

KAI HOLO SPA

Let Go, Flow Forward,
And Rise Renewed.



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Welcome to Kai Holo Spa

Here, at the edge of the endless blue, ancient wisdom flows into modern understanding: To restore is to release. To heal is to move in harmony. To transform is to trust the current that carries you forward. Named for the movement of the sea, our sanctuary is shaped by water's eternal rhythm, each experience a dance between innovation and intuition, precision and presence, ritual and renewal.

Here, wellness flows with purpose. Every wave a breath, every breath a beginning. A collection of choreographed contrasts—warm and cool, rest and awakening, volcanic stone and ocean air—embracing a holistic approach that is both grounded in and elevated by the beauty that surrounds us.

The spa moves like the tide itself: cleansing, restorative, alive. And when you leave, you carry the wisdom of the waves with you—transformation not as a destination, but a direction.

At Kai Holo Spa, all are invited to let go, flow forward, and rise renewed.

Pacific Journeys

Enhanced Body Treatments

Body treatments inspired by Maui, guided by the rhythm of the tides. Rooted in cultural tradition or crafted with botanicals native to the Pacific, each experience leads to relaxation and restoration.

Kai Holo Signature Oceanside Ritual

100 minutes

The signature expression of Kai Holo Spa, this oceanside ritual is inspired by the restoring rhythm of Hawai'i's ocean. Begin with a warm black sea-salt foot soak that invites the body to slow and settle, like the first step into calm waters. A polish made with honey harvested on-property and sugar renews the skin, followed by flowing massage with warm kukui nut oil. A soothing scalp and foot ritual completes this signature experience of gentle movement and restoration.

Golden Milk Wrap & Massage Ritual

100 minutes

Gentle dry brushing begins the treatment to support circulation and lymphatic flow; then warm golden milk infused with Maui-grown vanilla, coconut, and honey is gently applied to soften and deeply nourish the skin while calming the nervous system. A slow, flowing massage inspired by traditional lomi lomi follows, with warm kukui nut oil that eases tension in wave-like strokes. A calming scalp ritual completes this nurturing experience, leaving the body supple, settled, and softly radiant.



Spirulina & Astaxanthin Ocean Detox

100 minutes

Rich in marine minerals, a warm seaweed and Hawai'i-grown spirulina wrap is applied to detoxify, re-mineralize, and restore natural radiance. Prior to the wrap, dry brushing stimulates circulation and lymphatic flow, then while cocooned in gentle warmth, targeted scalp and foot rituals with select aromatherapy deepen relaxation. A lomi lomi massage with astaxanthin-infused oil follows, leaving skin hydrated, luminous, and softly renewed.

Queen's Garden Fern Ritual

100 minutes

Inspired by the lush beauty of Queen Lili'uokalani's Garden—and our own Queen's Garden at Four Seasons Resort Maui, created in its honor— this grounding ritual incorporates native fern oils and island botanicals in a slow, flowing massage that eases tension and restores emotional balance. A warm lava mask is applied along the spine and feet, then wrapped in ti leaves to encourage release and deep relaxation, leaving the body clear and gently restored.



Piko Mālama Wahine

100 minutes

An exquisitely nurturing ritual devoted to honoring and restoring the woman's center, while welcoming anyone seeking deep, supportive care. A warm herbal poultice infused with honey, lemon balm, raspberry leaf, chamomile, and lavender is prepared on warmed ti leaves and gently placed at the lower abdomen, allowing soothing warmth to envelop and comfort the body.

Kukui massage oil is used in flowing strokes to ground the senses and encourage relaxation. Especially supportive during times of transition, the experience continues with a calming amla oil scalp massage, guiding the energy toward quiet renewal, harmony, and ease.



Refinement Rituals

Advanced wellness treatments designed to restore and elevate. From precision polishing to gua sha and sculpting therapies, each experience blends modern techniques with holistic practices for visible, lasting results.

Island Radiance Polish

50 or 80 minutes

A full body polish using fruit enzymes and botanical exfoliants to smooth and visibly refine the skin. Choose between guava, hibiscus, and ginger or yuzu, lime, and neroli. A hydrating body soufflé and finishing mist replenish moisture, leaving skin soft, luminous, and delicately refreshed.

Cryo Tone Body Ritual

50 or 80 minutes

A targeted cooling treatment designed to support circulation and skin tone through advanced microcurrent and cryotherapy techniques. This focused application helps firm, smooth, and visibly refine areas of concern, leaving the skin feeling toned, refreshed, and revitalized with a refined, modern approach to body contouring.

