



# NALU

KINETIC SPA



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

SPA

8AM - 8PM

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SALON

8AM - 8PM

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FITNESS  
CENTER

6AM - 10PM

# 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 authentic Hawaiian 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 fabled swells. Whether you're pounding the treadmill or wrapped in seaweed 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.

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## **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 in the spa 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

## ALI'I PACKAGE 3.5 HOURS

**Nalu Ala! Signature Aromatherapy Treatment**  
**Aloha Nui Loa Manicure**  
**Aloha Nui Loa Pedicure**

## MOE PACKAGE 4 HOURS

**Jet-Lag-Be-Gone Massage**  
**Earth and Sea Facial**  
**Healing Cocoon Scrub and Wrap**

## KEKOA PACKAGE 3 HOURS

**Alpine Arnica Deep Tissue Massage**  
**Vita D Fortified Brightening Infusion Facial**  
**Power Stretch**

## NANI PACKAGE 3.5 HOURS

**Nourishing Mask Treatment**  
**Nalu Blowout Bar**  
**Custom Aroma Manicure**  
**Custom Aroma Pedicure**

## HĀPAI PACKAGE 2 HOURS

**Prenatal Massage**  
**Custom Aroma Pedicure**

## MĀLIE PACKAGE 5.5 HOURS

**Pamper Yourself Prior to a Wedding or Event:**  
**Aromatherapy Immersion Massage**  
**NuFace Lift Facial**  
**Trial Hair and Makeup**  
**Aloha Nui Loa Manicure**  
**Aloha Nui Loa Pedicure**



**Nalu Ala!****Signature Aromatherapy Treatment** 80 Minutes \$240

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. To continue your aromatherapy experience at home, you will take home a travel-sized body polish with your unique blend.

**The Bacial** 80 Minutes \$240

This unique Bacial experience starts with a back scrub and mask to deep clean congested pores, followed by Oil Nutrient for Face, Hair, and Nails to reduce muscular tension. 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 golfers, travelers, or anyone who needs to completely unwind.

**Aloha Nui Loa Signature Nail Care** 50 Minutes Each

Our signature "Much Love" nail care renews hands and feet and inspires beauty. Featuring a sugar polish and our signature aromatics, worn and calloused skin on the hands and feet is softened, hydrated and stimulated. We shape, groom and polish nails, and seal in moisture with our signature Macadamia Nut Butter scented with Pikake, Awapuhi (Ginger) and Lime. Your nails will feel extra pampered using our Vegan "9 Free" non-toxic Nail Polish and nail care products. Our 5-step nail system will also enhance healthier nail beds.

**Manicure** \$75**Pedicure** \$95

**Aloha Nui Loa Massage** 50/80 Minutes \$160/\$240

This custom massage, along with our signature aromas, leave you uplifted and humming with renewed vitality. Warmed Coconut and Kukui Nut Oil and hot towel compresses dissolve muscle tension and release stagnation for a deeper therapeutic massage. Signature tropical botanicals, Pikake, Awapuhi (Ginger) and Lime – combined with a massage tailored to your specific needs – engages energy stores and improves vitality.

**Aromatherapy Immersion Massage** 50/80 Minutes \$160/\$240

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 \$175/\$245

Experience the fabled North Shore with a peaceful seaside massage. Enjoy a customized massage using our Luxurious Coconut and Kukui Nut Oil to hydrate the skin.

**Salt Stone Massage** 50/80 Minutes \$160/\$240

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 \$160/\$240

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.

**Ashiatsu Massage** 50/80 Minutes \$170/\$250

Ashiatsu, from the Japanese word meaning "foot pressure," is a transformational deep tissue massage that utilizes long flowing strokes through the use of the practitioner's feet. This unique form of body work provides an effective way to transform muscular pain into a harmoniously flowing natural state, and can be used to reduce typical body aches such as back pain, headaches or tension relief. Please wear fitted workout clothes.



**Prenatal Massage** 50/80 Minutes \$160/\$240

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.

**Earth and Sea Facial** 50/80 Minutes \$160/\$240

This mineral-rich organic aromatherapy facial refreshes skin and restores vitality for a youthful radiant glow. To restore a healthy glow, this facial feeds your skin pure Essential Oils and fresh Gigartina Algae that help boost antioxidant activity and promote hydration while visibly diminishing fine lines and stimulating the collagen replenishment cycle. Our 80-minute facial includes microcurrent wands incorporated into the treatment to gently stimulate muscles and improve overall appearance in the eye and lip areas – followed by a cranial-facial massage that helps calm the nerve pathways of the parasympathetic system, restoring an inner stability and balance.

