



KOHANAIKI

SPA & WELLNESS





**OUR SPA'S PHILOSOPHY**  
is based on teachings by  
Native Hawaiian healers,  
focusing on harmonizing  
the body, mind and spirit.





MASSAGE

# MASSAGE

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## **AROMATHERAPY MASSAGE**

This treatment combines a custom blend of aromatherapy with a variety of massage techniques.

*60/90/120 Minutes*

## **DEEP TISSUE MASSAGE**

A slower, deeper, more focused massage targeting areas of the body that have chronically stored tension.

*60/90 Minutes*

## **GOLFERS MOBILIZATION MASSAGE**

A blend of assisted stretching and therapeutic massage makes this treatment perfect for anyone wishing to improve their performance on the course.

*60/90/120 Minutes*

## **LOMILOMI MASSAGE**

A traditional Hawaiian massage and sacred healing art that has been passed down through generations of Hawaiian healers. The techniques are rhythmic and unique, with each therapist applying long, flowing movements. The massage addresses chronic stress, tension and lymphatic circulation.

*60/90/120 Minutes*

## **REIKI**

“Rei” means universal life energy and “ki” means breath, life force and vital radiant energy. This Japanese technique for stress reduction and relaxation promotes healing. Hands are placed lightly over the body to facilitate the process of removing any energy blocks in the body.

*60/90 Minutes*

## **NONI POHAKU MASSAGE**

The Hawaiian Noni plant is known for its anti-inflammatory properties. Basalt stones wrapped in Noni leaves harvested at Kohanaiki are placed on areas of sore and overworked muscles during a flowing stone massage. As the heat from the wrapped stones makes contact with the body, healing oil from the Noni leaves is released, providing soothing relief.

