

NALU

KINETIC SPA



WHERE THE OCEAN'S ENERGY GENTLY PUSHES YOU TO A NEW PLACE OF VITALITY

SPA

8AM - 8PM

SALON

Tuesday - Saturday 9a - 6p

FITNESS CENTER

6AM - 10PM

24 Hour Access for Hotel Guests

ALOHA

TO YOUR HEALTH AND RENEWED VITALITY

NALU KINETIC SPA

is an extension of the North Shore's meditation in motion, offering unique spa experiences that access the stillness deep below the surface. We invite you to an experience of wellness in the most stunning setting imaginable.

Our menu is suffused with "Aloha 'Āina" – meaning a love of and nurturing care for the land. Our vision is to nurture this natural miracle we call Hawai'i, in respect and gratitude for the gifts she provides. Using pure, sustainable and natural ingredients, we protect your health and vitality, and that of the land – showcasing the most meaningful and healing treasures these tropic isles have to offer.

The spa features immense walls of glass facing Kulima Point, placing you at the feet of the North Shore's swells. Whether you're pounding the treadmill or wrapped in pure bliss, the ocean's unceasing motion is a force of power and peace. This is where the ocean's energy gently moves you into a new place of vitality.

RESERVATIONS

Spa services should be scheduled in advance. The Spa Concierge can help plan your spa experience, including the best order of treatments. A credit card is required at the time reservations are made. When making reservations, please notify the agent if you have high blood pressure, allergies, physical ailments or disabilities, or if you are pregnant. Minors, ages 17 years and younger, have restrictions with spa services and fitness facility. Please call for more details.

CANCELLATION POLICY

If you need to reschedule or cancel your appointment, please notify the Spa 24 hours in advance to avoid being charged the full service fee. Cancellations of packages or private parties require one week's notice. Groups are subject to a four-week cancellation policy.

SERVICE CHARGE

An additional 20% service charge plus Hawai'i state tax will be added for each Spa Service. Gratuity distribution is 18% to the service provider and 2% to the hourly support staff. Additional gratuity for exemplary service is discretionary.

CHECK-IN POLICY

Please arrive a minimum of 30 minutes prior to your first appointment. This will allow you to enjoy our facilities and prepare for your service.

LATE ARRIVALS

All treatments will end as scheduled to avoid delay for the next guest.

GIFT CERTIFICATES

Spa gift certificates are available for all services. They make the perfect gift of Aloha.



SPA PACKAGES

AROMA 3 HOURS

Custom Aromatherapy Body Polish 50 min
Aromatherapy Immersion Massage 50 min
Signature Pedicure 50 min

ACTIVE 3.5 HOURS

Ginger Coconut Sugar Glow 50 minutes
Alpine Arnica Deep Tissue 80 min
Vita D Brightening Infusion Facial 50 min

BALANCE 3.5 HOURS

Detox Renewal Wrap 80 min
emerginC Scientific Organic Facial 50 min
Signature Pedicure 50 min

ROMANCE 2.5 HOURS

Coconut Lava Shell Massage 80 min
Vita D Brightening Infusion Facial 50 min

PRENATAL PACKAGE 3 HOURS

Prenatal Massage 50 min
emerginC Scientific Organic Facial 50 min
Signature Pedicure 50 min

BRIDAL PACKAGE 4.5 HOURS

Pamper Yourself Prior to a Wedding or Event:
Aromatherapy Immersion Massage 50 min
SkinFit Power Facial 80 min
Trial Hair 50 min
Trial Makeup 50 min



BODY THERAPIES

Signature Aromatherapy Treatment 80 Minutes

In this full body scrub and massage, you're invited to create a personal aromatherapy blend with organic and wild-crafted Essential Oils and the power of an Intentional Aromatherapy App. Your unique blend is added to a Coconut and Kukui Sugar Scrub to polish, condition, and renew your skin before receiving a warm Coconut Oil massage.

Detox Renewal Wrap 80 Minutes

This body wrap begins with a gentle sugar exfoliation to improve skin tone and texture. Shea butter, noni and other soothing ingredients make skin silky-smooth while our lively peppermint-scented French green clay detox body mask helps draw out impurities while nourishing. Coconut, argan, grape stem cells and tea extracts help hydrate and improve tone and texture.

Ginger Coconut Sugar Glow 50 minutes

This dazzling natural treatment begins with the vibrant aromas of our ginger -lime sugar scrub. Warm, nourishing coconut and argan oil infused with avocado oil, apricot oil, rose hip and vitamin E is slowly drizzled on the body for superior hydration, nourishment, and total body relaxation.

Custom Aromatherapy Body Polish 50 minutes

Create your own unique aromatherapy blend with our Aromatherapy app or choose from one of our blends. Your blend will be mixed with our sugar polish to exfoliate your skin while you breathe in your aromatherapy blend to calm your mind and help you relax. A body butter mixed with your unique blend will be used to hydrate your skin and will continue the aromatic experience.

