

Traditional "old style" Hawaiian Lomi Lomi

The Tradition of "old style" Lomi Lomi

Traditional "old style" Hawaiian Lomi Lomi is system of Hawaiian full body massage which is hundreds of years old.

Until recently it has been practiced only in Hawaii - it has been a protected, sacred practice, kept strict in its content to ensure that it remains unchanged from its original form.

An integral part of Polynesian society, practitioners would work alongside other healthcare providers - a practice which still occurs today.

It cannot be learned in "schools" like other massage therapies - it is taught strictly by the Kahuna and her selected teachers.

95% of most massage therapies focus on teaching only technique.

In "old style" Lomi Lomi teaching focuses on more than just technique - students learn how to work from the heart, bringing this through the hands resulting in healing and bonding at a level beyond comprehension by the mind.

Traditional "old style" Hawaiian Lomi Lomi students learn how to be without judgement and to be humble in their work with others.

"old style" Hawaiian Lomi Lomi is movement of pure, unconditional love and grace.

It is said that to even to observe a "treatment" is to receive it...this is the way of traditional Lomi Lomi in the old style.

Hawaiians say they can tell the difference when a person has been trained the "proper" way.

Traditional "old style" Hawaiian Lomi Lomi is practiced entirely with the open hand - no forearms or painful elbows are used. "Lomi Lomi" means massage - "to knead, to squeeze, and to make soft".

The philosophy in Traditional "old style" Hawaiian Lomi Lomi is to work with the body, to understand it and gently coax it to open so tight spots, soreness and knots can be worked on once the body is warmed, trusting and receptive.

Benefits of "old style" Lomi Lomi Massage:

- Relaxation, stress and tension release
- Improves circulation
- Releases soft and deep tissue
- Lymphatic drainage and cleansing
- Detoxifies the body
- Pain relief
- Rejuvenates vital organs
- Emotional healing
- Instills a sense of peace, harmony and wellbeing

So relaxing, it's hypnotic

Traditional "old style" Hawaiian Lomi Lomi aids in relieving physical pain and emotional distress - such as stress, worry and anxiety.

Through its rhythm and patterns it activates meridians and energy points, releases energetic blocks and allows the body's own healing process to take over.

"Old Style" Lomi Lomi is a restorative Hawaiian massage that works gently yet deeply into the muscles with continuous, flowing strokes.

This allows you to **deeply** relax due to the hypnotic, rhythmic effect, bringing your mind to a place of absolute stillness.

Therapeutic touch, rhythm and ancient wisdom come together allowing healing to occur.

More than a massage, it's an experience

This method of healing and massage comes to you through Julia (herself of Polynesian descent) who was taught by the Kahuna - the head of the lineage.

Traditional "old style" Hawaiian Lomi Lomi massage is best known for its relaxation effects. If you have only ever experienced western style massages, you'll soon find out the whole approach is very different and much more deeply nurturing than any of the other styles - at least that's what our clients tell us.

Just about everyone says the same thing "it's more than simply a massage, it's an experience"...

Read more testimonials on our website or book your treatment: Julia - 0417 411 465.