



SPAS

EXCLUSIVE ISLAND SPA THERAPY

Mother-daughter team draws on native flowers, plants to devise treatments

By Jeanne Cooper

At first glance, a Waikiki luxury high-rise may seem like the last place you'd find the co-founder of Hawaiian Rainforest Naturals, a mother-and-daughter company that creates floral extracts and body care products in the remote, lush Puna District on the Big Island.

But this particular skyscraper is home to the newest spa in the islands, the Ritz-Carlton Spa, as well as the multimillion-dollar villas of Ritz-Carlton Residences, Waikiki Beach. And for Melia Goodenow, who with mom Joy Johnson has designed site-specific treatments for a number of Hawaii's top spas over the years, inspiration comes not from the 38 stories of marble and glass but from their view of the green, misty mountains framing Manoa Valley.

Before creating treatments for the spa, Goodenow says, she followed Hawaiian protocol in asking permission of the land beneath it, the larger

district known as an *abupuaa* and Oahu itself. Accompanied by general manager Douglas Chang in the hotel garden, which faces Manoa, "I did a Hawaiian chant first greeting the area and then asking permission, and I gave my *bookupu*, a gift, of the different plants we were hoping to use," Goodenow recalls. "Right at the end of the chant, a big wind came down right from Manoa and the mist misted us. Mr. Chang looked at me and said, 'It was granted.'"

Goodenow and her mother, who studied Hawaiian herbal medicine and spirituality with the late Mornnah Simeona, then devised several exclusive treatments for the spa, which opened last month.

The revitalizing Manoa Mist (80 minutes, \$215) includes lomilomi massage and an exfoliating body scrub that blends turmeric, which grows wild in upland Manoa, with organic sugarcane, wild lehua honey, hibiscus and lehua flower essence; it finishes with a misting of lehua, wild azalea and



Ritz-Carlton Residences, Waikiki Beach photos

The new Ritz-Carlton Spa, above, which overlooks Waikiki Beach, offers treatments, top, that use ingredients such as organic sugarcane, ti leaves and flower essences created by Hawaiian Rainforest Naturals.

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Melia Goodenow, co-founder, Hawaiian Rainforest Naturals

wild bamboo orchid essences. The cleansing Huki Huki (105 minutes, \$265) places ti leaves, also found wild in Manoa Valley, atop a body mud made with indigenous mamaki, a traditional healing plant, and volcanic ash to draw out impurities. A scalp massage with Hawaiian awa (kava) and ti blossom essence follows.

All treatments include Goodenow's welcome ritual, called Henoheno, a "loving touch" foot massage that begins with a foot bath and exfoliating scrub with yellow ginger flower essence.

"Yellow ginger flower essence helps you relax physically and mentally, and also helps give you a grounding feeling,"

Goodenow notes. "It is really the signature flower essence of the Ritz-Carlton Spa, and helps you feel connected in the immediate sense to your therapist, but also in a deeper sense to the place, the *aima*, or land, of Waikiki and Oahu, and to our family."

The Ritz-Carlton Spa, Ritz-Carlton Residences, Waikiki Beach. (808) 729-9783, www.ritzcarlton.com/waikiki. 7:30 a.m.-7 p.m. daily. Hawaiian Rainforest Naturals, (808) 982-5989, www.hawaiianrainforestnaturals.com. Online store includes flower essences, body care products and registration for workshops on Hawaii Island.