



What is Traditional "Old Style" Lomi Lomi Massage?

Massage in Hawaii is called "Lomi Lomi."

Traditional "Old Style" Lomi Lomi Massage is a powerful and unique experience. It is a method of massage which has its roots in a tradition which is hundreds of years old. It follows exactly the tradition of the Lomi Lomi in its purest form. It has been handed down and taught only by lineage and has remained unchanged through the centuries.

The focus is on giving the body and mind time to adjust, by slowly taking both down deeper and deeper into relaxation, the body can naturally soften and open, enabling it to be gently worked on and pain released - all whilst experiencing profound inner peace.

It's a more gentle and caring way to work with your body.

"Old Style" combines an almost endless technique, with "the laying on of hands", both in passive and active massage. The open hand is used rhythmically (like waves coming in and waves going out); the strokes are continuous and ultimately hypnotic which brings your mind to a place of absolute stillness.

This "sanctuary" of the quiet mind is where true healing manifests.

It is the way of the heart.

Benefits of Massage

Soothing the Mind, Body, Soul and Spirit, Traditional "Old Style" Lomi Lomi:

- ~ *Relieves stress and tension and increases relaxation:* best known for its relaxing effects and experience of profound inner peace, harmony and wellbeing it helps dissolve the stresses of modern life.
- ~ *Boosts the immune system and detoxifies:* activates the flow of Lymph which improves the immune system for extra protection against illness. Helps rid your body of harmful toxins.
- ~ *Improves circulation:* vital for heart health, reducing hypertension, preventing varicose veins, increasing flexibility and movement. Helps efficient movement of nutrients and oxygen to various parts of the body. Good circulation means you feel fit, healthy and full of life.
- ~ *Releases soft and deep tissue:* aids pain relief, heals damaged muscles and decreases recovery time after injury. It's great for the fit, active / sporty people as well as the less active.
- ~ *Helps emotional healing:* reduces stress, anxiety, depression, constipation (it works the abdominals), sleeplessness, anger and poor self-image.
- ~ *Increases alertness and energy:* stimulates the release of endorphins which energise, increase feelings of happiness and bliss, reduce stress and postpones the effects of ageing. Fabulous for sleep deprived new parents, shift workers and people with busy lifestyles.

Treatments Available

1 hour Traditional "Old Style" Lomi Lomi (BACK HALF of BODY). \$70

1 full hour of warm organic oils, soothing music, beautiful aromas and flowing rhythmic hands. This is the HALF BODY Traditional "Old Style" Lomi Lomi.

2 hour Traditional "Old Style" Lomi Lomi (FULL BODY-BACK & FRONT). \$130

2 full hours of warm organic oils, soothing music, beautiful aromas and flowing rhythmic hands. From the crown of your head to the tips of your toes.

This is the FULL BODY traditional "Old Style" Lomi Lomi. 100% TOTAL LUXURY YOU ARE WORTH IT!! ... You will never want to go back to a 1 hour massage! ...



½ / 1 hour Relaxation massage \$40 / \$65

½ hour Seated neck & shoulder massage \$40

½ hour Reflexology (feet) massage \$40

½ hour Arm & hand massage \$40

1 hour Joint loosening massage \$65

1 hour Reiki \$65

(Also available: cupping, hot stones & oriental massage)

Testimonials

Traditional "Old Style" Lomi Lomi

"WOW!!! I've never had a massage like that before! It was so nurturing and connected." Mat. Melbourne. VIC

"That was my very first massage. I was totally gone, blissed out. I will definitely be back for more." Tyler. Melbourne. VIC

"The most incredible massage I've ever had!" Melissa. Inverell. NSW

"Sooooo lovely." Rosemary. Glen Innes. NSW

*"That was amazing! That was the best massage I've ever had." Shelly. Inverell
NSW*