



kohala
SPA

Treatment Guide

KohalaSpa.com



@KohalaSpa

*Kohala Spa
is a place of
rebirth for
mind, body and
spirit.*

Our treatments are inspired by the natural
elements of Hawaii Island.

Experience the essence of Kohala Spa --
its history and culture as a place of wellness.





Naupaka Ritual

80 minutes | \$240

Pa'a Naupaka, the "marriage of the senses" unique offering begins with a grounding Awa Root & Hawaiian Ginger foot ritual and a blend of warmed body compressions incorporating local healing herbs. This is combined with a full-body massage using a warmed blend of white flower lotus and ylang ylang essential oils dripped luxuriously on your body. It is a one of a kind experience that will leave you feeling grounded and whole.

Tropical Seaside

75 minutes | \$245

The rhythmic sounds of waves and panoramic view fill your senses and spirit as you experience a customized massage. Let your body and soul be calmed by the healing island.

Hawaiian Lomi Lomi

50/80 minutes | \$170/260

Lomi Lomi is a rhythmic full-body massage incorporating the use of fingers, hands, forearms, elbow and lomi stick. "Loving hands" is a term to describe the quality of the massage and the significance of the variety of techniques used to cater to each individual. A generous application of our indigenous Pono massage blend enhances this Hawaiian traditional massage.

CBD Recovery

18 and older

50 minutes | \$150

The natural way to relieve pain is with our CBD massage. Enjoy a full body Kohala Massage that will naturally help your aches and pains be relieved through a high quality CBD and essential oils. WELL CBD has ZERO THC and is derived from Industrial Hemp and is produced in GMP compliant facilities and is third party tested for efficacy and quality.

Hypervolt Sport

50/80 minutes | \$165/255

This customized sports massage incorporates the Hypervolt massage tool along with sports massage techniques to help relax sore and stiff muscles. The Hypervolt is a cordless, state-of-the-art vibration massage tool that helps to improve mobility.

Rad Roller Rescue

25/50 minutes | \$98/165

This therapeutic massage incorporates the Rad Roller tool system for deep fascia release. The benefits to deep tissue massage are a decrease in muscle and joint stiffness and an increase in athletic performance.



Massage

Anti-Aging Massage

50 minutes | \$150

Enjoy this anti-aging body massage with multiple high-grade peptides to tighten, nourish and soothe the skin. This massage will relax your body and provide amazing results.

Four Hands Scalp and Foot

25/50 minutes | \$199/380

Indulge in the ultimate relaxation experience while two of our massage professionals focus on the scalp and feet simultaneously. The deluxe 50 minute treatment includes a coconut argan scalp massage and Hawaiian awa foot scrub. Take a deep breath and unwind.

Kohala – Swedish

50/80 minutes | \$145/220

Kohala Massage uses a combination of techniques specific to your needs. This massage is designed to promote relaxation, improve circulation and relieve tension.

Deep Tissue

50/80 minutes | \$170/260

This therapeutic technique focuses on specific areas that are in need of releasing tension in the deep layers of the muscle tissue. Range of motion circulation improves along with relief from muscle pain.



Hapai

50/80 minutes | \$145/220

Focusing on concerns associated with pregnancy, this caring massage aids in relaxation, benefits circulation and provides comfort. Must be 13 weeks hapai (pregnant).

Reflexology

25/50 minutes | \$95/145

Foot massage that incorporates the reflex points representative of each area and organ of the body. Our deluxe paraffin foot treatment is included in our 50 minute service.

Wikiwiki

25 minutes | \$95

The perfect massage for the person on the go needing focused massage on a specific area of the body.

Couple's Suite

Experience any of our 50 or 80 minute treatments side by side

Enhancements

\$25 each

- Scalp Treatment
- Awa Foot Scrub
- Hydrating Foot Treatment
- Knesko Eye Mask
- Champagne Service



Volcanic Body Ritual

80 minutes | \$220

Our signature Volcanic Body Pumice combines the rich moisturizing properties of coconut oil with the invigorating exfoliation of volcanic pumice. Wrap up in a cocoon of these mineral rich properties to create a luxurious and creamy body treatment that leaves the skin exceptionally soft and hydrated.

