



NALU

KINETIC SPA



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

SPA

9AM - 6 PM

SALON

Tuesday - Saturday 9a - 6p

FITNESS
CENTER

7AM - 7 PM

24 Hour Access for Hotel Guests

808.447.6868 nalu@turtlebayresort.com
Book online at NaluKineticSpa.com

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 Kuilima 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. You will need your ID and credit card when booking. 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 (prenatal massage cannot be done in the first trimester). 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 40 minutes prior to your first appointment and have your ID and form of payment ready at check in. This will allow you extra time to change into your robe and slippers prior to your appointment.

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 2 HOURS

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
Antioxidant Brightening Facial 50 min

BALANCE 3.5 HOURS

Jet Lag Be Gone Massage 80 min
Cocoa Enzyme Oxygen Facial 50 min
Signature Pedicure 50 min

ROMANCE FOR TWO 2.5 HOURS

Coconut Lava Shell Massage 80 min
Signature Pedicure 50 min

PRENATAL PACKAGE 3 HOURS

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

TIMELESS BEAUTY 3.5 HOURS

Detox Renewal Wrap 80 min
Salt Stone Massage 50 min
Deluxe Hydrafacial 50 min



Detox Renewal Wrap 80 Minutes \$255

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 white tea extracts help hydrate and improve tone and texture.

Ginger Coconut Sugar Glow 50 minute \$165

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.

Aloe Relief Wrap 50 minutes \$165

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.

Purifying Back Treatment 50 minutes \$175

The custom back treatment is designed to deep cleanse, gently exfoliate, and hydrate the skin using natural botanical extracts. Relax, unwind and allow your skin to be pampered with soothing tea extracts, grape stem cells, vitamin C, coconut and argan oil extracts.



MASSAGE THERAPIES

Coconut Lava Shell Massage 50/80 Minutes \$165/\$245

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 \$165/\$245

An intensive, aromatherapy experience using our Aromatic Alchemy blends of exotic oils. Choose from our four blends Chill, Inspire, Meditation or Reboot. Your therapist will combine soothing massage techniques with traditional healing practices of aromatherapy and essential oils.

Seaside Massage 50/80 Minutes \$185/\$265

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.

Salt Stone Massage 50/80 Minutes \$165/\$245

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 \$175/\$255

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 \$165/\$245

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 \$175/\$255

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. *This treatment is available with a scent and/or nut free oil.*

Thai Body Work 80 minutes \$265

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 \$280

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.



The Circadia Signature Hydrafacial 50/80 minutes \$455/\$555

This invigorating treatment includes all of the essentials of the Deluxe Hydrafacial plus the power of Circadia Boosters. Choose from the Chrono Peptide Booster which is designed to rebuild, recharge and repair the skin resulting in a pure youth glow or the Pro Tec Plus Booster which delivers the ultimate hydration, protection and instant plumping of fine lines and wrinkles. Continue the treatment benefits with take home products, the Skin Energizing Kit with the Chrono Peptide Booster or Vital Defense System with the Protec Plus Booster. (includes facial, booster and take home skin care kit)

The Deluxe Hydrafacial 50/80 minutes \$280/\$380

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. Enhance your experience by adding boosters: CTGF Growth Factors to increase elasticity and skin tone, Dermabuilder for fine lines and wrinkles, or Britenol to brighten skin.

Firming Peptide Facial 80 Minutes \$245

Renew and revitalize the skin with potent anti-aging peptides, powerful antioxidants, stem cells and botanicals. Infuse the skin with intelligent ingredients that will stimulate new cell growth, repair and rejuvenate all skin types leaving a firm luminous glow.

emerginC Scientific Organic Facial 50/80 Minutes \$165/\$245

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.

Cocoa Enzyme Oxygen Facial 50/80 Minute \$165/\$245

Indulge your senses with the aroma of sweet chocolate as the natural antioxidants and nourishing elements of raw cocoa powder add protection and boost healing for any skin type. The gentle exfoliation of natural papaya and pineapple enzymes will effectively polish and prepare the skin for the revitalizing Oxygen treatment. Relax as the effervescence of pure oxygen boosts circulation, stimulates cell turnover and leaves the complexion hydrated and revitalized.

