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**SPORTS MASSAGE MENU UNVEILED AT
HAWANAWANA SPA, FOUR SEASONS RESORT LANAI**



LANAI, HAWAI'I, Oct. 4, 2017 – After a round, most golfers repair to the nearest watering hole for a cold drink. But at Four Seasons Resort Lanai, the best place to relive—or remove—the memories may just be the Hawanawana Spa, which recently introduced a new choice of sports-tailored massages.

Sports massage targets and relieves the most repetitive patterns of stress and strain in well-played bodies and helps to prevent injury, prepare the body for peak performance and speed recovery.

Shaw Cote, Spa Director at Hawanawana Spa explains, “Our therapists were given intensive, specialized training in a variety of sports massage modalities that are known to enhance recovery and deliver effective relief. We particularly focus on easing inflammation, improving blood flow and reducing muscle tightness, so our guests can complement their enjoyment taking advantage of our diverse activities with nurturing care to enhance their stay.”

For golfers, the “Back in the Swing” Sport Massage focuses on those areas the game stresses most, including the feet, legs, hips, back, torso, shoulders, and hands. It’s the perfect tonic either before or after a round on the [Jack Nicklaus Signature Manele Course](#), which affords glorious ocean views from every hole and a choice of five tees to suit players of every skill level.

There’s a choice of other sports-specific massages designed to maximize an active lifestyle or to elevate play on any of the resort’s outstanding courses, courts, and trails.

- **Lanakila Sports Massage** is an ideal, customizable massage for staying active. It is a treatment for all-over muscle relief, blending active and passive stretching with massage. Whether snorkeling or diving in the ocean, mountain biking on red dirt roads, hiking to panoramic vistas of neighbor islands or simply partaking in an array of activities on the island, the Lanakila (meaning "victory" in Hawaiian) Sports Massage will provide overall relief for joints and muscles while therapists can target specific areas identified by guests.
- **Bounce-Back Sports Massage** provides recovery for tennis players by focusing on muscles and joints impacted while playing on the courts. Key areas of the body include feet, legs, hips, back, arms and shoulders. The Resort's Tennis Garden features two outdoor Plexipave cushion courts and one Har-Tru green clay court and an array of clinics and programs for guests.
- **Back-in-the-Saddle Sports Massage** is perfect for post-horseback rides. Many new or occasional riders often encounter soreness in their thighs, hips and along the back and spine, especially after loping or cantering. The Ranch at Koele is the jumping off point to explore wooded valleys and trails of an extraordinary upland terrain, home to axis deer, mouflon sheep and turkey. As groups have a maximum of four riders, guests can enjoy more challenging rides based on their abilities for a unique and rewarding excursion.

All Sports Series Massages are available in the following increments: 60 minutes for \$225; 75 minutes for \$280; and 90 minutes for \$335 (U.S. dollars). Treatments include the use of Yoga Balm, a pharmaceutical balm that made from essential, organic oils to reduce joint and muscle inflammation, improve blood flow and elevate mood.

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About Hawanawana Spa

Hawanawana Spa, whose Hawaiian name translates to whispering ocean, is inspired by the blue waves just outside its door. The Spa offers eight treatment rooms including four new couples' suites featuring rain showers, intimate living and dining areas and side-by-side deluxe spa treatment beds as well as reception, retail and waiting areas. The experience begins nestled in a soothing aen-inspired space in which to savor a choice of hydrating refreshments, teas and nutritional small bites before stepping into a private room or couple's suite. Inspired therapists will then present options to further personalize treatments. The salon offers manicures and pedicures and a selection of hair, bridal and makeup services while instructors offer a variety of complimentary indoor and outdoor wellness and fitness classes to enhance a visit.

About Four Seasons Resort Lanai

Situated on Lanai's southern coast, the AAA Five Diamond Four Seasons Resort Lanai offers a gateway to an unspoiled, exotic paradise. Guests can explore the 90,000-acre (36,000 hectares) island with a range of land, ocean and air activities, many managed by Four Seasons, such as horseback riding, snorkel sails, clay shooting, tennis, golf and much more.

For more information, or to make a reservation, please contact Four Seasons at 1-800-321-4666, visit your travel professional, fourseasons.com/lanai or join our online communities at Facebook [@FourSeasonsResortsLanai](https://www.facebook.com/FourSeasonsResortsLanai), Twitter/Instagram [@fslanai](https://www.instagram.com/fslanai). Learn more about the destination at www.fourseasons.com/discoverlanai.

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