

# Loving HANDS

EXPERIENCE TRADITIONAL HAWAIIAN  
HEALING WITH LOMI LOMI

A direct embodiment of ancient Hawaiian tradition, the Lomi Lomi Massage is an exquisite treatment that provides supreme relaxation and an authentic cultural experience. Highly rejuvenating, the Lomi Lomi Massage reflects the Halele'a Spa's vision to share Hawaiian healing practices for overall well-being that also illuminate the essence of Kaua'i.

Commencing with a native blessing and chant, the nurturing presence of the masseuse promotes a sense of calm and ease. Known as the "loving hands massage," the *lomi lomi* treatment is customized with your choice of massage oil: relaxing, purifying, or clarifying blend, in addition to your choice of music. Soothing sound and aroma combined with the serene waterfall facility theme assure a noteworthy spa journey that echoes insight into island history.

The *lomi lomi* technique has a rich foundation in ancient Polynesian culture, and was a highly revered form of medicine implemented by expert Hawaiian healers called *hahuna*. Preserved from generation to generation, the *hahuna* practiced the technique with a spirit of deep reverence, love, and *aloha*. Underlying the physical movements of *lomi lomi* was the intention to facilitate healing on a mental, emotional and spiritual level to create a harmonic state of wellbeing.

Merging the ancestral past with refined St. Regis modernity, the highly trained *lomi lomi* specialists work intuitively, applying rhythmic flowing strokes to the body. With a gentle touch that deeply penetrates the muscles, the smooth therapeutic movements, which are applied at your preferred pressure, improve circulation, posture, and immune response.

The technique also releases stored tension, naturally slowing the heart rate and lowering blood pressure. It is also effective after injury for ligaments, tendons, and relieving muscle spasms. It is believed *lomi lomi* also stimulates the lymphatic system to remove built-up toxins from the body and restore overall vitality.

Maintaining the cultural integrity of the *lomi lomi*, Halele'a Spa offers the legendary treatment for 60 to 90 minutes of tranquil repose. This revered traditional healing modality promises a flavor of Hawaiian heritage and complements The St. Regis living legacy. Relish in *lomi lomi* antiquity today.

—By Amber Nightingale