

Lomi Lomi with Hot Shells & Sugar Exfoliation

Feel the benefit of this flowing Hawaiian massage and feel your satin smooth skin after a tropical sugar scrub exfoliation and hot shell treatment.

Be swept away with the sounds of the island while you are massaged with a tropical exfoliating sugar scrub, then your skin is gently wiped off with hot towels, followed by warm Hawaiian oil and hot shells.

Next imagine a warm ocean wave as the flowing Lomi Lomi massage nurtures and alleviates stress and tension areas.

This exotic treatment is the perfect way to drift off into a mini vacation.

Sacred Lomi

90 minutes.....\$110

120 minutes.....\$130

Lomi Lomi with Hot Shells & Sugar Exfoliation

120 minutes.....\$150

Julia Gallant Studied this unique Hawaiian Temple Bodywork on the beautiful Big Island of Hawaii at the Kalani Oceanside Retreat. It was an honor and a blessing to study Sacred Lomi with the creators and an entire class of amazing body-workers from all over the world. She is so inspired by the intense acceptance and unconditional love in both giving and receiving this beautiful healing art form, that she plans to continue her Lomi Lomi studies in the future and truly believes in the healing power of this work.

Deidre Raboin was driven to study this loving and nurturing bodywork after experiencing it and finding herself left feeling grounded and in a relaxed state of mind. After feeling these profound effects she felt compelled to learn it for herself. She studied under Carrie Rowell, a traveler and lifelong resident of Hawaii. It was truly empowering to study sacred dance, breath work, meditation, and the wave like motions that add to Lomi Lomi. It is a deep wish of hers to be able to provide many others with this harmonizing and loving form of art.

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Hawaiian Lomi



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Lomi Lomi

Means “to massage”, “to knead” or “to weave” – weaving light, weaving love, weaving spirit, unweaving unhealthy patterns in the body, unraveling wounds and old belief systems. There are many different styles of Lomi Lomi, each integrating a unique approach to healing the physical and energetic body.

Hawaiian Temple Bodywork

Lomi Lomi Nui (The great massage) is an ancient and distinctive form of Lomi Lomi practiced by the Hawaiian Shaman or ‘Kahuna’ in the temples of Hawaii as a sacred rite of passage. Shamanic teachers committed to sharing their knowledge of this sacred tradition have passed down this art.

Sacred Lomi

Sacred Lomi is a unique healing art form based on seven Hawaiian principles. Using mostly forearms Lomi Lomi can be very deep and effective. With flowing circular runs that nurture and embrace it clears out old patterns and awakens the true self.

Seven Hawaiian Shamanic Principles

IKE

The world is what you think it is

KALA

There are no limits

MAKIA

Energy flows where attention goes

MANAWA

Now is the moment of power

ALOHA

To love is to be happy with
(Someone or Something)

MANA

All power comes from within

PONO

Effectiveness is the measure of truth

What to expect during Sacred Lomi

Your Sacred Lomi experience will take place in a comforting well-heated space surrounded by beauty brought back from the Big Island.

Handmade Hawaiian tropical oils, and a combination of music will allow you to be carried away by this wavelike massage. Sacred Lomi begins by setting the intension that this moment is a celebration of self.

It's about being present and supportive and encouraging deep breath. Draping is minimal and there is no bottom sheet to allow the techniques to remain constant, long, and flowing.

Sacred Lomi embraces the integrated whole being-physical, emotional, and energetic. The flowing circular runs nurture and embrace clearing out old patterns and awakening new vision.

By completely letting go and receiving this treatment you will experience unconditional love and acceptance and may reconnect or find your most authentic self.