Aloe Relief Wrap 50 minutes

This healing wrap treatment is designed to deeply soothe and cool sun parched bodies. Following a day in the sun and sand, this relaxing Aloe Vera Cucumber Extract and cool stone therapy relieves inflammation, burn and depleted skin. Your provider will use cool marble stones to massage your neck and decolette while wrapped in aloe vera.

The Bacial 80 minutes

This unique Bacial experience starts with a back scrub and mask to deep clean congested pores, followed by an oil nutrient rich in avocado, rosehip, grapeseed and sunflower to help restore the appearance of dry, damaged skin. A relaxing foot and ankle massage using warm towel compresses will ease tired, aching feet. We finish with a deep cleansing facial to remove dead skin cells and impurities while targeting signs of aging. This unique treatment is ideal for men, active individuals, travelers or for anyone who wants to unwind.



MASSAGE THERAPIES

Coconut Lava Shell Massage 50/80 Minutes

This lava shell massage will relieve any muscle tension while your therapist uses the heat of the lava shell to relax and smooth away knots using our Coconut - Argan Massage Oil. The lava shell gives off calcium ions when heated which can help firm and regenerate skin while the coconut argan oil moisturizes, soothes, and helps fight free radical damage.

Aromatherapy Immersion Massage 50/80 Minutes

An intensive, aromatherapy experience personalized by the uniqueness of you. Guided by your preferences, we incorporate the Intentional Aromatherapy App to create an Essential Oil blend from the therapeutic essences of herbs, flowers, and trees.

Seaside Massage 50/80 Minutes

Experience the North Shore with a peaceful seaside massage. Enjoy a customized massage using our luxurious Coconut and Argan Oil to hydrate the skin while listening to the waves and breathing in the ocean air.

Starlight Seaside Cabana Massage 80 minutes

Experience a peaceful seaside massage after the sun sets with candlelight in our Seaside Cabana. Enjoy a customized 60 minute massage with our therapist followed by a champagne toast on our candle lit private lanai for 20 minutes. You will be able relax while listening to the waves and breathing in the ocean air. *This service is only offered once a day in the evening.*

Salt Stone Massage 50/80 Minutes

This highly relaxing and re-mineralizing massage to the body using warm hand-carved salt stones from the Himalayan mountains balances the central nervous system and nourishes depleted cells, leaving the body in a deep sense of relaxation. Stimulation of specific meridians on the body allows for improved sleep, reduced inflammation and gives an immediate sense of improved well-being.

Jet-Lag-Be-Gone Massage 50/80 Minutes

An aromatherapy treatment to address symptoms of fatigue, jet lag and over-stimulation. The treatment begins with inhalation therapy chosen from a collection of Essential Oil blends specifically designed to re-sync the body's circadian rhythm. A full-body massage calms the adrenal system and eases muscle soreness, leaving mind and body reconnected and renewed.



MASSAGE THERAPIES

Prenatal Massage 50/80 Minutes

Our specialized massage is a safe, nurturing, and effective way to address stress and discomforts characteristic of pre and post pregnancy. Lavender Essential Oil balances stress and fatigue, while healing Aloe Vera and Gotu Kola address hormone-reactive skin and stretch marks. Therapists are specially trained to comfortably position pregnant or perinatal guests during the massage to ease tension. *Prenatal massage cannot be done in the first trimester.*

Alpine Arnica Deep Tissue Massage 50/80 Minutes

This intensive deep tissue massage relaxes sore muscles and stiff joints with trigger point therapy, Myofascial release, and therapeutic massage techniques along with moist heat and the best pain relievers from nature 's pharmacy. Anti-inflammatory Arnica cooling Menthol work synergistically with stimulating Rosemary, Basil, and Bay Laurel to offer targeted relief for overworked bodies, while Sweet Birch and Magnesium enhance muscle performance and vitality. *This treatment is available with a scent and/or nut free oil.*

Thai Body Work 80 minutes

Enjoy this ancient form of bodywork where you will experience passive stretching and gentle pressure along the body's energy lines to increase flexibility, relieve muscle and joint tension, and balance the body's energy systems. This session is designed to be both relaxing and energizing. Please wear fitted workout clothes.

Serene Surrender 110 minutes

Revive your mind, body and spirit with this perfect combination of yoga and massage. A 110-minute treatment begins with a private yoga session to improve flexibility, increase circulation and relieve stress – followed by a relaxing aromatherapy massage to encourage relaxation and stress relief while continuing to increase circulation, to bring your body back to its natural flow.



