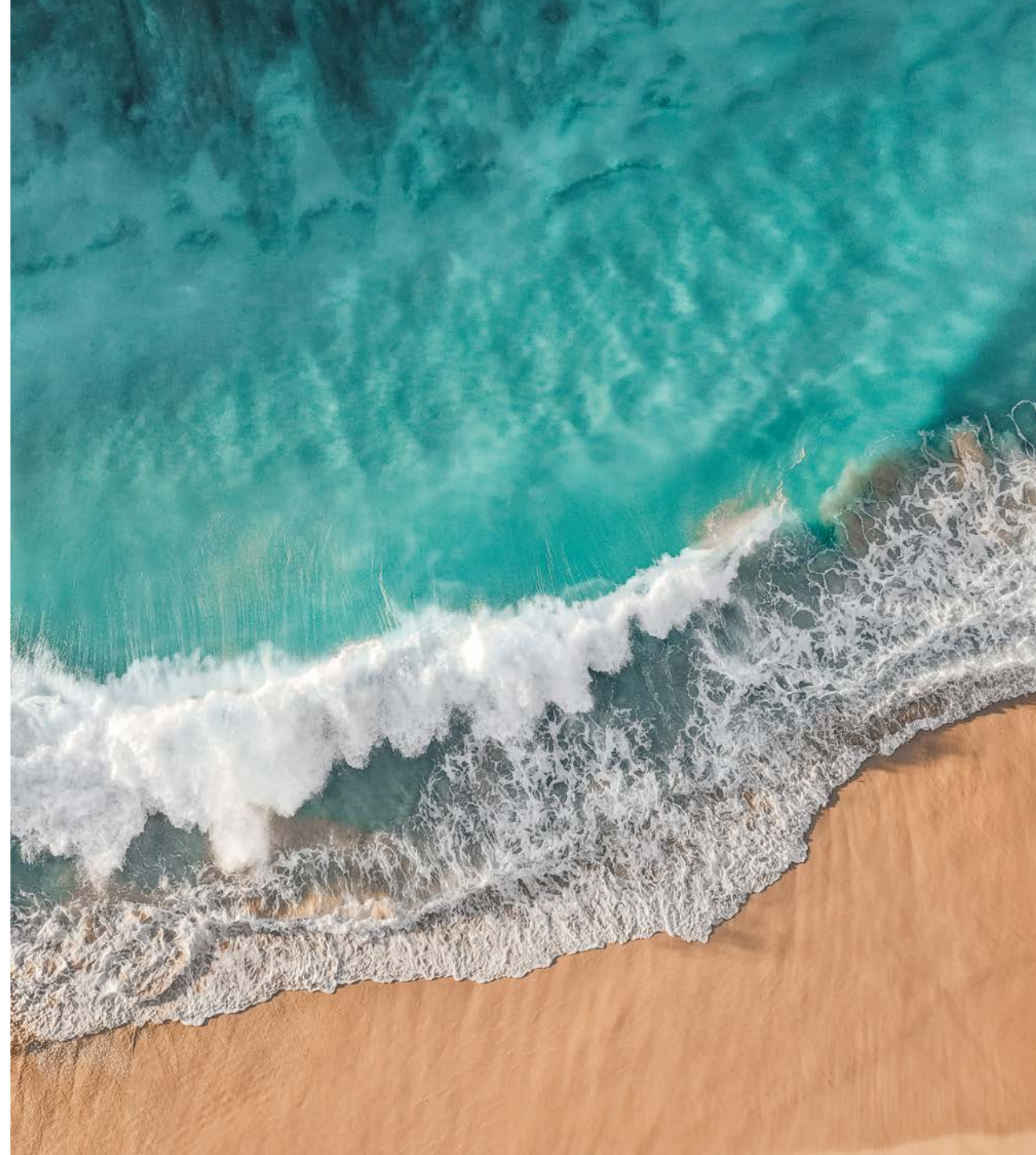


Hawaii

WELLNESS
RETREAT

Welcome Guide

2024 PROPERTY GUIDEBOOK

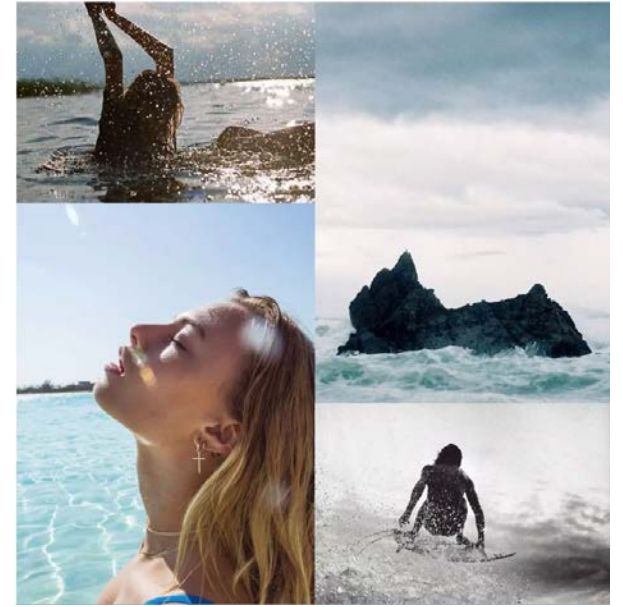
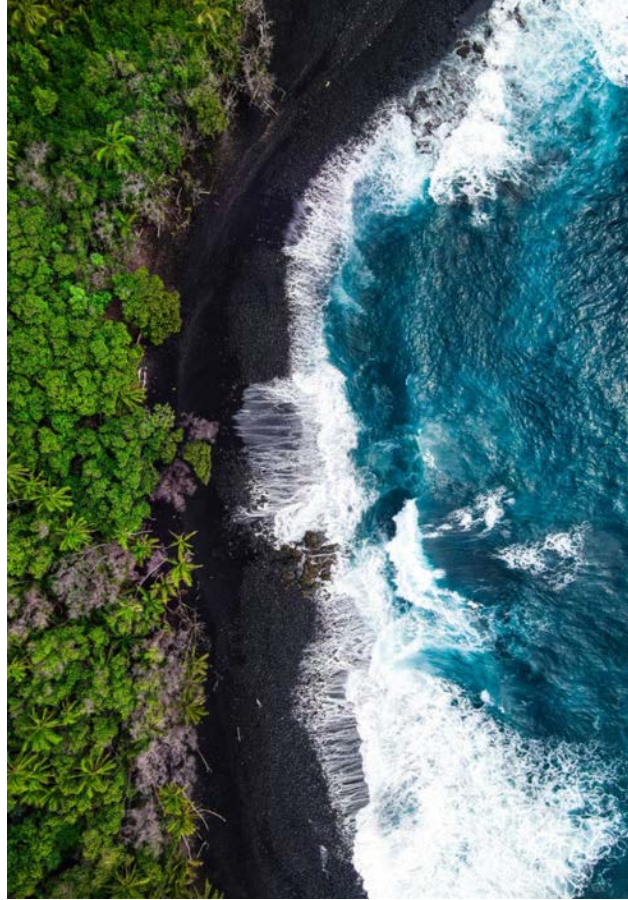