Taro Honey Body Therapy

50 minutes | \$150

A light hydrating mask combines nutrient rich Kalo (Taro) with cleansing and conditioning coconut milk and skin softening organic honey, enzyme and nutrient rich banana, hydrating aloe vera and moisturizing kukui and vitamin E oils. Truly an indigenous Hawaiian experience.

Kombucha Body Treatment

50 minutes | \$150

This exfoliation experience begins with a lively citrus-kombucha body wash followed by the vibrant aromas of our ginger-lime sugar scrub. Our nourishing grape stem cell with white tea and seaweed body butter is applied to the body for superior hydration.

Firming Body Treatment

50 minutes | \$155

The ultimate luxurious experience for the body. A customized exfoliating polishes away dry, aging skin, revealing a brighter, more even appearance. Anti-Aging peptides firm and lift the skin. A revitalizing serum and firming moisturizer sculpt and tone the body to complete perfection.

Nourishing Body Wrap

50 minutes | \$155

This deeply hydrating body wrap helps to relieve muscular tension while sealing in vital moisture with a customized body mask. A revitalizing and nourishing massage balm provides immediate relief and helps to support healthy collagen. Leave feeling relaxed and rejuvenated.

Hawaiian Salt Body Scrub

25 minutes | \$95

Hawaiian salt rub made from authentic, naturally farmed Hawaiian Sea Salt from the Island of Molokai. Infused with pure Hawaiian plant extracts, sugar cane and coconut milk which will cleanse, exfoliate and moisturize the skin.

Additional Body Treatments...

Ginger Lime Body Glow

25 minutes | \$95

A revitalizing body treatment utilizing the citrus-based organic body products from EmerginC. A gentle Ginger-Lime Sugar Scrub will polish and refresh your skin. Leave feeling balanced and rejuvenated.

Sun Renewal Body Wrap

50 minutes | \$150

Recommended for immediate sunburn relief. This hydrating and soothing treatment uses the healing properties of calendula, noni and coconut oil. Once blended together, it's applied to affected areas followed by Hawaiian ti leaf to cool and soothe the skin burn. The perfect treatment after spending too much time under the Hawaiian sun.



Wellness Experiences

Dreampod Float

60/90 minutes | \$100/\$145

Experience zero-gravity in the DreamPod. Let stress and strain float away as therapeutic warm water, calm lighting and soothing sounds bring you to a deep state of relaxation.

Rad Roller Lesson

25 minutes | \$65

Let one of our fitness experts teach you how to use the Rad Roller, a fascia and tension release tool for continued self-care.

Bath Rituals

25 minutes | \$75

Design your own therapeutic bath ritual. Soak in a private luxurious tub and enjoy the benefits that come from each signature experience.

- **CBD Recovery** - Muscle recovery and pain relief
- **Healing Sun** - Restore skin's healthy glow
- **Detoxify** - Rejuvenate the skin from within