SKIN THERAPIES

The Signature Hydrafacial 50/80 minutes

This customizable, non invasive skin resurfacing treatment will show you instant results addressing fine lines, wrinkles, acne, hyperpigmentation and congested pores. This treatment will deeply cleanse, exfoliate, and extract while hydrating your skin. Facial Lymphatic Drainage is included in the 80 minute treatment to help encourage detoxification and circulation.

Choose a booster to enhance your experience:

CTGF Growth Factors

Improves the appearance of skin tone, texture and elasticity.

Britenol Boost

Minimize the appearance of dark spots.

Dermabuilder

Reduce the appearance of fine lines and wrinkles.

Vita D Fortified Brightening Infusion Facial 50/80 Minutes

This results-driven treatment will resurface and remove dead skin layers, while restoring hormonal balance in the skin with an infusion of topical Vitamin D and a Marine-based mask for a more luminous skin tone. Skin is instantly brighter, fine lines and wrinkles softer and smoother, and collagen stimulated after one treatment.

emerginC Scientific Organic Facial 50/80 Minutes

This facial incorporates the latest advances in natural/organic skin care. Natural fruit acids derived from bilberry, sugar cane and sugar maple, help rapidly exfoliate dead skin cells for immediate improvement in skin clarity and texture. Organic grape stem cells, kombucha, spirulina, seaweed and tea extracts nourish, tone, soothe, improve skin tone and combat the visible signs of aging.

Men's Transformation Facial 50/80 Minute

This results-driven treatment will resurface and removes dead skin layers to decongest blocked pores while targeting the repair of redness and irritation caused by shaving. Skin is instantly calmer with reduced sensitivity. Our fast-acting ingredients will hydrate and protect the skin from future damage.

Skin Fit Power Facial 80 Minutes

Restore your skin's glow with this ultimate age defying facial. This dynamic treatment resurfaces dead, damaged skin cells to open the pathways for the nourishing benefits of the SG-4 Technology. These powerful natural skin-nourishing proteins re-store depleted, damaged cells to a more vibrant youthful condition. Collagen is stimulated, fine lines and wrinkles are plumped and filled out to give a smoother appearance and skin tissue becomes instantly firmer and toned. Microcurrent technology is used to lift, firm and contour your jawline and cheeks while fusing the SG-4 serums into your skin. This treatment ends with Red LED Therapy to soften and plump the skin so you can look fresh, bright and well rested.



Customized Personal Training 60 Minutes

Spend time with our Nationally Certified Personal Trainers, who will design an exercise regimen to meet your specific needs.

Customized Yoga Session 60 minutes

Deepen your Yoga practice with our Certified Yoga Instructors. Whether you're a novice or an experienced Yogi, our instructors can promote better alignment and adjustments of your postures with this private session.

Customized Pilates Reformer Session 60 Minutes

Strengthen your Powerhouse with our Certified Pilates Instructors. Pilates focuses on strengthening your core in order to re-align your spine and increase flexibility and power of your abdominal and back muscles, using our Pilates Reformers and mat sessions. A 30-minute consultation is required for every first time session to allow us to customize the correct program and determine your current level of core strength.

Power Stretch 30/60 Minutes

A Certified Personal Trainer will customize a stretching and self myofascial release program to help release any tight muscles and acute pain, also increasing circulation to help release lactic acid. This will be done with a combination of different modalities using facilitated, passive and/or dynamic stretching along with self myofascial release.

Wellness Classes

Nalu offers a wide variety of wellness classes to enhance your workout regimen, seven days a week. Inquire at the Spa to learn more. Some classes require advance reservation.

Private Group Wellness Class \$115 for the first person / \$40 each additional person Book a private group wellness class with any of the classes on our Wellness Calendar.



Signature Nail Treatment

Using traditional herbal remedies, this highly reparative nail treatment will begin with an aromatic compress with Sweet Birch Magnesium Flakes to soothe and soften skin followed by an uplifting Rosemary Citron Sea Salt Scrub to exfoliate well worked hands. A nutrient rich Seaweed Gel is applied and wrapped in warm towels for deep repair and intense hydration. Finish with Lemon Omega Hand cream to nourish and protect hand and Mighty Mint Rescue Cream to hydrate and restore circulation to your feet.

Manicure

Pedicure

Brightening Nail Treatment

Our hands & feet show the first signs of aging from sun and environmental factors. This resurfacing treatment uses sugar cane glycolic to resurface dead skin cells, lighten brown spots, conditions cuticles, and softens dry cracked hands and feet. A hand restoration treatment is applied on hands to reduce and lines and wrinkles on the back of hands while nourishing and hydrating with antioxidants. A detoxifying scrub and mask is applied to your feet to hydrate, nourish and relieve tired feet.

Manicure

Pedicure



Women's Cut and Style

Men's Cut and Style

Keiki Cut and Style (Ages 10 and Under)

+Corrective Color

Highlights and Lowlights

Permanent Color

Nourishing Mask Treatment 25 minutes

Treat your hair with some extra pampering. Choose from the following:

Scalp Rejuvenation, Moisture Infusion, or Damage Cure.