Our Story



DISCOVER WELLNESS & EXOTIC

THROUGHOUT THE YEAR, WE HOST PERSONAL WELLNESS RETREATS, AS WELL AS PERSONAL VACATIONS FOR GUESTS, AND GUIDED DETOX, WEIGHT LOSS, AND NATURAL HEALTH REJUVENATION RETREATS & SERVICES . EXPLORE OUR DIVERSE EXOTIC FOODS GROWN ON-SITE. INTERESTED IN OUR WELLNESS SERVICES? JUST ASK! ENJOY FRESH SMOOTHIES, COCONUTS, OR JUICES. A CURATED FOOD MENU IS ALSO AVAILABLE, ABOVE ALL ELSE ENJOY THE BEAUTY OF THE LAND AND THE ALOHA SPIRIT OF HAWAII

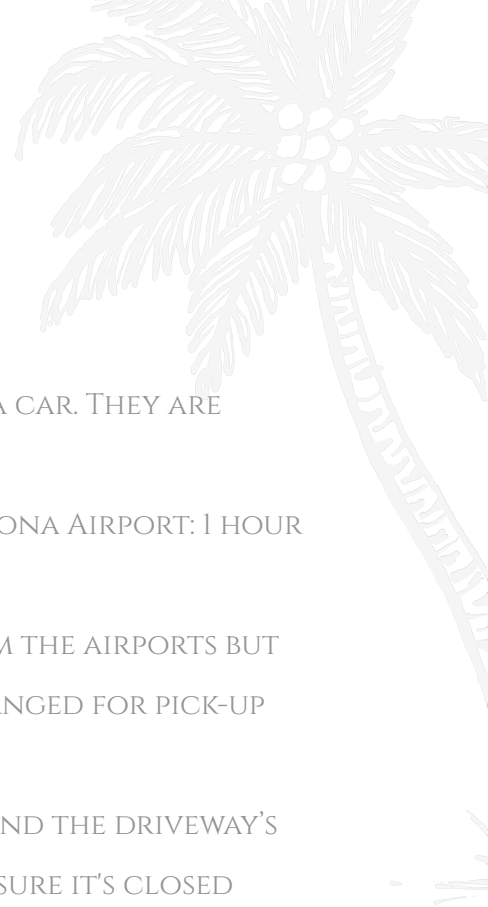


HAWAII WELLNESS RETREAT





Travel & Tips



CAR RENTAL | FOR A SEAMLESS TRIP, CONSIDER RENTING A CAR. THEY ARE READILY AVAILABLE AT LOCAL AIRPORTS.

DISTANCE FROM AIRPORTS | HILO AIRPORT: 26 MINUTES KONA AIRPORT: 1 HOUR 45 MINUTES

ALTERNATIVE TRANSPORT | LYFT AND UBER OPERATE FROM THE AIRPORTS BUT DON'T PICK UP FROM OUR PROPERTY. A TAXI CAN BE ARRANGED FOR PICK-UP WITH ADVANCE NOTICE.

PROPERTY ACCESS | GATES ARE TYPICALLY OPEN. IF YOU FIND THE DRIVEWAY'S FIRST OR SECOND GATE CLOSED, KINDLY OPEN IT AND ENSURE IT'S CLOSED BEHIND YOU. WE DO NOT HAVE A LOCK CODE THEY ARE MANUAL ENTRY

FOOD & LOCAL AMENITIES | BEFORE ARRIVING, YOU MIGHT WANT TO SHOP FOR GROCERIES. HILO TOWN, NEARBY, OFFERS VARIOUS RESTAURANTS, SHOPS, AND ACTIVITIES.

GROCERY OPTIONS | I LIKE THE LOCAL HEALTH FOOD STORES ABUNDANT LIFE, MOTHER NATURE'S MIRACLE FARM, & SATURDAY WAIMEA FARMERS MARKET.

FITNESS & RELAXATION | UFC GYM, HOT YOGA HILO.