**Healing Cocoon Scrub and Wrap** 80 Minutes \$240

This scrub and wrap increases circulation and softens skin, offering both firming and hydrating results. Soothe hormonal stress at any age with a stimulating dry brush followed by a body scrub to increase your skin's radiance. A moisturizing blend of Organic Coconut Oils infused with Algae is applied to soften skin and enhance your outer glow. Calm your body and clear your mind, as a sense of peace washes over you.

**Endless Beauty Treatment** 50 Minutes \$150

An anti-aging Seaweed Salt Scrub that transforms your skin into a beautiful glow. This Seaweed Salt Scrub is formulated with potent botanicals and salts, gathered from the four corners of the earth. The exfoliation increases circulation and enhances your skin's natural radiance – and is followed by an application of Ocean Lotion infused with organic Algae, Kukui and Macadamia Oil that hydrates and tones your skin.

**Serene Surrender** 110 minutes \$245

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.



**Alpine Arnica Deep Tissue Massage** 50/80 Minutes \$160/\$240

This intensive deep tissue massage relaxes sore muscles and stiff joints with trigger point therapy, Myofascial release, and Russian massage techniques along with moist heat and the best pain relievers from nature's pharmacy. Anti-inflammatory Arnica and 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 \$250

Enjoy this ancient form of body work 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 deeply relaxing and energizing. Please wear fitted workout clothes.

**Vita D Fortified Brightening Infusion Facial** 50/80 Minute \$160/\$240

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.

**Men's Transformation Facial** 50/80 Minute \$160/\$240

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 \$250

Restore your skin's glow with this ultimate age-defying facial. The cleanest, purest ingredients – White Algae, White Wine, White Tea – and Copper Peptides blend with intense marine-based anti-aging serums to give the skin a superior boost. Organic Algae Extracts and Natural Botanical Oils restore nutrients and life directly to your skin. Our 90-minute facial includes a Warm Oil and Wild Gigartina hand or foot wrap, and advanced anti-aging technology to produce immediate results without the downtime. Microcurrent technology lifts, firms and contours your jawline, cheeks and eye areas. The treatment also includes Red LED Light Therapy to soften and plump the skin so you can look fresh, bright and well-rested.

**Soothing Sun Repair Facial** 50 Minutes \$150

Sensitive, severely dehydrated and rosacea prone skin is given the extra love it needs. To soothe reddened, sun-exposed skin, this calming facial treatment begins with a gentle marine-based cleansing milk fortified with Water Lily Extract. Cooling facial compresses soaked in Sea Minerals and Wild Gigartina calms irritation and replenishes lost nutrients.



**Seaweed Body Wrap** 50/80 Minutes \$160/\$240

A detoxifying body wrap to help eliminate lymphatic sluggishness and restore healthy body tone. Exotic extracts of Angelica Essential Oil and Katrafay are combined with hydrating Sea Algae and skin toning Japanese Ume Plum to purify the body and reduce inflammation. A finishing application of replenishing body oil continues the purification process with stimulating notes of Juniper, Cypress, and Evergreen Essential Oils. Deepen your detox experience with a full body Swedish Massage using the Deep Forest Body Oil to increase circulation and promote more relaxation.

**Sun Salutation Body Mask** 50 Minutes \$150

A hydrating full-body wrap that nourishes and cools sun-kissed skin. Mineral-rich Organic Sea Algae, cooling Aloe Vera Gel, and antioxidant Green Tea Extracts reduce redness and irritation while soothing sensitive skin. The face is treated with cool compresses soaked in Sea Minerals and fresh Gigartina Algae Gel to rejuvenate skin and reduce inflammation, and also a cool stone facial massage.

**Customized Personal Training** 55 Minutes

\$115 (With 30-minute Consultation) / \$95 (Without Consultation)

Spend time with our Nationally Certified Personal Trainers, who will design an exercise regimen to meet your specific needs. A Certified Personal Trainer will customize an exercise regimen to meet your specific goals. A 30 minute consultation is required for every first time session with trainer in order to allow them to customize the correct program.

**Customized Yoga Session** 55 minutes \$95

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.

**Pilates Reformer** 55 Minutes

\$115 (With 30-minute Consultation) / \$95 (Without Consultation)

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** 25/55 Minutes \$75/\$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** \$15 Per Class

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.





