UNPLUG AND REFRESH ON O'AHU
Tradition and Innovation Meet on O'ahu for Unique Health and Wellness Experiences

O'AHU – O'ahu’s pristine, natural environments, urban landscapes and cultural diversity make it the perfect place to experience unique health and wellness activities. Regardless of a visitor’s preferred method of rejuvenation, respite is always at hand, whether in a sunset yoga session, the distinct healing touch of Hawaiian massage, an energizing wellness-oriented festival, or a luxurious spa experience.

Cutting Edge Wellness…O'ahu style
With its beautiful outdoors and the entrepreneurial spirit of O'ahu's health-conscious community, the island produces some of the most intriguing ways to rejuvenate and stay fit. Below is a snapshot of cutting edge health and wellness activities on O'ahu.

Yoga Kai Hawai'i
Combining the fitness and balance benefits of stand up paddling with yoga, stand up paddle (SUP) yoga has taken off all over the island with vendors offering yoga lessons perched atop a paddleboard. This combination of activities allows guests to take in the beautiful Pacific while sliding into yoga poses. At Yoga Kai Hawai'i, visitors take to the calm waters after sundown on paddle boards armed with the colorful lights for “SUP Glowga.” Each board casts a warm aura into the dark waters, creating a calming and truly unique yoga experience. yogakaihawaii.com

Paddle Core Fitness
Visitors can maximize the aerobic benefits of stand up paddle boarding with Paddle Core Fitness. Since 2007, Paddle Core Fitness has offered the only core and strength training paddleboard workout based out of Ala Moana Beach Park in Honolulu. The calm, lagoon-like waters are the perfect surface for beginners to learn how to enjoy what the company calls “fitness via fun.” Visitors should check out their classes, ranging from single to group introductory lessons. paddlecorefitness.com
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Dream Float Hawaii
Sensory deprivation – affectionately known as “floating” – has hit O‘ahu as a unique way to relax, meditate and rejuvenate. A float tank is filled with a shallow amount of skin-temperature water and 1,000 pounds of epsom salt, allowing the user to float effortlessly. The experience is often described as floating in space, or being back in the womb. Dream Float Hawaii offers this experience, which touts stress reduction, better sleep, and increased athletic and cognitive performance in a secluded tropical neighborhood setting. dreamfloathi.com

Yoga at the Surjack Hotel & Swim Club
Surfjack Hotel & Swim Club offers ongoing wellness activities to guests and those looking for a trendy escape from bustling Waikīkī. Offered as a featured event, Penthouse Pau Hana Yoga is a one-hour vinyasa class at sunset. After class, students can stay to enjoy the penthouse view with a complimentary libation. In addition, North Shore yoga teacher and jewelry designer Noelani Love leads Sunset Yoga and Sound Healing on the penthouse lanai. The class offers a two-hour experience of sunset yoga followed by sound healing with crystal bowls. surfjack.com

Wellness Wisdom from O‘ahu’s Cultural Melting Pot
Since the plantation era, O‘ahu has become a meeting place for cultures from all over the world, which has been reflected in everything from food and music to architecture. An often overlooked aspect is the wealth of cultural knowledge when it comes to health and wellness that is accessible on O‘ahu due to the blend of Hawaiian, Polynesian and Asian cultures.

Poi
Poi, a paste made from the ground corm of the kalo plant (taro), has been a staple of the Hawaiian diet for generations. Kalo is highly regarded by Hawaiians, and according to cultural stories, is associated with Haloa, the god who represents the original ancestor of the Hawaiian people. In modern times it has been discovered that poi has unique properties causing some to dub it the next “super food.” Poi is high in vitamins, minerals and enzymes, and when left out, naturally ferments giving it probiotic properties similar to yogurt cultures. It is also hypoallergenic, gluten free and easily digestible, making it an ideal natural food for infants or those with gastrointestinal ailments. On O‘ahu, poi can be found at a variety of restaurants and even in grocery stores. For an authentic
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taste of poi and other Hawaiian foods, visitors should stop by the family-owned Waiāhole Poi Factory. waiholepoifactory.com

Noni
Noni is a plant native to many tropical regions including the Hawaiian Islands. The strange looking fruit is touted for its health benefits like lowering cholesterol, lowering blood sugar and has been shown to have an immune-boosting effect. The fruit can be made into a juice or even distilled into tablets, teas and many other forms. Local producers of noni products include Hawaiian Organic Noni, Puna Noni and Hawaiian Ola.