DIRECTIONS |

Hawaii Wellness Retreat
31-247 Awapuhi St
Hakalau, Hi 96710

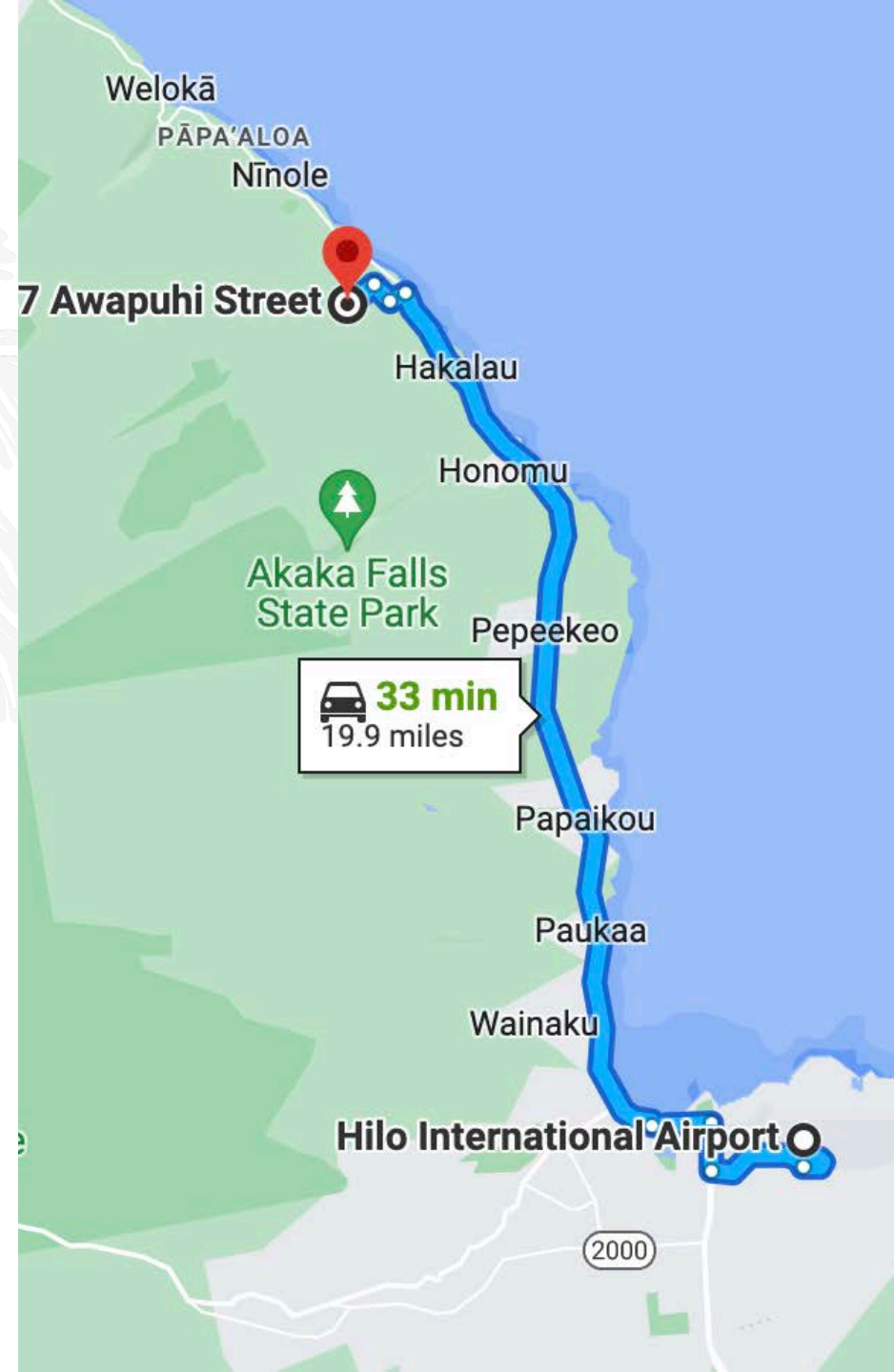
FROM HILO INTERNATIONAL (ITO)

DRIVING DIRECTIONS WITH SCENIC VIEWS:

- 1 | FROM THE HIGHWAY, DRIVE FOR APPROXIMATELY 25 MINUTES.
- 2 | TURN LEFT AT LEOPOLINO. LOOK OUT FOR A PROMINENT SIGN INDICATING THE ZIP LINE AND BOTANICAL GARDENS.
- 3 | FOLLOW TO THE END, THEN TAKE A RIGHT ONTO OLD MAMALAHOA HIGHWAY.
- 4 | WITHIN A FEW MINUTES, YOU'LL SEE A LARGE GATE BY THE RIVER'S END, MARKED "AWAPUHI RD". THIS GATE WILL BE UNLOCKED. CLOSE BEHIND YOU IF THE GATE IS CLOSED JUST MANUALLY OPEN THE GATE. THE HOUSE IS AT THE TOP OF THE DRIVEWAY, PARK TO THE LEFT OF THE BUILDING, TO ENTER YOUR SPACE JUST WALK THROUGH THE OUTDOOR GYM AND UP THE STAIRS TO YOUR RIGHT. THE DOOR CODE IS #3566

NOTE: THIS ROUTE OFFERS BREATHTAKING VIEWS. IF YOU OPT FOR A DETOUR FROM THE GIVEN DIRECTIONS BY TAKING A RIGHT ONTO OLD MAMALAHOA HIGHWAY BEFORE YOUR GPS SUGGESTS, YOU'LL BE TREATED TO THE LAST STRETCH OF THE RAINFOREST. EXTEND YOUR DRIVE JUST 5 MINUTES PAST OUR DRIVEWAY TO DISCOVER 3-4 MAGNIFICENT WATERFALLS. PLEASE TEXT YOUR VEHICLE DETAILS BEFORE ARRIVAL.