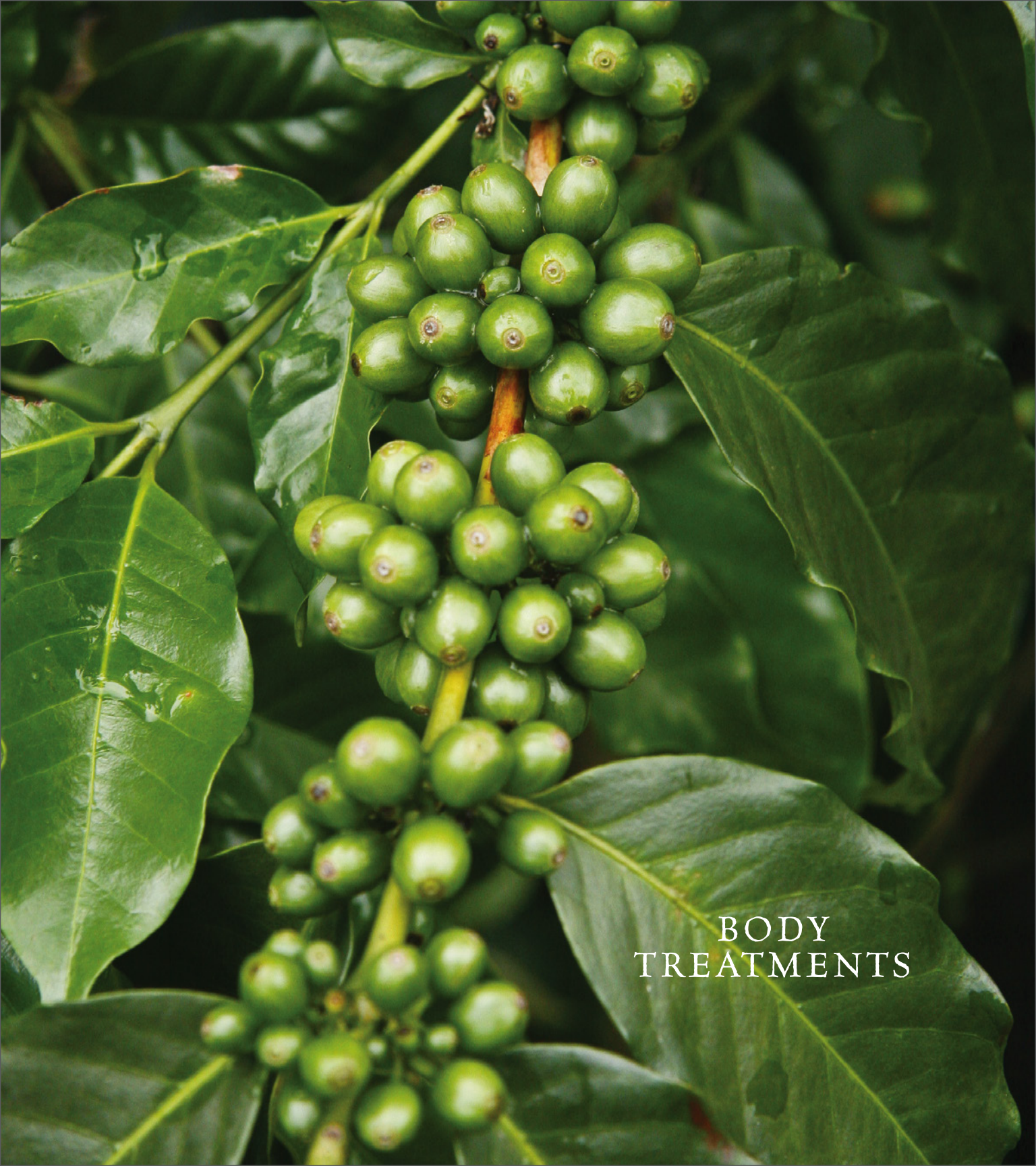
*60/90 Minutes*

## **TURMERIC TINCTURE MASSAGE**

This tincture is extracted from organically grown turmeric. It is full of the powerful, active anti-inflammatory compound curcumin, which is blended into a healing massage balm that effectively eases sore muscles and joints. Curative wild-crafted herbal compresses take this treatment to a new level of relief.

*90 Minutes*





BODY  
TREATMENTS

# BODY TREATMENTS

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## **BIG ISLAND COCONUT BLISS**

An aromatic blend of island coconut and Hawaiian cane sugar with organic Hawaiian honey is the base for a unique formula that is applied to renew and condition the skin. It includes healing Hawaiian plant extracts, natural cleansers, Kukui nut, Macadamia nut, Cocoa and Organic Coconut oils to leave your skin youthful, radiant, and moisturized.

*90 Minutes*

## **DEEP SEA CLEANSE**

Experience a gentle stimulating body polish that is rich in sodium, iron, potassium and vitamin B's that helps improve tone, texture and maintain your skin's moisture balance. Harnessing the power of the sea, mineral rich seaweed is used to soften and nourish the skin, preventing the breakdown of hyaluronic acid and collagen.

*90 Minutes*

## **ESSENCE OF PLUMERIA**

This natural exfoliating experience features the sweet, delicate scent of Plumeria blossoms and other locally-sourced ingredients. Infused with a unique healing blend of organic and wildcrafted Hawaiian healing botanical distillates, the treatment is intended to invigorate, relax and brighten the skin.

*90 Minutes*

## **EXTREME MINERALIZING HYDRATION**

Soothing and deeply hydrating, mineral rich seaweed feeds environmentally damaged skin and is cooling and calming for sensitive or sunburned skin. A beautiful blend of aloe vera, wild gigartina algae, undaria algae, sodium hyaluronate and neem heals and moisturizes the body.

*90 Minutes*

## **PURE MANA ISLAND DETOX**

Organic green Kona coffee berries stimulate circulation and draw out toxins. Moisturizing macadamia nut, avocado, green coffee and geranium oils are added to firm and tone your skin.

*90 Minutes*







BATHS





## BATHS

### **BIG ISLAND COCONUT BLISS**

Tropical coconut is blended with lemongrass to create a balanced scent that is both sweet and seductive, promoting well-being and relaxation. Naturally farmed sea salt from the island of Moloka'i is added to this bath.

*30 Minutes*

### **ESSENCE OF PLUMERIA**

Plumeria is fresh and delicately sweet, mysterious and understated. Plumeria or Frangipani blossoms are commonly found throughout the islands and the tropical fragrance is well-known worldwide. Slip into this bath to cleanse and moisturize.

*30 Minutes*

### **WILD SEAWEED & LAVENDER**

Hand harvested wild, organic seaweed that provides mineral-rich nutrients is blended with soothing, quintessential lavender oil and flowers for a heavenly purifying treat.

*30 Minutes*





FACIALS



# FACIALS

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## **ANTI-AGING ENZYME FACIAL**

Rich in vitamins and minerals, this facial provides the perfect balance of antioxidants and hydration to repair the skin. Includes a gentle exfoliation with pineapple enzymes, active serums and a therapeutic facial massage.

*90 Minutes*

## **MICROCURRENT TONING FACIAL**

This treatment is designed to strengthen and rebuild facial tone, improve cellular energy and stimulate the production of collagen and elastin.

*60/90 Minutes*

## **NANO REJUVENATION FACIAL**

In this treatment, a unique Nano device delivers nutrients into the deepest layers of the epidermis to enhance collagen production, soften fine lines and wrinkles, decrease pigmentation, increase circulation, lightly exfoliate and firm and lift the skin.

