



MASSAGE THERAPY MENU OF SERVICES

PRICES

Hawaiian Lomi Lomi

60 Minutes	\$65
90 Minutes	\$85

Lomi Lomi and Pohaku

90 Minutes	\$95
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(Deep) Tissue Issues

60 Minutes	\$75
90 Minutes	\$105

Half and Half

60 Minutes	\$70
90 Minutes	\$95
90 Minutes with Geothermotherapy	\$105

Geothermotherapy

60 Minutes	\$80
90 Minutes	\$120

MENU ITEM DESCRIPTIONS

Hawaiian Lomi Lomi

An ancient healing art that relieves stress, tension and pain, assists blood and lymph flow, stimulates the elimination of wastes and toxins, improves physical performance, and creates a tangible sense of well being. Fluid rhythmic strokes are gentle yet deep, promoting, emphasizing, and combining the connection of spirit and body, breath and the abundant flow of life energy. A connection of heart, hands and soul.

Lomi Lomi and Pohaku *(Client and Therapist favorite)*

Hawaiian Lomi Lomi massage and heated stones on the entire body.

(Deep) Tissue Issues

Therapeutic treatment integrates a variety of massage techniques including deep tissue, myofascial release, neuromuscular, muscle energy and active isolated stretching in a comprehensive treatment of tissue dysfunction.

Half and Half

Combines **Deep Tissue** and **Hawaiian Lomi Lomi** for those who prefer deeper pressure on only half the body.

Geothermotherapy

Restorative therapy using deep, penetrating heated stones and chilled stones that bring about chemical changes to balance and recharge body systems. Physiological benefits include relief to stiff and sore muscles; resulting in alleviation of chronic and acute problems.

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