

ESCAPES

House of Joy

Before arriving in Princeville, Kauai, we took a detour to the base of Anahola Mountain, where we understood why the Dalai Lama visited after he learned about the ancient legend claiming it is the place where souls first enter our earth. Just a few miles further, we encountered the equally inspiring beauty of Bali Hai, the mountain immortalized in the movie *South Pacific*. Built right into the cliffs above Hanalei Bay is the St. Regis Resort and Halele'a ("House of Joy") Spa.

The location, near the spot where the Hanalei River flows into the ocean, provides the theme for flowing water throughout the property. Indeed, upon entering the Spa relaxation area, guests are welcomed with wall-to-wall waterfalls and the peaceful sound of falling water—reminiscent of the Na Molokama waterfall that can be seen across the bay.

The Spa offers a dozen luxurious treatment rooms with cus-

tom-carved native Hawaiian woods, natural fibers and Murano glass chandeliers that reflect the colors of the earth, sea and sky. The Halele'a Spa, as well as the entire resort, creates a sense of peace and place in step with the island's transcendent beauty.

We experienced the Couple's Maile Renewal Ritual, a Kaua'i sugar body polish infused with organic virgin coconut oil and cocoa butter, a maile soak and lomi lomi massage—inspired by the traditional Polynesian technique. The stage was set by a prayer recited over us by our caring spa therapists. We also enjoyed the signature Kauai Taro Clay Wrap, with taro that is farmed in nearby Hanalei.

If you seek health, happiness and healing, head to this island, legendary for its unspoiled natural beauty, ancient wisdom and gentle embrace. stregisprinceville.com

—Edward A. Taub, M.D.