Sun Soothing Ritual

50 or 80 Minutes

Cool coconut milk is gently applied to comfort and rebalance skin after time in the sun. A soothing relief balm with cucumber seed oil, hyaluronic acid, chamomile, comfrey, and blue tansy follows, helping ease warmth and replenish hydration. Skin is left calm, nourished, and softly restored.

Bio-Ferment Contouring Ritual

100 minutes

A sculpting body treatment using bio-fermented ginseng oil and probiotic-rich actives to smooth texture, support elasticity, and enhance radiance. Gua Sha and pressure techniques encourage circulation and a feeling of lightness, while deepening contouring benefits. Targeted aromatherapy focuses on sculpting the body and soothing the senses.



Deep Relief CBD Ritual

80 or 100 minutes

Guided by the Hawaiian principle of *ho'omaha*, meaning to rest and restore, this deeply therapeutic CBD ritual eases muscular tension and calms the nervous system. A flowing CBD massage is paired with a mineral rich Dead Sea magnesium salt exfoliation, melted away with nourishing body butter. Targeted cooling botanical relief and warm towel compression enhance circulation and release deep seated stress, leaving the body balanced, relaxed, and renewed.



Facial Care

Bio-Hacking customized facial experiences tailored through advanced modalities and expert technique, offering varying levels of depth to address your skin's immediate needs and long-term vitality.

Ultimate

110 minutes

A fully immersive facial layering of **seven** advanced technologies to lift, refine, and visibly renew the skin. The complexion appears brighter, smoother, and deeply revitalized with lasting radiance.

Advanced

80 minutes

A customized facial designed to refine texture, restore vibrancy, and support overall skin tone using **four** technologies. Skin appears clearer, smoother, and more radiant in a focused, restorative experience.

Essentials

50 minutes

A targeted facial using **two** technologies addressing immediate skin needs such as hydration, clarity, and tone. The complexion is refreshed, balanced, and visibly revitalized.

Facial Care Continued

Rejuvenation Facial

50 or 80 minutes

A high-performance facial designed to condition, refine, and visibly revitalize the skin through advanced skin-replenishing actives like Ginsenoside Compound K, a powerful antioxidant derived from Panax Ginseng and precise application techniques. This treatment focuses on supporting elasticity, tone, and barrier health while delivering deep hydration and a smooth, luminous finish suited to fatigued, dry, or mature skin.

HydraDerm

50 or 80 minute

HydraDerm is a non-invasive, non-surgical skin resurfacing procedure that benefits all skin types and skin conditions. The treatment cleanses, exfoliates and removes impurities and dead skin cells while replenishing vital nutrients to mitigate environmental damage, reduce wrinkles and plump and firm skin for long-term benefits. Includes LED light therapy.



Cryotherapy Energy Facial

50 minutes

Extremely low temperatures increase oxygen flow, improving tone and elasticity. Cold therapy combats inflammation, encourages circulation, and addresses aging.

Moringa Contouring Facial

50 or 80 minutes

A deeply nourishing facial centered on antioxidant-rich moringa to support hydration, resilience, and natural radiance. Gentle facial cupping and Gua Sha encourage circulation and soft lifting, helping to clarify and smooth the complexion.

80 Minutes: The extended ritual includes a warm moringa hair oil scalp massage for deeper relaxation and holistic restoration.



Bliss Before Baby

80 minutes

A serene, nurturing facial designed to support skin through pregnancy and postpartum transitions. A soothing, customized facial designed for expectant and postpartum guests to support skin through hormonal change. This nurturing treatment combines gentle touch, mineral-rich hydration, and the nourishing benefits of moringa, known as the “miracle tree.” Rich in vitamins A, C, and E and essential fatty acids, moringa helps support the skin’s natural barrier and elasticity while providing antioxidant protection against environmental stressors. Skin is left calm, hydrated, and softly radiant and the whole body is pampered with a foot and scalp treatment.

Facial Care

Enhancements

Exosome

Targets visible renewal and skin vitality with 10 billion Korean patented plant-derived exosome vesicles, helping improve the look of tone, texture, and overall radiance through advanced regenerative actives.

PDRN

Features nano-emulsified PDRN (intact salmon-derived PDRN) to support elasticity, firmness, and hydration, leaving the complexion smoother, more refined, and visibly revitalized.

Co2 Buffing

Deep cleanse with carbon and oxygen bubbles encourages skin oxygenation while exfoliating.

HydraDerm

Perfect for all skin types and offers a deep pore cleanse, exfoliation, hydration, and rejuvenation.

Facial Care: Enhancements Continued

Ultrasound

Vibration waves tighten, brighten, and send serums deeper into the skin.