‘Awa
‘Awa is the Hawaiian name for a plant that has been cultivated in Polynesia for centuries and is commonly known as “kava” or “kava-kava.” The root of the plant is usually prepared into a potent drink that has a relaxing effect on the mind and body. The drink was traditionally served on occasions of celebration, or as an expression of hospitality. ‘Awa is known to reduce stress and can even act as a sleep aid. Today, visitors to O'ahu can stop by Diamond Head Cove Health Bar for “‘Awa Nights,” where guests can experience the drink while listening to live Hawaiian music. diamondheadcove.com

Kukui Nut Oil
The kukui tree is the official tree of the State of Hawai'i. The oil that is processed from kukui nuts was originally used in cultural ceremonies, as a paint or varnish, or even in candle making. Due to its high level of poly- and monounsaturated fats, as well as vitamins C, D, E and other powerful antioxidants, modern studies have shown the benefits of kukui nut oil to be many. Applied to the hair, it can increase hair strength and prevent dandruff while applying it to the skin can serve as a moisturizer and minimize the appearance of wrinkles. Most prominently, kukui nut oil is used in massage as its anti-inflammatory properties help soothe muscles and joints. Kukui nut oil products can be found in the skin care aisle of nearly any store on O'ahu. One of the prominent local producers is Oils of Aloha, which creates a variety of products using kukui nut oil. oilsofaloha.com
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Chinese Medicine on O'ahu
Honolulu's Chinatown, one of the oldest in the U.S., is being transformed with boutiques selling locally-crafted goods and restaurants serving some of the most innovative cuisine on the island. Nevertheless, the wisdom of old Chinatown still thrives in the area. Strolling visitors can find Chinese herbal medicine, acupuncture and acupressure practitioners all along this Honolulu neighborhood.

Celebrating Health and Wellness at O'ahu's Festivals and Events
On O'ahu, rejuvenating doesn’t have to be a solo endeavor. Visitors can celebrate health and wellness at one of the many festivals and events throughout the year.

Wanderlust O'ahu
Wanderlust O'ahu is the ultimate mind, body and soul wellness festival on the island. As a one-of-a-kind gathering of yoga masters, musical performers and top chefs along with the world’s leading wellness speakers, visitors can open the mind, refresh the soul and satiate appetites at this event held at Turtle Bay Resort. wanderlust.com/festivals/oahu

VegFest Oahu
VegFest Oahu is a celebration of plant-based, sustainable living. Visitors can attend the free community festival, taste delicious vegan food, and peruse various vendors. The Inspiration Lecture Series informs attendees on health and environmental topics, and a stage of local performers provides “conscious music” throughout the day. vegfestoahu.com

Great Aloha Run
The Great Aloha Run has been a 34-year tradition on O'ahu, and is Hawai'i’s largest participatory race. The 8.15-mile foot race is great for all skill levels and prides itself on being inclusive in its participation with divisions for elite racers, various age groups, as well as wheelchair and hand-cycle competitors. A three-day sports, health and fitness expo occurs during the weekend of the race and includes an array of exhibition booths offering unique products and services, entertainment, workshops and more. greataloharun.com
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**Reebok Spartan Race**

For the traveler who wants to put their body to the ultimate test, The Reebok Spartan Race Hawaii Trifecta Weekend is just the ticket. The annual event at Kualoa Private Nature Reserve includes four race types: Sprint, Super, Beast and Ultra Beast in one weekend. Participants can run one of these individual races, or take on the ultimate Spartan Trifecta Challenge. The race weaves through beautiful Ka'au'awa Valley on the lush east shore of O'ahu. [spartan.com](http://spartan.com)

**Traditional Healing in O'ahu’s Lux Spas**

O'ahu’s spas allow visitors to experience Hawaiian healing practices melded with modern techniques. The traditional healing philosophies and practices of the Hawaiians, from herbal healing to massage, complement Western science and can accelerate wellness and create spa experiences found nowhere else.

**Laniwai – A Disney Spa**

Quickly gaining a reputation as one of O'ahu’s finest spas, Laniwai – A Disney Spa located at Aulani Resort offers top-notch pampering and soothing treatments. Guests are encouraged to arrive early to take advantage of the Kula Wai outdoor hydrotherapy garden prior to their treatment. Guests can also make use of a eucalyptus steam room and various relaxation areas before indulging in one of the spa’s treatments. The signature lomilomi is a gentle, traditional Hawaiian rhythmic massage incorporating lomilomi sticks and warm river stones to release tension, pain and fatigue. [disneyaulani.com](http://disneyaulani.com)

**Nalu Kinetic Spa – Turtle Bay Resort**

Nalu Kinetic Spa at Turtle Bay Resort offers a healing haven to complement an array of outdoor and water-related activities on the North Shore of O'ahu. Presented as an intimate, full-service facility, Nalu Kinetic Spa focuses on providing an authentic Hawaiian experience of wellness by using pure sustainable and natural ingredients in their treatments. A variety of treatments are offered, from muscle relief massages for athletes to relaxing facials, aroma therapy immersion and more. [turtlebayresort.com](http://turtlebayresort.com)
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SpaHalekulani
SpaHalekulani in the Halekulani hotel is an innovative and soothing spa that promises a cultural, emotional and spiritual journey to uncover the mystical cultures of Asia, Hawai‘i and the South Pacific. The spa offers guests a full menu of services that are inspired by Hawai‘i’s diverse heritage. For a unique experience, the Polynesian Nonu incorporates Samoan massage techniques using stones and oils from the noni fruit. halekulani.com

Naupaka Spa & Wellness Centre
Inspired by ancient Hawaiian healing traditions, the Naupaka Spa & Wellness Centre at Four Seasons Resort Oahu at Ko Olina offers innovative and luxurious treatments, complemented by local indigenous practices. Guests can choose from facials, body treatments and massages. Expansive in scale, this four-level day spa encompasses over 35,000 square feet, including indoor and outdoor treatment rooms. fourseasons.com/oahu

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