

## History of Lomi

Lomi massage is an ancient Hawaiian healing practice that has been handed down from family to family for hundreds of years. In the 1800's, Hawaiian masters of the lomi massage, known as Kahuna lomilomi, openly practiced this art as a healing technique that was both physical and spiritual. There are numerous first hand accounts from European explorers that describe instances of receiving relaxing and therapeutic lomi massages from the Hawaiian Kahuna during their visits to the islands.

In the 1820s, Western missionaries to the Hawaiian Islands found the Hawaiian Kahuna to be particularly gifted in their ability to diagnose and treat illnesses and injuries. Still, massage and other native practices were considered by the Western missionaries to be heathenistic and in 1893; the government outlawed all spiritual traditions - including lomi massage.

Instead of abandoning their traditions and beliefs, Hawaiian people continued to practice their way of life in secrecy. And though hidden, lomi massage continued to flourish within the Hawaiian community, being taught and passed down from generation to generation.

Amazingly, it wasn't until the 1970s that laws were changed that allowed Hawaiians to once again openly practice their traditional way of life. This change sparked a revival in interest in the ancient customs of the Hawaiian people. Family elders were sought out as sources of information regarding these old traditions.

## Benefits of Lomi Lomi

- ✿ Better Circulation
- ✿ Better sense of well-being
- ✿ Better self-awareness
- ✿ Great Stress-relief
- ✿ Higher self-esteem
- ✿ Unified body and mind



### Prices

Lomi Lomi 1 hour	\$80
Lomi Lomi w/Aromatherapy 1 hour	\$95

# Hawaiian Lomi Lomi Massage

Lomi Lomi means ...  
"To break up into small pieces"



Massage Works

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## Why is Lomi Lomi Massage Different from Other Massage?

Lomi Lomi is more rhythmical, harmonious and flowing taking its lead from the music which is native tribal

Generally faster pace than other massages

No spot work but the whole body is involved

Connects Mind-Body-Spirit through vigorous massage



## Stone Therapy w/Lomi Lomi

Stone Therapy is an ancient healing art that has been around for thousands of years. The Egyptians used heated stones. Native Americans used stones during rituals and ceremonies and still use them today in Sweat Lodges.

Originally Hawaiian Laau lomi-lomi lava rock balls were used to clean or scrape the skin after a lomi-lomi. Stone therapy was re-introduced in Tucson, Arizona in 1994 by a massage therapist.

Stone massage uses deep penetrating heat from smooth stones that are used to heat & soothe aching muscles. The heat from the stones increases the relaxation response and increases healing through improved blood flow and circulation. Various size hot stones are used to massage different parts of the body and stones are also placed on specific areas. The stones are very comfortable and never too hot.



## About Hawaiian Lomi Lomi Massage

Lomi Lomi is a very deep massage style, with continuous, flowing strokes, totally nurturing the body and, enabling the recipient to relax, and give in. Lomi Lomi is not just a physical experience; it also facilitates healing on the mental, emotional and spiritual levels. The massage is given in fluid, rhythmic motion using the forearms as well as the hands. It brings deep muscle relaxation, lymphatic drainage, & emotional healing.

## Lomi Lomi w/Aromatherapy

**Balance:** This blend helps balance electrical energies within the body, giving courage, confidence, and self-esteem\*

**Dextox:** This blend has been known to support liver and lymphatic system detoxification. Anger and Hate are stored in the liver, creating toxicity and leading to sickness and disease

**Focus:** To promote a clear mind and mental alertness\*

**Hormonal Stress:** This blend helps soothe the minor discomforts associated with PMS\*

**Muscle Release:** This special blend may help relax, calm, and relieve tight, sore, tired, and aching muscles resulting from sports injuries, fatigue, or stress\*

**Relaxation:** This gentle blend promotes relaxation and a deep sense of peace, helping to dampen tensions and uplift spirits\*

\*Safety Data: May be irritating to those with sensitive skin