Nalu Blow Dry Bar

Take a break from your busy day, prepare for a big night out, or rejuvenate your hair after a relaxing spa service with our Blow Dry Bar. Our hairstylists will give you glamorous, shiny hair with a shampoo wash and blow dry style!

Add On Curl 15 minutes

Add on Flat Iron 15 minutes

Nalu Style

Planning for a big event or a girl's night out? Let our hairstylists create a customized style to help complement your plans for the day.

Nalu Makeup

Our makeup artists will create a stunning look that will enhance all your features using our Organic Mineral Makeup lines. Your skin will look luminous with healthier products to promote a fresh face finish.

FOR THE BRIDE

Bridal Consultation 20 minutes

We want to make sure your special day is perfect, so a 20-minute consultation is required for all Brides prior to hair service. Whether it's a simple style, glamorous style, or adding beautiful accessories, our stylists will still need a moment to speak with you. Bridal Consultation is not needed if trial hair was booked prior to the big day.

Trial Hair

Have some peace of mind and make sure your hair is done right. Meet with your Nalu stylist prior to the big day to try out your vision so you look perfect on your wedding day!

Trial Makeup

Make sure your makeup is flawless and allow your Nalu makeup artist to customize a look that will work well with our island weather. Humidity and heat play a big part with your makeup look, so it helps to take the time and plan ahead.



LIMITED ON TIME? THIS MENU IS FOR THOSE ON THE GO!

Quick Fix Massage 25 Minutes

Your massage will be customized by the therapist to relieve tension in a specific area of your choice. This treatment is limited to upper or lower body.

NuFace Lift Facial 25 Minutes

This quick facial will give you instant results. After your cleanse, the esthetician will infuse your skin with serums packed with nutrients and antioxidants, using microcurrent technology while lifting and toning your skin.

Nalu Express Facial 25 Minutes

If you are in need of a quick cleanse, your esthetician will customize a routine to clean, exfoliate and moisturize your skin. Your skin will feel refreshed for the rest of the day.

Scalp Revitalizer 25 Minutes

This energizing scalp treatment is designed to stimulate the senses while nourishing your hair and scalp. Vitamin-rich Avocado Oil – combined with aromatic Lime, Tangerine, and Grapefruit Essential Oils – is warmed and applied to the scalp, neck, and shoulders to stimulate circulation and relieve muscle tension.

Treat Your Soles Massage 25 Minutes

Your soles need some therapy too. Using our Mighty Mint Rescue Cream to help stimulate circulation and invigorate overworked feet, your therapist will ease tension and relax your feet and calves.

Power Stretch 30 Minutes

A Certified Personal Trainer will customize a stretching and self myofascial release program to help release any tight muscles and acute pain, also increasing circulation to help release lactic acid. This will be done with a combination of different modalities using facilitated, passive and/or dynamic stretching along with self myofascial release.

Nourishing Hair Mask Treatments 25 Minutes

Choose from one of our three masks: Scalp Rejuvenation, Moisture Infusion, Damage Cure and Color Refresh.



KIDS SPA

SPECIAL MENU FOR GUESTS AGES 7 TO 12



Lil' Wahine Manicure or Pedicure

Treat your little lady to a fun and relaxing treatment, pampering her hands and feet with our coconut scrub and rich body butter. (Light filing and trimming, no cuticle removal)

Manicure

Pedicure

Island Princess Style

Make your little girl feel like an Island Princess with a mini make over.

Choose from a beachy wave or mermaid braid with flower in hair and lip gloss & blush.





Coconut Beach Manicure or Pedicure

Treat your hands and feet to a coconut-scented scrub and body butter that will leave skin feeling soft and hydrated – plus the coconut aroma will make you feel as if you were relaxing on a beach!

Manicure

Pedicure

Clarifying Teen Facial

Natural fruit acids & lactic acid gently exfoliate dead skin cells and improve texture, while extracts of colloidal sulfur, tea tree, willow bark, and camphor help calm skin, improve uneven skin tone and combat excessive oiliness and breakouts.

Eyebrow Design

Our esthetician will shape your eyebrows and use a natural brow wax to set the design.

Makeup Lesson \$65

Makeup artists will color-match your skin type and teach you the best tips to apply makeup.

Nalu Teen Blowout

Nalu Teen Makeup

Power Stretch 60 minutes

A Certified Personal Trainer will customize a stretching and self myofascial release program to help release any tight muscles and acute soreness while increasing circulation and helping release lactic acid. This will be done with a combination of different modalities using facilitated, passive and/or dynamic stretching. Recommended for active individuals or anyone who needs release tension and sore muscles.

