


KOHALA
SPA
AT WAIKOLOA

*Your Kohala Spa experience will unite you with the heritage of your surroundings.
The incorporation of rich island botanicals and the gifts of resources from the sea meet, creating a balance of well being and renewal.
You will depart your Kohala Spa journey inspired, rejuvenated and whole.*

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 *Your Kohala Spa journey begins in harmony*

with the rich elemental surroundings of Hawaii's Big Island meeting the pristine Pacific Ocean,

Kohala Spa therapies are inspired by the story of the beautiful "half flower" called Naupaka.

Mountain Naupaka is grown on the slopes of Mauna Kea, Mauna Loa and Kohala volcanoes

and the beach Naupaka off the shores of the Kohala Coast. When both varieties are placed

together in unity, the two blossoms form one perfect flower. Your Kohala Spa experience will

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Body Therapies

• **Hawaiian Salt Renewal- 25 min.**

An invigorating scrub of native red clay sea salts is "lomi-ed" onto the skin to nourish, detoxify and soften. A light moisturizing application of kukui nut oil follows.

• **Lehua Sugar Honey Scrub and Wrap- 50 min.**

This treatment begins with heated Hawaiian lehua honey and Hawaiian oils that are dripped over the body slowly, followed with a Hawaiian sugar cane scrub to exfoliate tired skin. You are then warmly wrapped while your scalp and face are gently massaged. You will then receive an application of local vanilla and sweet orange lotion. It is an island recipe for exfoliation, rejuvenation and nourishment of the skin.

• **Cooling Ti Leaf Wrap- 50 min.**

Recommended for immediate skin relief...calming aloe and soothing lavender are applied on your body to begin healing. The ti-leaf plant, known for its ability to pull excess heat from the body is used to cover areas where irritation occurs. This signature treatment concludes with the application of a healing specialty rehydrating lotion.

• **South Pacific Body Ritual- 80 min.**

Begin with a gentle exfoliation using coconut crème scrub followed by a relaxing massage application of an exotic warm coconut body butter. You are then wrapped to promote hydration, nourishment and repair of damage to the deepest layers of skin. You also will experience a traditional Fijian scalp massage using warmed coconut oil, which restores shine and life to hair while treating the scalp with vitamins.



Massage

- **Signature Naupaka White Flower Ritual - 80 min**

Pa'a Naupaka... this "marriage of the senses" unique offering begins with a grounding Awa Root & Hawaiian Ginger foot ritual. Then, stimulate the senses with warmed body compressions incorporating healing herbs combined with a full-body massage using a warmed blend of white flower lotus and Ylang Ylang essential oils applied luxuriously to your body. This one of a kind experience will leave you feeling centered and whole.

- **Kohala Massage - 50 or 80 min.**

Our most popular massage using a combination of techniques specific to your needs. This massage is designed to promote relaxation, improve circulation and relieve tension.

- **Signature Orchid Aromatherapy Massage - 50 or 80 min.**

A specially blended local Pikake (Jasmine) oil is incorporated into this soothing massage promoting calmness and a sense of well-being.

- **Lomi Lomi Hawaiian Massage - 50 or 80 min.**

Lomi Lomi is a rhythmic full-body massage incorporating the use of fingers, hands, forearms, and elbows. "Loving hands" is a term to describe the quality of the massage and the significance of the variety of technique used to cater to each individual. A generous application of our local blend of Kukui Nut Oil enhances this Hawaiian traditional massage.

- **Deep Tissue Massage - 50 or 80 min.**

This therapeutic technique aids in the release of tension in the deep layers of muscle tissue. Range of motion and circulation improves along with relief from muscle pain.

- **Hapai (Pregnancy) Massage - 50 or 80 min.**

Focusing on concerns associated with pregnancy, this caring massage aids in relaxation, benefits circulation and provides comfort.

- **Pohaku Hot Stone Massage - 75 min.**

For centuries, people have been drawn to the healing power of heat and the energy of stones, called "pohaku" in Hawaiian. Smooth basalt stones are heated then placed on the body and used with oils to massage your muscles.

- **Reflexology with Healing Stones - 50 min**

This foot massage incorporates the reflex points representative of each area and organ of the body. A technique of pressure, rubbing and pulling helps to re-establish energy flows and relieve stress and pain. Smooth basalt stones are placed on the body to aid in relaxation.

- **Back, Neck and Shoulders - 25 min.**

Stress is often stored in the upper body. This concentrated massage employs a variety of techniques to release specific tension in these areas.

- **Kohala Couples Massage 50 or 80 min.**

Enjoy a customized massage together in our specialty couples room.



Skincare

• **Kohala Facial- 50 min.**

The perfect opening note to your spa experience while at the Kohala, this classic facial treatment combines all the skin specific solutions of a European facial and much more. A highly concentrated marine mask selected for your skin type will target your goals. This treatment will awaken the complexion allowing for dewy radiance with powerful results.

