

The ultimate massage experience

Relax in the peace and quiet

Relax in the tranquil surroundings of North Head Sanctuary. You have the option of a two hour Traditional "old style" Hawaiian Lomi Lomi Massage or a one hour Traditional "old style" Hawaiian Massage.

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

Lightly fragranced herbs and essential oils infuse the air, nurturing and uplifting the spirit.

Exotic and aromatic organic coconut oil soothes the skin, the body and the mind, leaving the entire body feeling refreshed, 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 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 you're entire body will feel mellow, refreshed, revitalised and restored.

The massage experiences

Traditional "old style" Hawaiian Lomi Lomi returns massage to a healing art. Choose from two exotic, yet highly therapeutic experiences:

2 hour Traditional "old style" Hawaiian Lomi Lomi 2 hours of relaxation healing and bliss

This is excellent for people who want to totally relax, rejuvenate and detoxify the body whilst at the same time relieving painful tight spots and knots.

Beautiful herbal and essential oil aromas lightly fragrance the air, helping to purify and balance your mind and your body, soothing the nervous system, encouraging pent up stress and strains to simply float away.

1 hour Traditional "old style" Hawaiian Lomi Lomi

Deluxe whole back of body care

This is a 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 sooth painful joints and inflammation. This is a one hour therapeutic pamper that helps to balance physical and spiritual wellbeing.

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
- Instils a sense of peace, harmony and wellbeing

Not every style of Hawaiian massage is as relaxing and therapeutic as the traditional "old style". "old style" Hawaiian Lomi Lomi is great if you:

- have a very busy lifestyle
- have high levels of work/life stress
- play a lot of sport, regularly walk or run
- are stiff when you get out of bed
- travel a lot for work
- do shift work
- sit at a computer for a long time in your job

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.

It works much more deeply than regular styles of massage, which is why it is gaining in popularity. **Read testimonials on our website or book yourself a treatment: Julia - 0417 411 465.**