

Life Force

Kaila Hou's holistic approach brings out their clients' best selves

I am a guide through our clients' wellness journey," states Jacquie Vo, owner and founder of Kaila Hou Wellness & Anti-Aging Center.

It is a statement she doesn't make lightly; Vo has been a passionate advocate for living a healthy life for at least a decade, inspired by her grandfather's battle with Alzheimer's.

"I watched my grandfather on my mom's side pass away from Alzheimer's," she says, adding that research has shown that Type 2 diabetes can be a precursor to developing the disease and that more recent research indicates that it can be considered Type 3 diabetes.

While Vo's family has deep ties to the beauty industry—"my mom started The Regulation back in 1987," she says—she's been involved with the industry for 25 years. After her experience with her grandfather, she wanted to look deeper.

"I've always been healthy, but I think what people don't understand is that 'healthy' as we know before doesn't serve us much unless you really, really study it." And that's exactly what Vo does.

She started her study in earnest about 10 years ago, focusing on diet. "A lot of Asians suffer from this [diabetes] because when we come to the American diet, it puts us into a diabetic state," Vo explains. She changed her diet following the tenets of neuroscientist Dr. Daniel Amen. "For me, that was really profound because he was the only person who I saw studying the patient's brain ... he is a big proponent of a lifestyle change to really take a hold of that. That's where I started my wellness journey."

Vo lost 35 pounds—not because she was trying to lose weight, but because of her new, healthy lifestyle.

Enter Carole Lauro. When they met several years ago, they became fast friends, and Lauro admits she was not necessarily into Vo's healthy lifestyle.

"I was one of those that drank a couple Frappuccinos before lunch, ate really late at night and allergic to exercise," she says with a laugh, adding that she lovingly calls Vo her "Sugar Police."

Kaila Hou Wellness & Anti-Aging Center's services are founded upon three pillars: Nutrition, Exercise and Mindset.

Vo's life took her to Texas, which is where she launched a branch Kaila Hou. (The name, which means 'Most Modern' in Hawaiian, speaks to Vo's dedication to continually seeking out the most up-to-date wellness strategies for her clients.) But she was noticing a void in the market, both in the Lone Star State and here in Hawai'i. "You either have a spa or you have a medical spa," she explains. "The spa feels good, but it doesn't really do much, and you have the medical spa which is more 'medical' than 'spa.'"

You go in, you get your procedure, then wham, bam, thank you ma'am; you're out."

Vo was looking for a place that combined the two, a place where people could make that crucial mind-body connection that she has made, and that's what she did when she brought Kaila Hou here to Kailua in 2019—and she knew exactly whom she wanted by her side.

"She came back to the islands in 2019 and she has some of the machines and she was quite excited and wanted to do this together and I ... do not have that kind of background at all,"



Lauro explains. “My background is more business development ... So I was willing to do that for my good friend, do that for her. But she insisted, ‘no we should partner together.’”

Kaila Hou Wellness & Anti-Aging Center’s services are founded upon three pillars: Nutrition, Exercise and Mindset. Vo says that all clients are given a consultation to determine their best path. “Coaching is part of the service, every time they come in,” she says.

The wellness center offers modalities in three categories: Detox & Purifying, which include infrared sauna blanket and light therapy; Skin Tightening treatments such as a collagen facial treatment that promotes collagen tightening; and Cellulite & Fat Reduction, which aims to eradicate fat cells in the arms, stomach, back or legs.

Clients select which modalities they want. When Kaila Hou first opened, the menu of services was bundled into packages. However, Vo and Lauro found that some people desire one or two specific services, thus the categories. But Vo attests that many are like her: they want to feel *and* look good—long-term. That involves that lifestyle change and the various services that help with one’s appearance simply help one build the confidence to continue on their wellness journey.

The modalities are non-invasive, involve no downtime and are specifically selected because they work well together.

Lauro’s seen it work in her own life. “I did recently encounter a pretty serious health condition, and I really relied upon her expertise with my diet, really implementing some of our treatments we have for detoxing and purifying—like our sauna blanket treatment—and it really helped,” she says. “I give [her] a lot of credit in my journey to become basically, right now, in remission from Stage IV cancer. I do credit her influence and the treatments here that I received at Kaila Hou.”

Vo points out that while she aims to be a place of wellness for everyone, providing holistic care and services, one should always consult their primary care physician if they’re aiming to better their health.

Sometimes, the journey isn’t as obvious. The pair chuckle as they recall a bodybuilder client who came to them. They weren’t sure how they could help her because she was already what many would consider an ideal physique. “We usually ask the client what they want,” Vo, says. The result: an even more sculpted look and a happy client.

Regardless of what brings a person into Kaila Hou Wellness & Anti-Aging Center, Vo stresses that she wants them to walk out feeling empowered. “It’s about a mindset of abundance,” she says. 🐦

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