Oxygen Infusion

Uses concentrated oxygen to deliver active skin care. This allows products to penetrate easier and deeper into the skin and leaves the skin plump and hydrated.

Dermaflash

Sonic edge technology exfoliates skin and removes hair to reveal instantly fresh, younger-looking skin.

Cryotherapy Spot Treatment

Targeted use of extremely low temperatures to dramatically improve skin tone and elasticity.



Micro-current Skin Tightening

Micro-current provides facial stimulation, sending soft, gentle waves through the skin and down to the facial muscles. Lifts, contours, and improves facial tone.

Radio Frequency

Restores firmness and plumps the skin by stimulating collagen production deep in the dermis.

Facial Masks

Enhance your spa experience with a hydrating face, eye, neck or décolleté 24K Nano Gold mask.



Foot Treatment

Additional 15 Minutes

This treatment features a vigorous foot exfoliation using a locally made ginger and turmeric scrub and body butter. Includes a relaxing foot massage to soothe dry, rough feet.

Nourishing Scalp Treatment

Additional 15 Minutes

Specifically formulated scalp oil paired with a thorough scalp massage deeply hydrates the scalp and hair follicles to revive dry, damaged hair.



Wellness Offerings

Chiropractic

Initial Exam: 50 minutes

Cranial Release: 50 minutes

Follow-up: 25 minutes

This adjusting technique helps to self-heal by relieving stressors, allowing the body to reach its full potential.

Acupuncture

50 or 80 minutes

Acupuncture is both a thorough system and tool for the care of the body, mind, and spirit.

Wellness Offerings Continued

Couples Synastry

150 minutes

Explore your relationship's cosmic chemistry with a Synastry Reading. This session analyzes astrological compatibility through planetary alignments and birth charts, revealing communication patterns, emotional bonds, and relationship dynamics.

Astrological Reading

Our in-house astrologer has been described as a "Soul Whisperer," guiding clients through an energetic process that relieves the causes of stress.

Evolutionary Astrology Natal &

Transit Chart Reading: 90 minutes

UnWind the Soul Healing: 90 minutes

UnWind the Soul & Evolutionary

Natal Chart Reading: 150 minute



Therapeutic Body Work

Lomi Mohala

50, 80, or 100 minutes

Open your heart, mind, body, and soul with this signature Hawaiian massage. An exclusive herbal oil blend melts away tension in this ancient technique, featuring rhythmic forearm strokes, allowing you to experience the expansive feeling of *mohala* (heart opening). This treatment concludes with a Hawaiian turmeric foot scrub.

Hau'oli Lā Hānau

50 or 80 minutes

Celebrate your special day with an indulgent birthday ritual. Begin with a soothing signature massage tailored to your preferred pressure, enhanced with your choice of LED Light Therapy for radiant renewal or Percussion Therapy for targeted recovery. Afterward, enjoy a glass of sparkling wine and a celebratory treat as you unwind in our Relaxation Lounge.

Therapeutic Body Work Continued

Lomi Aumoa

50, 80, or 100 minutes

Two therapists synchronize their movements in this indulgent massage, producing double the benefits. Emerge nourished, protected, and completely relaxed.

Lomi Pōhaku

75 minutes

Indulge with continuous flowing strokes to relax the muscles and ease tension with the heating element of Hawaiian pōhaku (stones), gathered right here on Maui and cleansed by the Pacific Ocean. Gemstones are also utilized as grounding tools. Revel in added attention to the neck using a locally made organic ginger turmeric body butter.



Kamalei Prenatal

80 minutes

Pure organic oils infused with red raspberry leaf, nettle, and alfalfa nourish and support mother and baby in this deeply relaxing treatment. Please note that expectant mothers must be beyond their first trimester to partake.

Sports Deep Muscle Relief

50 minutes

A powerful therapeutic experience designed to release deep-set tension and restore natural mobility. This targeted treatment takes place in comfortable clothing, as guided stretching lengthens tight muscle groups, and trigger-point work and acupressure ease chronic patterns of holding. Infrared heat gently warms the tissues to enhance circulation, and PEMF therapy supports cellular recovery for lasting relief. The body emerges lighter, more open, and profoundly renewed.



Sleep Well

50, 80, or 100 minutes

Chamomile flower extract, magnesium, and sweet almond oil unify to relax the body and calm the mind for a deeper night's sleep. Concluding with a soothing scalp massage, enjoy this deeply therapeutic massage at any time to reduce stress and tension.

CBD Relief Massage

50, 80, or 100 minutes

A deeply soothing therapeutic massage enhanced by the restorative power of premium CBD body products. This treatment combines slow, intentional techniques with targeted work to ease tension, calm inflammation, and support full-body relaxation. The rich CBD-infused formulations melt into the muscles to encourage recovery, quiet the nervous system, and restore a sense of grounded ease. The body emerges balanced, comforted, and profoundly renewed.