HAWAII WELLNESS RETREAT





Check In/Out

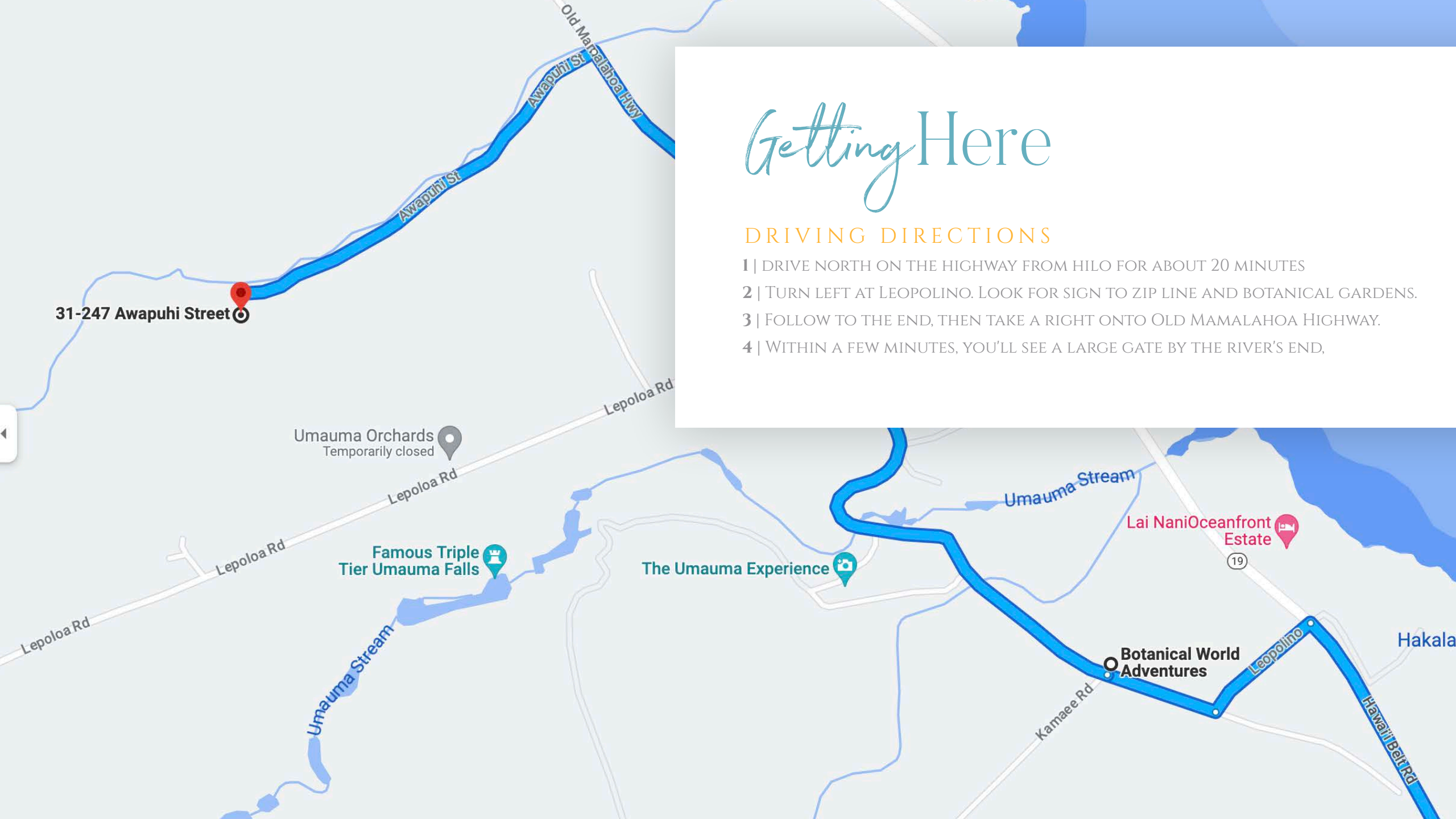
STAY GUIDELINES & DETAILS

- **CHECK-IN** | 3:00 PM
 - **CHECK-OUT** | 10:00 AM
 - **AMENITIES & USAGE:** OUTDOOR TOWELS ARE ORANGE; WHITE TOWELS FOR INDOOR USE ARE PROVIDED IN THE BATHROOM.
 - A PRIVATE SAFE IS IN THE CLOSET. KINDLY LEAVE ITS KEY UPON DEPARTURE.
 - **ENJOY THE PREMISES:** FEEL FREE TO EXPLORE AND ENJOY EVERY INCH OF OUR PROPERTY. WHETHER IT'S SUNBATHING, PLAYING SPORTS, PICKING FRESH FRUITS, OR TAKING A REFRESHING DIP IN THE WATERFALL MAKE YOURSELF AT HOME!
 - **DEPARTURE REQUESTS:** KINDLY MAINTAIN THE HOME'S CONDITION UPON DEPARTURE.
 - **WASH ANY DISHES YOU'VE USED.**
 - ENSURE ALL PERSONAL BELONGINGS ARE TAKEN WITH YOU.
 - LEAVE USED TOWELS IN A PILE ON THE FLOOR AND DISPOSE OF TRASH IN THE BIN. PLACE ALL TRASH IN THE TRASH CAN
- 

Getting Here

DRIVING DIRECTIONS

- 1 | DRIVE NORTH ON THE HIGHWAY FROM HILO FOR ABOUT 20 MINUTES
- 2 | TURN LEFT AT LEOPOLINO. LOOK FOR SIGN TO ZIP LINE AND BOTANICAL GARDENS.
- 3 | FOLLOW TO THE END, THEN TAKE A RIGHT ONTO OLD MAMALAHOA HIGHWAY.
- 4 | WITHIN A FEW MINUTES, YOU'LL SEE A LARGE GATE BY THE RIVER'S END,



House Rules

STAY GUIDELINES

- ONLY REGISTERED GUESTS ALLOWED.
- NO ILLEGAL ACTIVITIES
- SMOKING PROHIBITED INDOORS USE OUTDOORS FOR SMOKING.
- QUIET HOURS: 10:00 PM - 7:30 AM.