*60 Minutes*

## **KANE (MEN'S) FITNESS FACIAL**

A pick-me-up facial that cleanses, tones, gently exfoliates, and rehydrates skin after time in the sun. This treatment is rich in antioxidants and Vitamin C, leaving your skin revitalized and invigorated.

*60/90 Minutes*

## **SEA OF LIFE FACIAL**

This nutrient-rich facial soothes and deeply hydrates delicate facial skin with a cleanse, exfoliation, treatment mask, serum and moisturizer. The experience is enhanced with extra care of the décolleté and a nurturing hand massage.

*60/90 Minutes*

## **FACIAL ENHANCEMENTS**

Microcurrent Eye and Brow Lift

*15 Minutes*

Microcurrent Hand Treatment

*15 Minutes*

Microcurrent Lip Treatment

*15 Minutes*

Microcurrent Neck Sculpting

*30 Minutes*

Warm Paraffin Mask Hands

*15 Minutes*

Warm Paraffin Mask Feet

*15 Minutes*





WELLNESS



# WELLNESS

## ACUPUNCTURE AND HERBAL MEDICINE

Acupuncture is an energy medicine based on 5,000 years of observation of nature and its constant movement. Life-Force energy, or Qi, flows through the channels called meridians in a continuous cycle of movement, restoring balance. Acupuncture is an elegant system of medicine that has been verified as a viable wellness treatment by the World Health Organization. *(Offered on Tuesdays and Thursdays.)*

## ACUPUNCTURE FOR WELLNESS

This treatment addresses specific conditions, relieves stress and restores the balance in the body, mind and spirit. It includes acupuncture, essential oils, infrared mineral heat lamp and sound vibrational healing.

*Health Consultation, Exam, TCM Diagnosis and Treatment*

*60/90 Minutes*

## HERBAL CONSULTATION

During this consultation formula recommendations are designed to specifically suit the unique condition of the individual, or the primary health concern.

Dietary, lifestyle and exercise guidelines are also offered.

*Health Consultation, Exam and TCM Diagnosis*

*60 Minutes*

## GUASHA

Guasha is traditionally used for pain relief from acute or chronic disorders. This ancient therapeutic practice began in Asia centuries ago and remains popular today worldwide. It is designed to ease the body of stress and tension by stimulating blood circulation and enhancing the immune system.

*Health Consultation, Exam and TCM Diagnosis*

*30 Minutes*

## ACUPUNCTURE FACIAL REJUVENATION

### Health Consultation and Exam

Facial Rejuvenation is a painless non-surgical method of reducing the signs of aging. By using intradermal acupuncture needles, which moisturize and lift the skin through increased local circulation of blood and lymph, resulting in a revival of your innate beauty and radiance.

*Health Consultation and Exam*

*Series of 12/90-minute sessions*





SALON  
SERVICES



# SALON SERVICES

## NAIL CARE & HAIR CARE

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### DEEP SEA MANICURE

Organic lavender and sea algae soak,  
organic cuticle care, nail shaping and polish.

*45 Minutes*

### DEEP SEA PEDICURE

Organic seaweed soak, exfoliation, organic  
cuticle care, nail shaping, soothing foot massage  
with a nourishing balm and polish.

*60 Minutes*

### ENERGIZING PEDICURE

Mineralizing soak, invigorating foot scrub,  
stone foot massage, organic cuticle care.

*90 Minutes*

### MEN'S MANICURE

Mineralizing seaweed soak, organic cuticle care,  
nail shaping and hydrating hand and arm massage.

*45 Minutes*

### MEN'S PEDICURE

Mineralizing soak, foot scrub, cuticle care  
and nail shaping.

*45 Minutes*

*\*A 30-minute revitalizing foot and calf massage  
can be added.*

Gel Removal

*30 Minutes*

Warm Paraffin Mask Feet

*15 Minutes*

Warm Paraffin Mask Hands

*15 Minutes*

Polish Change Feet

*30 Minutes*

Polish Change Hands

*30 Minutes*

**MEN'S SHAMPOO, HAIRCUT AND STYLING**

**SHAMPOO BLOW OUTS**

**SPECIAL OCCASION HAIR**

**WOMEN'S SHAMPOO, HAIRCUT AND STYLING**







**DEDICATED TO  
AUNTIE ELIZABETH  
MALU 'IHI LEE**

**1929-2016**

We dedicate our Spa to the life and work of Auntie Elizabeth, who was born on this sacred land in 1929.

A gentle soul, she demonstrated the vitality we aspire to at Kohanaiki Spa. Her passion for the weaving of lauhala (hala leaf) hats earned Auntie Elizabeth the title of “Living Treasure of Hawai‘i,”

honoring her preservation and cultivation of the art of lauhala weaving.

During her lifetime, she traveled the archipelago of the South Pacific, sharing and showing her art.