Massage Enhancements

Facial Masks

Enhance your spa experience with a hydrating face, eye, neck or décolleté 24K Nano Gold mask.

Cocoa Butter

Rich, aromatic cocoa butter adds deep moisturization to most massages.

Muscle Relief

Soothe aching muscles and joints with a deeply penetrating salve as part of this massage enhancement.

Sun-Soothe Spot Treat

Cool sun-kissed skin with a cucumber-coconut mask — the perfect enhancement after a long day at the beach.

Therapeutic Body Work Enhancements Continued

Infrared Light Therapy

This complimentary enhancement employs infrared and LED light therapy to decrease inflammation and pain.

Hand or Foot Repair

Enhance your treatment with deeply hydrating shea butter to moisturize and nourish your skin, creating supple softness.

Hair or Scalp Treatment

This unique *mano'i* (oil) is a blend of 12 luxurious oils along with several botanical extracts such as sandalwood, juniper, blue tansy, and cypress. This woody blend is grounding and promotes tranquility and balance.

CBD Muscle Melt

Melt away tension with calming, anti-inflammatory CBD oil. Deep relief meets total relaxation.



Women's Hair Care

Bang Trim

Single Process
Color

Cut & Style

Partial Highlights

Blow Dry & Style

Highlights

Event Styling

Balayage or Ombre

Agave Smoothing
Treatment

Corrective Coloring
Consultation required

Men's Hair Care

Cut

Beard &
Mustache Trim

Color or
Highlights

Brows & Ear Trim

Braids

Priced per braid

Corn Row Braids

Specialty Braid

*Blow dry included with color services. Extension services subject to additional charge.
Keiki services ages 10 and under: please contact the salon.*

Nails

Signature Kai Holo Manicure

60 minutes

A deeply hydrating ritual featuring local botanicals infused with Hawaiian spirulina and Japanese matcha. A warm sea-salt soak and refining exfoliation prepare the skin, followed by lavender paraffin and an obsidian gemstone massage to release tension. Hands emerge smooth, nourished, and luminous.

Signature Kai Holo Pedicure

75 minutes

A restorative pedicure featuring local botanicals infused with Hawaiian spirulina and Japanese matcha. A warm sea-salt soak and smoothing exfoliation renew the skin, followed by lavender paraffin and a grounding obsidian massage. Feet feel refreshed, softened, and beautifully restored.

Nails Continued

Moringa Radiance Manicure

30 minutes

A nourishing hand ritual inspired by the restorative power of the moringa tree. A gentle moringa-infused polish smooths and refines, followed by a deeply hydrating massage to restore softness and suppleness. Nails are expertly shaped, buffed, and finished to perfection, leaving hands renewed, radiant, and beautifully groomed.

Moringa Radiance Pedicure

30 or 60 minutes

A restorative foot ritual inspired by the nourishing power of the Moringa tree. A smoothing Moringa-infused scrub refines and revitalizes the skin, followed by a deeply hydrating massage to ease tension and restore softness. Nails are shaped, buffed, and polished with meticulous care, leaving the feet refreshed, radiant, and impeccably renewed.



CBD Renewal Manicure

30 minutes

A restorative manicure enhanced with CBD formulations. Gentle exfoliation smooths the skin, followed by a calming CBD-infused massage to ease tension and restore comfort. Nails are shaped and finished with care, leaving hands soft, balanced, and renewed.

CBD Renewal Pedicure

60 minutes

A grounding pedicure enhanced with CBD formulations. Exfoliation refines and softens, while a soothing CBD-infused massage relaxes tired feet and restores ease. Nails are shaped and polished with precision, leaving feet refreshed and restored.



Nails

Enhancements

Polish Change

Nail Art

*Priced per nail
or as a full set*

French Polish

Nail Repair

Priced per nail

Paraffin Treatment

Gel Application

Gel Removal

Dip Removal

Make-Up Application

Makeup

Just the Eyes

Lash Application

À La Carte

Make-Up

Includes lashes

Eyelash

Application

Make-Up Trial

Fresh Flower

Hair Décor

Hair

Advance order required

Hair Trial

Bridal Services

Traditional Bridal Package

Hair & Make-Up Consultation

Bridal Hair

Bridal Make-Up

Eyelash Application

Glass of Prosecco

Signature Bridal Package

Hair & Make-Up Trial

Bridal Hair

Make-Up Application

Eyelash Application

Kai Manicure & Kai Pedicure

Glass of Prosecco