- PARK IN THE DRIVEWAY.
- CHECK-OUT BY 10:00 AM UNLESS OTHERWISE APPROVED.



Property Guide

FOR A JOYFUL STAY

EXPERIENCE THE MAGIC OF NATURE:

WE SUGGEST TAKING A STROLL DURING SUNRISE AND SUNSET TO FULLY APPRECIATE THE BEAUTY. REVEL IN THE BREATHTAKING SUNRISE, OFFERING PANORAMIC OCEAN VIEWS AND A FULL VIEW OF MAUNA KEA MOUNTAIN.

NIGHTTIME WONDERS:

WITNESS THE MESMERIZING MOONRISE AND STARS AGAINST ONE OF THE WORLD'S CLEAREST NIGHT SKYLINES, ALL SET OVER THE VAST SEA.

BEACH RECOMMENDATIONS:

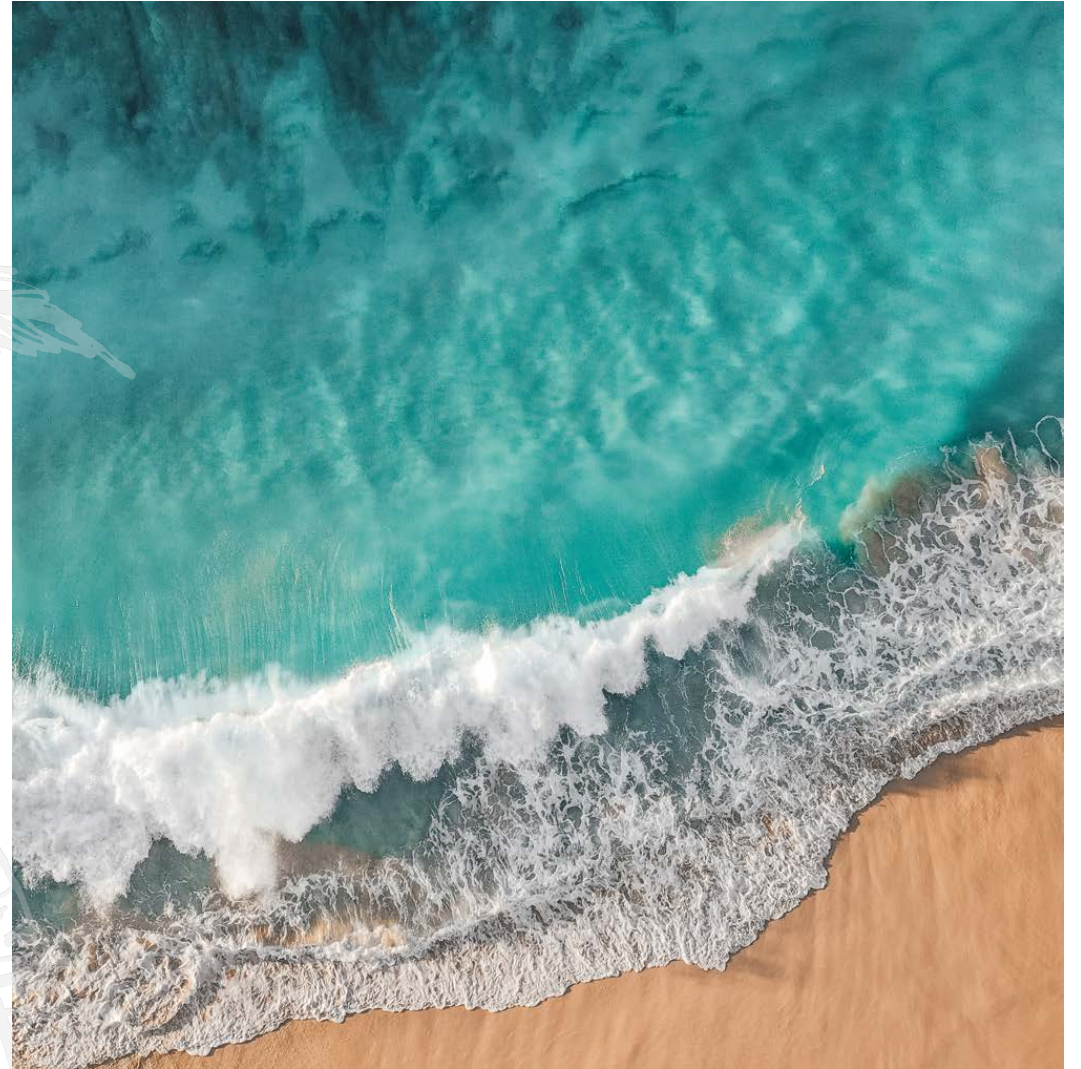
FOR A LUXURIOUS BEACH DAY, HEAD TO THE MAUNA KEA RESORT. JUST AN HOUR AND 15-MINUTE DRIVE WILL TAKE YOU TO PRISTINE BEACHES ACCOMPANIED BY EXQUISITE DINING. BONUS: MAUNA KEA OFFERS COMPLIMENTARY PARKING PASSES FOR THE DAY!

NATURAL ATTRACTIONS:

EXPLORE OUR WATERFALLS & SWIMMING LAGOONS. PLEASE BRING WATER SHOES FOR THE BEST EXPLORATION EXPERIENCE.