• **Kane (Men's) Facial- 50 min.**

This tailor- made treatment utilizes ingredients that address "his" skin. The face is deeply cleansed, double exfoliated, moisturized and soothed to reduce sensitivity commonly associated with daily shaving. A potent, targeted serum is selected based on the skin's individual needs whether oily, dry, sensitive or mature. Finally an eye treatment and soothing mask are applied.

• **Clearly Brilliant- 50 min.**

An even tone is essential to a beautiful skin. Our gentle exfoliation allows Mulberry, Daisy and Ruscus extracts to penetrate, lighten and brighten while Hyaluronic acid, vitamins and other organic and natural ingredients balance, protect and moisturize. Sensational!

• **Collagen Infusion- 50 min.**

A powerful yet soothing treatment delivered through a pure collagen mask. European serums and creams are specifically formulated to enhance and present a wide array of benefits using only the best of nature and science.

• **Marine Anti Aging Glow Facial- 80 min.**

From the depths of the ocean, flows a warm spring bringing an abundance of minerals, which restore a youthful texture and radiance to the skin. This Marine Spring water is used during all steps of this facial to increase cellular turnover for optimum skin regeneration. Two distinctive masks are used to reduce wrinkle depth and revive skin firmness, while free radicals are outsmarted, making this an ideal tool for maintaining good skin health. You will be treated to a warmed sea-foam detoxifying mud on your spine and extra attention to your hands, feet and a special Opal Eye Treatment.

• **Treasures of the Sea Skin Treatment- 50 min.**

Like a dip in the ocean, this treatment is sure to splash waves of tranquility on the senses while nourishing the body and bringing it back into balance. This unique head-to-toe service incorporates cooled seawater massage balm and warmed relaxing elixir for total body mineralization while your face is treated to a mini pampering service of its own.

• **Refresher Facial- 25 min.**

A great addition to a Body or Salon treatment that incorporates a gentle cleanse, tone and moisturizer to give an extra glow.

• **Hawaiian Coffee Fruit Facial- 50 min.**

An anti-aging facial utilizing the brilliant Kona Red Hawaiian Coffee Fruit enriched with antioxidants. This highly effective regiment utilizes organic ingredients featuring a coffee fruit extract with a highly powered anti oxidant concentrate and an intensive moisturizing cream leaving skin supple and nourished.

Salon and Nail Services

- **Kohala Orchid Manicure- 25 min.**

Your nails will be re-shaped and cleansed, then followed by an aromatic local orchid oil moisturizer applied to hands. Finish with a perfect polish.

- **Signature Island Manicure- 50 min.**

Drift away on a sweet tropical breeze. Starting with a choice of a Fijian Coconut or White Gingerlily or Starfruit essence, your hands will be immersed in a warmed hand soak. Next an exfoliation of cane sugar infused with exotic nut oils and an application of a matching body butter masque removes dry skin. Relax as your chosen warmed tropical moisturizer is massaged into hands and arms leaving them refreshed and renewed. Complete with an application of nail enamel.

- **Kohala Foot Refresher- 25 min.**

A refresher for the feet with a soak, shaping of nails, and polish of the toes.

- **Kohala Orchid Pedicure- 50 min.**

Toes and feet are revived as they soak in an aromatic orchid oil bath while your toes are expertly trimmed and cleansed. A moisturizing massage of our specialty infused orchid oil cream is generously applied to your calves and feet followed by a perfect polish.

- **Signature Island Pedicure- 80 min.**

Indulge your feet to their very own tropical vacation. Starting with a choice of a Fijian Coconut or White Gingerlily or Starfruit essence, your feet will be immersed in a warmed foot soak. Next an exfoliation of raw cane sugar infused with exotic nut oils followed with a warmed masque of body butter painted on to the skin will reveal youthful skin. Relax as your chosen tropical moisturizer is luxuriously massaged into calves and feet, leaving them refreshed and renewed. Complete with an application of nail enamel.

Salon Services

The Salon in the Kohala Spa is a full service salon offering an array of specialized services.

Let our experts take over and create a customized look.

- Hair Cut & Color Services
- Hair Treatment Services
- Bridal Services
- Make-Up Application
- Waxing

Keiki and Teen Spa and Salon Services

Please inquire about our special selections for our younger spa guest!



Seaside Cabana Services

Embrace the rhythmic sound of the waves and let the panoramic view fill your senses and spirit as you experience a therapeutic massage individually, or as a couple. Inquire at the Spa for more information.

Kohala Spa Essence

Take home the essence of the Kohala Spa. Exclusive treatment products, unique to Hawaii's Big Island are available for purchase, including our exclusive Coco-Mango line. Products are available in the Kohala Spa, or The Essence Shop in the Main Lobby, or at kohalaspa.com.

Gift Certificates available for purchase in the Kohala Spa.

Reservations

Advance reservations are recommended. Hotel guests may call directly from their rooms by dialing **extension 1260**. Non-hotel guests are welcome to call **808-886-2828**.

Mahalo for taking the Kohala Spa Journey with us. We hope you have now discovered and embraced the balance from the sea to the mountain on our very special island of Hawaii.

- Kohala Spa 'ohana