Keiki Treatments

Ages 7-15 parent in-room during treatment

Keiki Hawaiian Lomi Lomi

50 minutes | \$160

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Sun Renewal Body Wrap

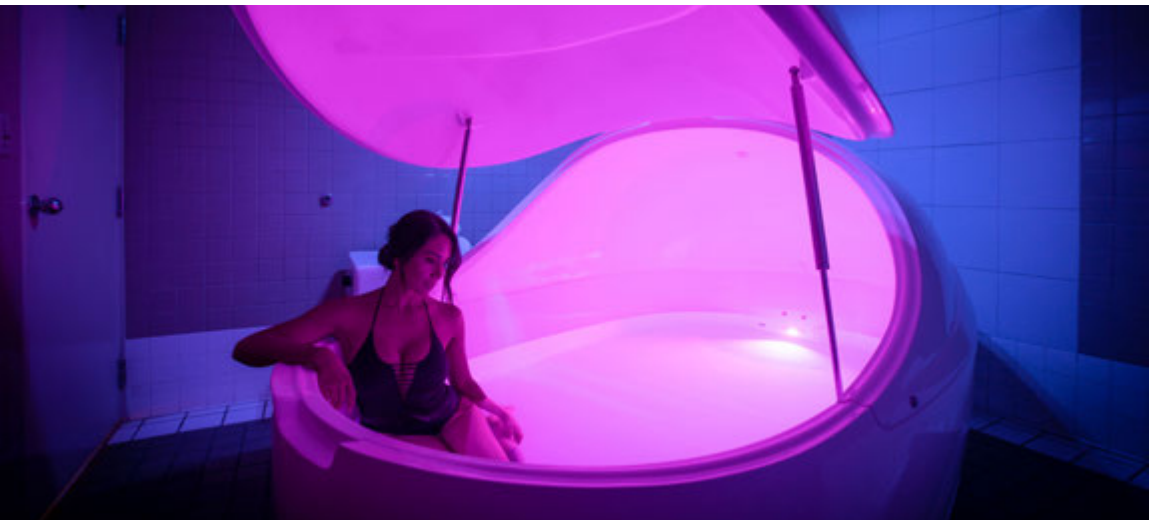
50 minutes | \$140

Recommended for immediate sunburn relief. This hydrating and soothing treatment uses the healing properties of calendula, noni and coconut oil. Once blended together, it’s applied to affected areas followed by Hawaiian ti leaf to cool and soothe the skin burn. The perfect treatment after spending too much time under the Hawaiian sun.

Keiki Kohala – Swedish

50 minutes | \$135

Kohala Massage uses a combination of techniques specific to your needs. This massage is designed to promote relaxation, improve circulation and relieve tension.





Wellness Experience Packages

Tropical Seaside Oasis Experience - \$705

Tropical Seaside Couples Massage	75 minutes
Reserved private access to Aloha Falls Jacuzzi	Located at Kona Pool
Casabella Cabana Rental	10am-5pm
Cabana Service	10am-5pm
Two signature cocktails	
Oshiboris	

Perfect Pairing Experience - \$280

Couples Suite Massage	50 minutes
Champagne Service	
Upgrade to Seaside Massage	additional 25 minutes \$200

Big Island Wellness Experience - \$230

DreamPod Float	60 minutes
CBD Recovery Massage	50 minutes
Hawaiian Volcanic Tonic	

Athlete Experience - \$210

Hypervolt Sport Massage	50 minutes
Rad Roller Lesson	30 minutes

Holo, Holo, Spa on the Go Experience - \$170

Wikiwiki Massage	25 minutes
Hawaiian Salt Scrub	25 minutes





Etiquette & Reservations

Spa services should be scheduled in advance. Our Program Advisors 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 16 years and younger, have restrictions in the spa and fitness facility. Please call for more details.

Etiquette

Pricing

Prices are per person and do not include taxes or gratuity.

Cancellation Policy

If you need to reschedule or cancel your appointment, please notify the Spa 4 hours in advance to avoid being charged 50% of the service fee. No show appointments are charged in full. Cancellations of packages require 72-hours' notice.

Service Charge

An additional 18% service charge plus Hawai'i state tax will be added to each Spa Service and distributed to the staff. Additional gratuity for exemplary service is discretionary.

Check-in Policy

Please arrive a minimum of 20 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.

Hilton Gift Cards

Hilton Gift Cards can be used for all services and are available for purchase at Kohala Spa, or visit hiltongiftcards.com.

Reservations

For reservations and more information call +1 808-886-2828 or email kohalaspa@hiltonwaikoloavillage.com



Hotel Guests

Text the Kohala Spa at 808-518-6990 to get our price list and fitness schedule in the palm of your hands.

Located in the Lagoon Tower, Extension 1260
69-425 Waikoloa Beach Drive,
Waikoloa, Hawaii 96738

Experiences

+1 808-886-2828

Products

+1 808-886-2838

KohalaSpa.com

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