NOTE:

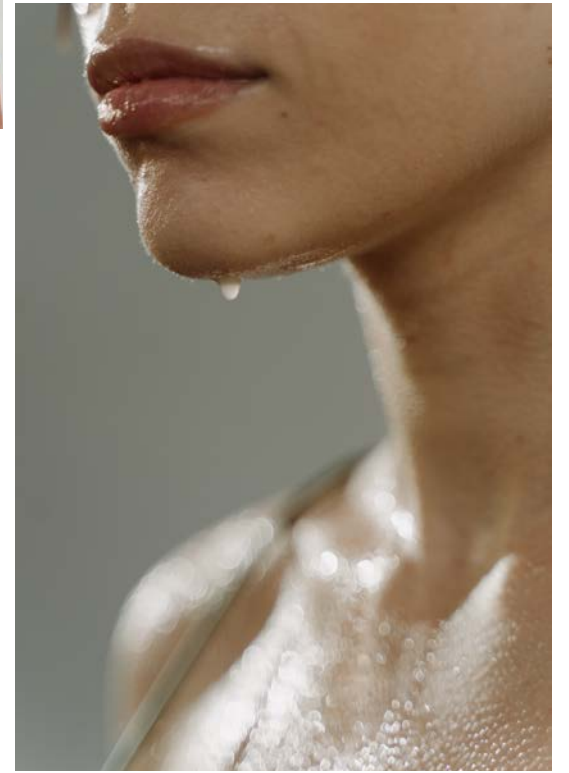
ALWAYS REMEMBER TO CLOSE GATES BEHIND YOU.



Steam Room

USING THE STEAM ROOM

PRESS THE WALL BUTTON TO ACTIVATE. MIND THE HOT STEAM TO AVOID BURNS. ONCE FINISHED, TURN OFF BY HOLDING THE BUTTON DOWN FOR 3 SECONDS AND LEAVE THE DOOR OPEN. THE STEAM ROOM IS EQUIPPED WITH A SOWER MIND THE HOT WATER IT GETS VERY HOT THE SHOWER IS GREAT TO COOL OFF WITH, WE ENJOY CYCLES OF HOT BATH, COLD PLUNGE & STEAM, SAUNA.





Jacuzzi EPSON SALT SOAK

REST AND RECOVER IN REMOTE BLISS

IMMERSE IN THE THERAPEUTIC ALLURE OF OUR EPSOM SALT TUB. MORE THAN A BATH, IT'S A HARMONIOUS JOURNEY FOR BOTH BODY AND SOUL. RICH IN MAGNESIUM, EPSOM SALT ALLEVIATES MUSCLE TENSION AND DETOXIFIES, ALL WHILE YOU'RE ENVELOPED BY HAWAII'S SERENE NATURE. WE SUGGEST STARTING YOUR MORNINGS WITH A HOT SOAK AND A REFRESHING GLASS OF LEMON WATER. STAYING HYDRATED IN HAWAII IS CRUCIAL. WHETHER YOU'RE KICKSTARTING YOUR DAY WITH COFFEE, TEA, OR THAT INVIGORATING LEMON WATER, OR PREPARING FOR A NIGHT OF RESTFUL SLEEP, OUR TUB IS YOUR ULTIMATE SANCTUARY



Dry Sauna

FINISHED DRY SAUNA

PRESS THE POWER BUTTON ON THE WALL FOLLOWED BY "START." USE BOTH CONTROLLERS SIMULTANEOUSLY FOR OPTIMAL HEAT. THE SAUNA HAS A INTERIOR LIGHT YOU CAN PRE HEAT THE DRY SAUNA FOR 30 MINUTES TO HEAT UP.

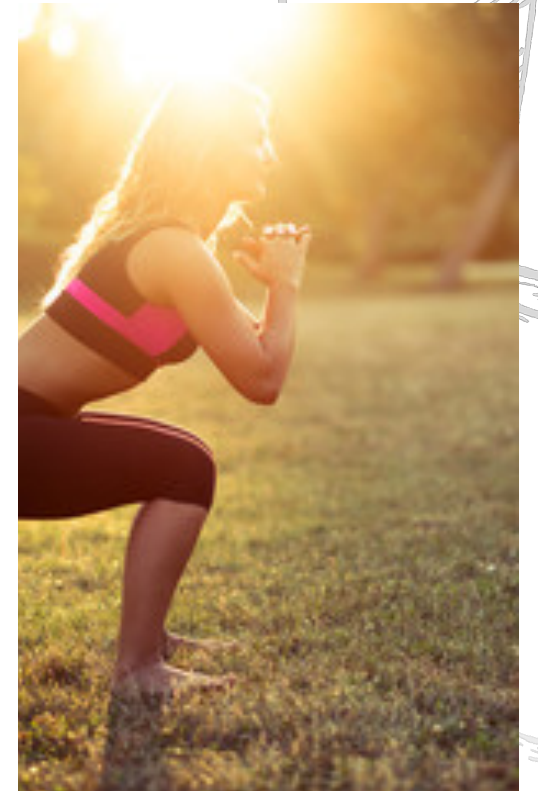
WE ALSO OFFER NEW PERSONAL PORTABLE FAR INFRARED SAUNAS RENTAL A \$99 UP-CHARGE.
WWW.RYNOSAUNA.COM EXPERIENCE NEXT GENERATION HEALTH BENEFITS WITH NO PRE HEAT REQUIRED



Fitness Center AMENATIES

OUTDOOR AMENITIES

INDULGE IN MUSIC, SUNBATHE, OR ENGAGE IN ACTIVITIES LIKE YOGA. MORNING RUN, EARLY SAUNA AND ICE BATH DIP, YOU WILL FIND FRESH TOWELS FOR SPA AND GYM ACTIVITIES AWAIT YOU IN THE SIDE CABINET OUTSIDE THE STEAM ROOM PLACE USED TOWEL IN YOUR HAMPER. YOU CAN ENJOY A FREE WEIGHT WORK OUT, SPRINTING IN THE OPEN GRASS FIELDS AND END WITH SOME HYDROTHERAPY ACTIVITIES, LIKE A SAUNA, STEAM, HOT TUB AND ICE BATH.



