

LOMI LOMI MASSAGE

One might find methods that are similar to oriental techniques like Thai massage to balance energy and create flow. It is a profound form of bodywork that is solution-oriented and specific to the client's needs.



The ManaLomi technique is based on Hawaiian concepts of working with the 'mana' of the body, mind, and soul of an individual. Lomi Lomi's intention is result oriented. Lomi Lomi goes beyond the superficial layer of muscles; incorporating deep breathing, muscle lengthening, always working to reverse restrictive muscle resistance to normal. By working through key muscle groups in particular sequences, including joint mobilization, we open up other key muscle groups and links that enable us to work at a deep level to address the issue, complaint, discomfort, which provides immediate and long-term relief of muscular-skeletal pain, mental fatigue and reduce the physical effects of stress.



Lomi Lomi massage is based on an ancient traditional Hawaiian holistic approach to wellness, addressing the physical, emotional, mental, and spiritual being. You will experience immediate relief from stress, tension and pain. The objectives of the Lomi Lomi full-body oil massage are to address the source of the problem thru deep breathing-muscle lengthening massage, allowing for a more permanent pain free body, to restore motion and to provide preventative maintenance. The "loving touch" can reach the depth of one's soul so the opportunity for healing can take place. Vivian Ewald for Spa Therapy.