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A CLOSER LOOK

HAWAII 2.0

Four Seasons Hotels and Resorts is dominating in Hawaii

BY MARSHALL HEYMAN

SENSEI LĀNA'I, A FOUR SEASONS RESORT

If you want some beach time, feel free to visit the Four Seasons Resort Lāna'i, just a short ride away. But Sensei Lāna'i, its sister property, is a luxury getaway-meets-health retreat designed to take relaxation to the next level. This one-of-a-kind mecca lies on 24 acres amidst a towering forest of trees hidden from the rest of the world. Before arrival, guests are paired with a wellness guide, a sort of personal guru who will set up one-on-one coaching sessions and craft a custom itinerary for your stay. Activities like horseback riding, an adventure course and even total body workouts are perfect for the Type As who often find their way here. But we suggest leaning into Sensei's many opportunities for unwinding, tranquility and self discovery. For instance: a forest bathing session includes an intimate, focused examination of the flora and fauna and, in turn, may help you forget the problems you brought with you to this quiet Hawaiian island. Try a late-night meditative dip in one of the secluded, individual outdoor Onsen pods that on especially clear nights give you a perfect glimpse of the stars. You might like a thermal body mapping and massage complete with take-home imaging in one of the hotel's *hale*—incredibly equipped spa huts that rival the coziness of the 96 bedrooms at Sensei. Journaling is encouraged while here and then back at home. Wellness dining comes courtesy of chef Nobu Matsuhisa. Meanwhile, round-trip transportation from Honolulu on Lāna'i Air is included in your hotel stay and comes on a fleet of Pilatus PC-12 aircrafts (each seating up to eight passengers) with flexible, daily service for travelers and guests, not to mention a new luxe lounge in a private hangar to ease your journey to paradise. fourseasons.com



Sensei by Nobu
restaurant
at Sensei Lāna'i



The Four
Seasons Resort
O'ahu at
Ko Olina



Al fresco dining at the Four Seasons Resort O'ahu at Ko Olina

FOUR SEASONS RESORT O'AHU AT KO OLINA

Ko Olina, a tiny coastal town on the island of O'ahu, translates to "Place of Joy." Perhaps the most blissful place of joy in this small enclave is the Four Seasons resort. It's an oasis for guests young and old, with child-friendly activities, romantic nooks and peaceful surprises, all far from the overcrowded beaches and tourist traps of Waikiki. The emphasis at the resort is wellness, because what else should one focus on when in Hawaii? After a relaxing day at one of the four pools, a meditative beach walk, an invigorating game of pickleball or a snorkeling jaunt in the lagoon, the Naupaka Spa & Wellness Center has plenty of options to calm you from head to toe. Try, for instance, the Kō Hana Rum Massage, which uses rum-infused massage oil from a distillery just a few miles away. (Rum is meant to have anti-inflammatory and antimicrobial properties.) Should you want to delve a bit deeper into reducing your anxiety, arrange a centering Mu Hala sound journey with Pi'iali'i Lawson, an intuitive energy realignment practitioner. For a week this July, Dana Childs will return to Ko Olina for a Healer-in-Residence program offering a curated collection of mindfulness experiences. Of course, after all the resting and relaxation, you're bound to be hungry. Each of the resort's restaurants has been showered with awards for culinary excellence, including Noe for fresh pasta and other Italian delicacies and Mina's Fish House, operated by celebrity chef Michael Mina, which offers its very own "fish sommelier."



Naupaka Spa & Wellness Center

A Prime Ocean View King room at the Four Seasons Resort Hualalai

FOUR SEASONS RESORT HUALALAI

Most conversations about trips to Hawaii—especially to the Big Island—eventually end up at this incomparable property, a village unto itself. It's not just about being beachside or having access to eight different outdoor pools; staying at Hualalai is a true experience. There are plenty of opportunities for water sports at Alaka'i Nalu ("leaders of the waves"), not to mention other Pacific Ocean excursions such as snorkeling off a stunning new 46-foot catamaran called Alaka'i Nui ("great leader"). At the Ka'upulehu Cultural Center, you can learn to strum a ukulele while learning about Hawaiian history. Hualalai is devoted to the island's marine life, and has been operating its own sustainable oyster farm for several years. Depending on the season, the oysters you eat on property may have come directly from there. At King's Pond, the resort's saltwater aquarium pool, you can explore more than 1,000 fish from 60 different species. If you're lucky, you might even get to feed Kainalu ("ocean wave"), the resort's resident spotted eagle ray. If your rapport with Kainalu is especially powerful, follow up with a private charter to snorkel at night and observe other rays in the ocean. A family picnic dinner at the beach or the omakase at 'Ulu Ocean Grill are evening highlights. But make sure to save room for dessert after a 45-day dry aged tomahawk steak at Miller & Lux



Hualalai, the recently opened restaurant concept from San Francisco-based chef (and Food Network veteran) Tyler Florence. The attention to detail all around is superlative. And should you leave your teddy bear alone in your villa, you might come back to find him newly dressed in a kimono, enjoying the Big Island just as much as you.

The ocean pool