Cold Plunge

ICE BATH THERAPY



DIVE INTO OUR ON-SITE COLD PLUNGE AND UNLOCK A WORLD OF REJUVENATION! EXPERIENCE ACCELERATED HEALING, STRENGTHENED IMMUNITY, AND A SHARPENED MIND WITH THE TRANSFORMATIVE BENEFITS OF ICE BATHS.

BEFORE YOU TAKE THE PLUNGE, ENSURE YOU RINSE OFF IN THE OUTDOOR STEAM SHOWER, PARTICULARLY WHEN ALTERNATING BETWEEN THE HOT SAUNA AND ICE BATH. REFRESH WITH A RINSE BETWEEN EACH TRANSITION FOR THE BEST EXPERIENCE. WHEN ENTERING AND EXITING, GENTLY LOWER YOURSELF TO PRESERVE THE STRUCTURAL INTEGRITY OF THE BATH'S FLOOR. YOUR MINDFUL APPROACH ENSURES IT REMAINS IN PRIME CONDITION FOR ALL TO ENJOY.

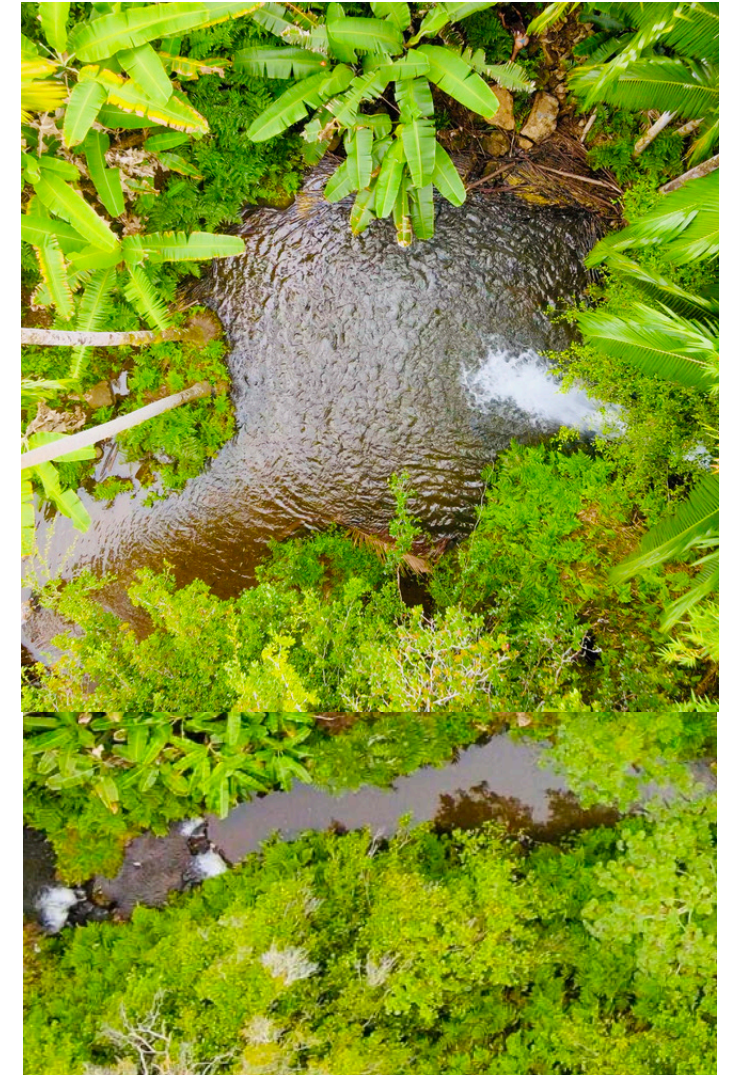


Private Waterfall



HEALING WATERS

NESTLED WITHIN OUR PROPERTY IS A CASCADE OF NATURE'S BEAUTY – OUR VERY OWN WATERFALL. THIS TRANQUIL OASIS, WITH ITS GENTLE WATERS AND HARMONIOUS MELODIES, PAINTS A PICTURESQUE SCENE REMINISCENT OF OLD HAWAIIAN TALES. REFRESH UNDER OUR CAPTIVATING WATERFALL — AND FOR SAFETY, ALWAYS WEAR WATER SHOES. FOR THE BEST EXPERIENCE, ENJOY THE SWIMMING LAGOON IN THE FULLNESS OF THE DAY'S SUN. AS YOU EXPLORE, KINDLY ENSURE GATES ARE SECURELY CLOSED BEHIND YOU.





Sunrise mornings

Morning walking trail

WE SUGGEST ENJOYING THE
BREATHTAKING PANORAMIC
SUNRISE THE EXPANSE SKY LINE
LEADS TO ONE OF THE MOST
EXTRAORDINARY SUN RISES ON THE
ISLAND

Morning sunrise View



Running Trail

1 / 2 MILE

EXPLORE OUR 36 ACRE PROPERTY ON A PRIVATE RUNNING TRAIL WITH SCENIC VIEWS OF THE OCEAN AND MAUNA KEA. THE RUNNING TRAIL STARTS ON THE EAST CORNER OF THE FRONT YARD