Antioxidant Brightening Facial 50/80 Minute \$165/\$245

Brighten and rejuvenate the skin with exotic Riberry, Muntries and Pepper berries from Australia. Packed with antioxidants and anti-inflammatory properties, these super-berries are designed to provide instant brightening and hydration to dry, dehydrated, lackluster skin.



Customized Personal Training 60 Minutes \$115

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

Customized Yoga Session 60 minutes \$115

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 \$115

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 \$65/\$115

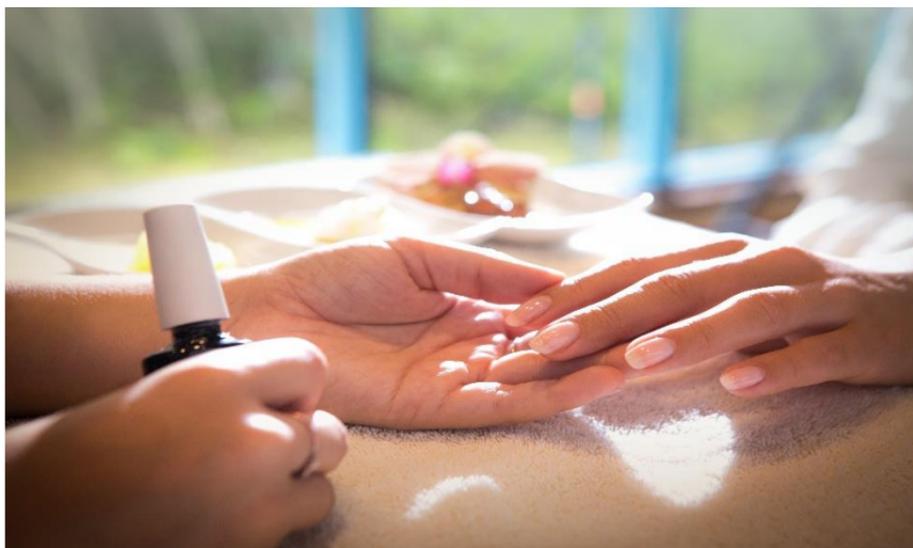
A Certified Personal Trainer will customize a stretching and self myofascial release program to help release any tight muscles and acute pain, also increasing circulation to help release lactic acid. This will be done with a combination of different modalities using facilitated, passive and/or dynamic 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 \$80

Pedicure \$100



Women's Cut and Style \$85+

Men's Cut and Style \$45+

Keiki Cut and Style (Ages 10 and Under) \$35+

+**Corrective Color** \$300+

Highlights and Lowlights \$110+

Permanent Color \$115+

Nourishing Mask Treatment 25 minutes \$50

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

Scalp Rejuvenation, Moisture Infusion, or Damage Cure.

Nalu Blow Dry Bar \$85+

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 \$25 15 minutes

Add on Flat Iron \$25 15 minutes

Nalu Style \$115+

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 \$115+

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 \$30

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 \$95

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 \$75

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 \$85

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.

emerginC Organic Express Peel Facial 25 Minutes \$85

Experience the amazing results of our scientific organic peel pads in the express facial. Pre-dosed peel pads with natural fruit acids, lactic acid, willow bark as well as grape stem cells, kombucha, spirulina, algae and tea extracts help to rapidly improve skin tone, boost cellular turnover, and diminish the appearance of large pores and fine lines. A radiant glow awaits you in minutes.

Scalp Revitalizer 25 Minutes \$85

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 \$85

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.

Ginger Coconut Express Glow 20 Minutes \$85

This express exfoliation uses the vibrant aromas of our ginger -lime sugar scrub. Pair this treatment prior to a full body massage to add extra moisture to your skin.

Power Stretch 30 Minutes \$65

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 \$50

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 \$45

Pedicure \$55

Island Princess Style \$75+

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.



TEEN SPA

SPECIAL MENU FOR GUESTS AGES 13 TO 17



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 \$75

Pedicure \$95

Clarifying Anti- Blemish Facial 50/80 \$165/\$245

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 \$45

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

Makeup Lesson \$115

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

Blowout \$85+

Your stylist using the traditional blowout technique with a round brush a dryer.

Nalu Style \$115+

Your stylist can style your hair for a special event or just a girl's night out.

Power Stretch 60 minutes \$115

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.

