

Lomi Lomi Nui - the “loving hands” massage from Hawaii

The holistic approach of the traditional Lomi Lomi treatment aims to achieve physical well-being as well as emotional and perhaps even spiritual growth.

In a healthy body, energy flows freely. stress, as is common in today's everyday life, contributes to manifesting blockages in the body. These blockages can manifest themselves as physical tensions that arise from an energetic imbalance or from emotional entanglements.

The Lomi Lomi massage can release these blockages, get the body moving again, restore the harmony of body, mind and soul and thus promote healing in the physical body and psyche.

The beauty of Lomi Lomi lies in its long, flowing, rhythmic movements, oriented to the ebb and flow of the ocean. This dance-like rhythm imitates the waves that sweep over the body through long, sweeping movements with the practitioner's forearms, hands and elbows. In addition, gentle circling of the joints and deep tissue techniques are used to release muscle tension and energy flows. The application varies between gently calming and rhythmically demanding, depending on your needs and mood, just like in life.

What's special: The focus is on the areas that are okay - and not, as with many other massage techniques, on the problematic, painful areas. Lomi Lomi activates self-healing and offers a way to reconnect with your personal essence and bring everything into a balanced flow. The body learns to let go of tension and thus trust itself.

As the session progresses, you may also experience a wide range of sensations from the cradling hugs, including a deep feeling of love. This love can create a safe space for deep healing and self-discovery. It may even be possible for limited perspectives on certain behavioral patterns to change and for a realignment to occur not only physically but also psychologically.

The Lomi Lomi application takes between 90 and 120 minutes.

This period of time is optimal for the therapeutic deep relaxation in which this massage unfolds its effect.