**Custom Aroma Nail Treatments** 50 Minutes Each

Using our Aroma Design Bar, create your unique Aromatherapy signature and set your intentions for this botanical-rich treatment. Incorporating your personal Essential Oil blend, we start with a gentle Sugar Scrub and massage with rich Macadamia Nut Butter laced with organic aromatics. Our hot towel compresses aid absorption of the nourishing botanicals. We expertly shape, groom and polish nails, and gift to you the remainder of your aroma blend upon departure. Your nails will feel extra pampered using our Vegan "9 Free" non-toxic Nail Polish and nail care products. Our 5-step nail system will also enhance healthier nail beds.

**Manicure** \$75**Pedicure** \$95

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**NOURISHING HAIR MASK TREATMENTS** 25 Minutes Each**Smoothing Mask** \$45

A highly concentrated mask specifically formulated for unruly and frizzy hair. Infused with Argan Butter, Argan Oil and Coconut-derived fatty acids to deeply nourish – leaving strands soft, smooth and more manageable. Provides long-lasting, intense conditioning while improving elasticity.

**Restorative Mask** \$45

This hair mask penetrates deep into the hair to restore and rebuild while repairing damage caused by chemicals and other environmental stresses. Antioxidant-rich Argan Oil plus Keratin nourish and improve the strength of each hair strand.

**Intense Hydrating Mask** \$45

For hair in need of extra conditioning, this rich and creamy formula deeply hydrates and moisturizes, while improving texture and manageability. Rich in antioxidant Argan Oil plus nourishing ingredients, hair is instantly revived and revitalized.



**Women's Cut and Style** \$85+

**Men's Cut and Style** \$45+

**Keiki Cut and Style** (Ages 10 and Under) \$25+

**Corrective Color** \$300+

**Highlights and Lowlights** \$110+

**Permanent Color** \$115+

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**Nalu Blow Dry Bar** \$75+

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!

**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.

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**Nalu Makeup** \$85+

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.

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## 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** 50 minutes \$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** 50 minutes \$60

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.

**NuFace Lift Facial** 25 Minutes \$85

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 \$85

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 \$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.

**Power Stretch** 25 Minutes \$45

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 \$45

Choose from one of our three masks: Smoothing, Restorative, or Intense Hydrating Mask. Nourish your hair with our Argan and Coconut Oil infused hair masks to revive your hair after being out in the elements.



# 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.

**Manicure** \$25

**Pedicure** \$35

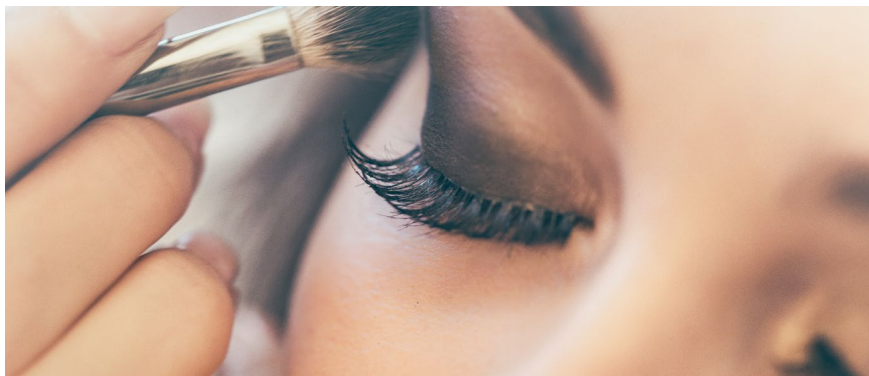
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## **Island Princess Style** \$55

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

Choose from a quick blow-out or braid, with light makeup application and gold flash tattoo.





### **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** \$45

**Pedicure** \$65

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### **Clarifying Teen Facial** \$140

A sugar cane based exfoliant dissolves the source of acne breakouts, and our medicated Calming Mask heals and calms inflammation/redness with the infusion of eucalyptus and precipitated sulfur, while restoring natural moisture balance. Teens or adults can say good-bye to blackheads and congested skin and say hello to healthy, even, and clear skin.

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### **Eyebrow Design** \$45

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

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### **Makeup Lesson** \$55

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

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### **Nalu Teen Style Bar** \$65

Choice of: Surfer Girl, Sleek Wahine, or Rocking Bombshell Styles

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### **Nalu Teen Makeup Bar** \$55

Choice of: Surfer Girl, Sleek Wahine, or Rocking Bombshell Styles

