalls cascade into the tiered pools below.



The caldera at the top of Haleakala National Park - the starting point of Sliding Sands Trail GETTY

On the ground, be sure to allow time to go hiking in Haleakalā National Park. The park has over 30 miles of hiking trails, that range from just 10 minutes to multi-day overnight trips. The landscape is also very diverse here—you can go hiking in the native shrubland, looking for native forest birds and endemic plants, or in the aeolian cinder desert, exploring the geologic history of the volcano. Hiking here is really beautiful, just make sure you

allow for plenty of time, especially if you start off going downhill. In fact, the general rule is to allow twice as much time going up as down. So if you're going down for 30 minutes, factor in 60 minutes to go back up, which is 90 minutes in total. It's well worth it, but you should prepare by drinking (and carrying) plenty of water.

Check out my [website](#).



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