Sunset Jog photo

Summer sunset jog

2021

Peleau Stream

WATERFALL

RIVER PATH

TRAIL TO WATERFALL

DRIVEWAY

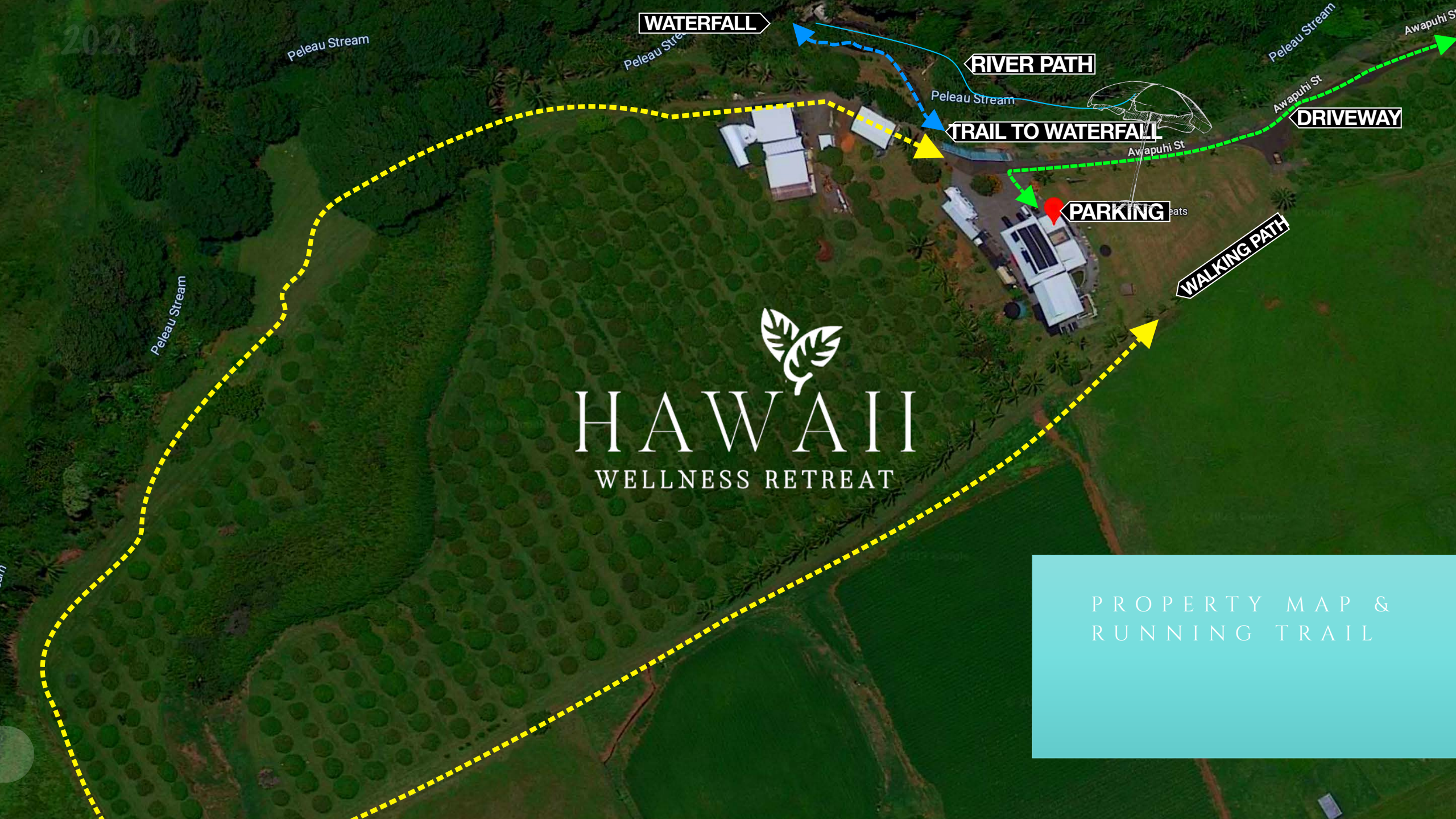
PARKING

WALKING PATH



HAWAII
WELLNESS RETREAT

PROPERTY MAP &
RUNNING TRAIL



Event Coordinator

CONCIERGE COORDINATOR

OUR EVENT COORDINATOR OFFERS LUXURY ADD ON SERVICES AT REQUEST:

- INDULGE IN PROFESSIONAL MESSAGES & SPA SERVICES.
- EXPERIENCE CULINARY DELIGHTS /PERSONAL CHEFS.
- DISCOVER THE ISLAND WITH AUTHENTIC HAWAIIAN TOUR GUIDES ENGAGE IN EXCITING HAWAII ACTIVITIES
- DINE AT THE BEST LOCAL SPOT, BOOK ACTIVITIES
- PLAN A SPECIAL CELEBRATION PARTY OR EVENT
- BOOK A CANDLE LIT HOT TUB EVENING-SOAK WITH CANDLES, FRESH FRUIT, AND REFRESHMENTS AS YOU WATCH THE SUNSET OR ENJOY THE PERFECT STARS THE WARM WATERS PROMISE RELAXATION AND REJUVENATION. A GREAT COMBO WITH AN EVENING DINNER OR A SUNSET MASSAGE MORNING OR NIGHT.



HAWAII WELLNESS RETREAT



Hawaii
Wellness Retreat

A stylized palm tree logo with a crown of fronds and a trunk, positioned to the right of the text.

Emergency Contact

HILO MEDICAL CENTER
URGENT CARE
POISON CONTROL WIMEA
MEDICAL CENTR
POLICE

POLICE DEPARTMENT COUNTY OF
HAWAII ADDRESS: 349 KAPIOLANI ST,
HILO, HI 96720
PHONE: (808) 935-3311

Hilo Medical Center Address: 1190 Waiuanue Ave, Hilo, HI 96720 Hours: Open 24 hours | (808) 932-3000

Hilo Urgent Care Address: 670 Kekuanaoa St, Hilo, HI 96720 808-969-3051

POISON CONTROL Call (800) 222-1222 Available 24 hours everyday

