

# The Resort-style Massage

More than a massage, it's an experience

Traditional "old style" Hawaiian Lomi Lomi is a holistic, therapeutic massage for the mind, body, spirit and soul.

Lightly fragranced herbs and essential oils infuse the soothingly warmed air, nurturing and uplifting the spirit. The body rests warm and cosy upon a double-layered padded table dressed with imported linens.

Exotic and aromatic organic coconut oil of the finest quality soothes the skin, the body and the mind, leaving the entire body feeling refreshed, nourished, invigorated and luminous.

The healing powers of this very traditional Hawaiian style of massage work deeply into the tissues and muscles, gently warming them with a combination of long, flowing, languid strokes lulling the body into a state of deep relaxation.



With the body softened, loosened and immersed in relaxation, gentle kneading and point work into tight, strained or stressed muscles encourages circulation and begins to free tangled, knotted muscle fibres.

The massage is slow, restful, calming and nurturing. Afterwards your entire body will feel mellow, refreshed, revitalised and restored.

You have the choice of two therapeutic pamper massages to help to balance physical and spiritual wellbeing:

**1 hour Traditional "old style" Hawaiian Lomi Lomi** – 1 full hour of deluxe whole back of body care

A dreamy, whole back of body massage that leaves you feeling relaxed yet vibrant and enlivened. A combination of flowing rhythms, patterns and point work is good for discharging stress and tension in tight spots along the legs, hips, back, shoulders, upper arms, neck and head. Let your spirit float freely, relieve aches and pains, improve circulation and soothe painful joints and inflammation.

**2 hour Traditional "old style" Hawaiian Lomi Lomi** – 2 full hours of relaxation, healing and bliss.

This is the full traditional Lomi Lomi, excellent for people who want to totally relax, rejuvenate and detoxify the body whilst at the same time relieving painful tight spots and knots, balancing your mind and your body, soothing the nervous system, encouraging pent up stress and strains to simply float away. From your crown to your toes your whole body is cared for.

Traditional "old style" Hawaiian Lomi Lomi returns massage to a healing art – each massage is a full one hour or two hours on the table.

Experience a healing ritual unchanged for hundreds of years...

**Appointments with Julia: 0417 411 465  
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