

## Unwinding North Shore Surf Style



Turtle Bay Resort, on Oahu's North Shore, is urging its guests to get out and explore the region and the coastline—but there's also another relaxing way for both guests and day visitors to stop and take in the ambiance.

The property's huge Nalu Kinetic spa offers everything from seaside massages and stand-up paddle board yoga to wave therapy massage tables and a full range of facial and body treatments. While the prices aren't cheap it's well worth the investment, and every treatment comes with the opportunity to relax pre- and

post- in a tranquil coastal setting. One option which can be highly recommended is the resort's Seaside Massage, which agents can pre-book for clients (and should do, to avoid disappointment as it's popular). There's nothing like the rhythmic thunder of the waves breaking just off the point to add another relaxing dimension to a deep tissue massage. Clients are taken to a private oceanfront cabana, right on the water's edge (the view is pictured above) and there's also the option of a couples massage. For details see [nalukineticspa.com](http://nalukineticspa.com)

### ... Calling All Yogis

In response to demand, Turtle Bay Resorts offer something for yogis of all abilities at the Nalu Kinetic Spa—from its gentle flow and meditation classes (suitable for beginners), to its outdoor sunset yoga classes and its increasingly popular stand-up paddleboard yoga for the more seasoned yogi. The spa now boasts an expanded range of fitness and yoga classes, most of which are USD10, and the SUP yoga is USD40 per class.

### Hawaiian Time

As Hawaii moves towards its so-called winter months, it's worth reminding clients that the state has its own time zone (Hawaiian Standard Time) and does not move to daylight savings time. The time runs 23 hours behind New Zealand during our daylight savings season, and 22 hours behind during our winter period. Meanwhile, 'Hawaiian time' refers to the state's laid back local culture.



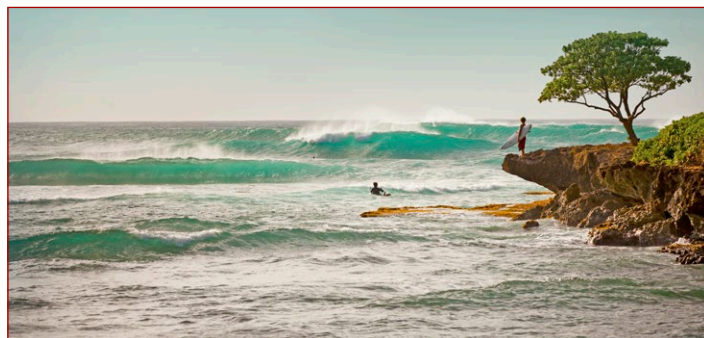
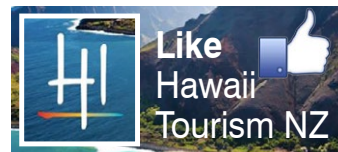
### Hanging With The Locals

The re-launched Turtle Bay Resort prides itself on being able to connect its guests with the locals—and the North Shore is home to an impressive selection of athletes, musicians and more. One notable such local is former US spearfishing champ and reknowned free diver Kimi Werner. Also a chef and artist, Werner likes to live off the land and earlier this month commended the resort for its moves towards a farm to table approach and connecting the visitors to the local environment. Werner, who can hold her breath for 4.5 minutes and likes to swim with great white sharks, is pictured above with the industry's own all round 'athlete' Russell Williss, from Hawaiian Airlines, at the recent re-launch of Turtle Bay Resort.

### Kimi's Top Travel Tips

Turtle Bay Resort is sharing Kimi Werner's top North Shore tips with its resort guests. Her highlights for North Shore bound travellers include:

- \* **Waimea Bay** is my favourite place to exercise.
- \* **People-watching in Haleiwa** is a must. Try Spaghetinis street-side pizzeria, grab a drink at Malama Market.
- \* The **Ke Nui bike path** is a great place to bike or run (from Shark's Cove to Sunset Beach).
- \* Stop by **Opal Thai**, across from Spaghetinis in the heart of Haleiwa. The food is incredible.
- \* Try the charcoal-roasted chickens at **Malama Market** parking lot in Haleiwa at the weekends.
- \* **Sunset Beach** is my favourite place to watch the sunset.



### All New The Point Bar On The North Shore

Turtle Bay Resort's popular sunset bar has been revamped and relaunched as The Point. With a nod to the local surfing culture there's now overhead surfboards, expanded outdoor seating and even a new signature cocktail, the Sunset Shaker (which includes a souvenir shaker). The bar offers fantastic views of those surfing off the Kuilima Point as well as sunset. The poolside menu also now features a number of healthier meal choices, plus there's a nightly traditional Hawaiian sunset ceremony.

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