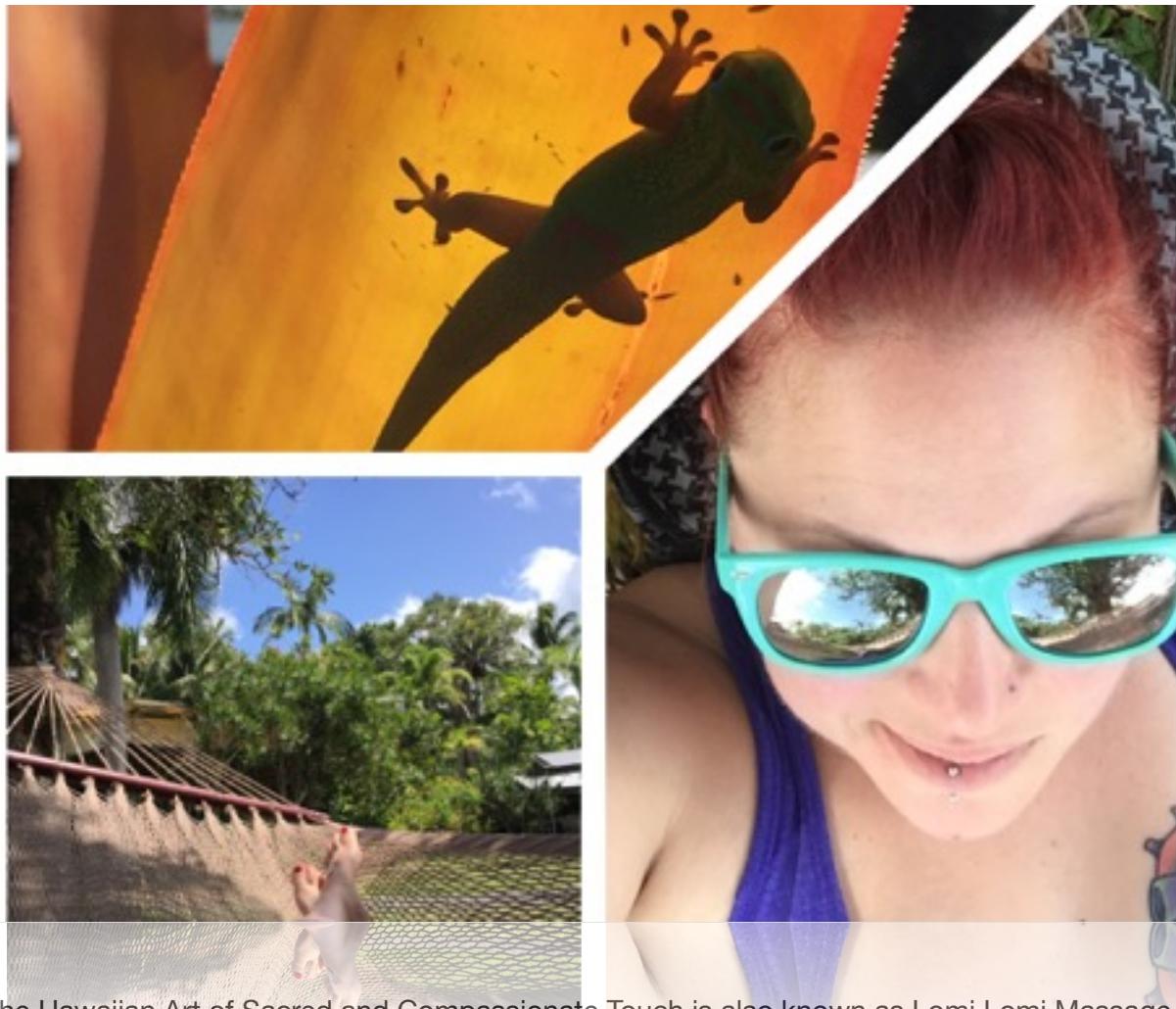


Urna Semper  
Instructor's Name  
Course Title  
January 14, 2016

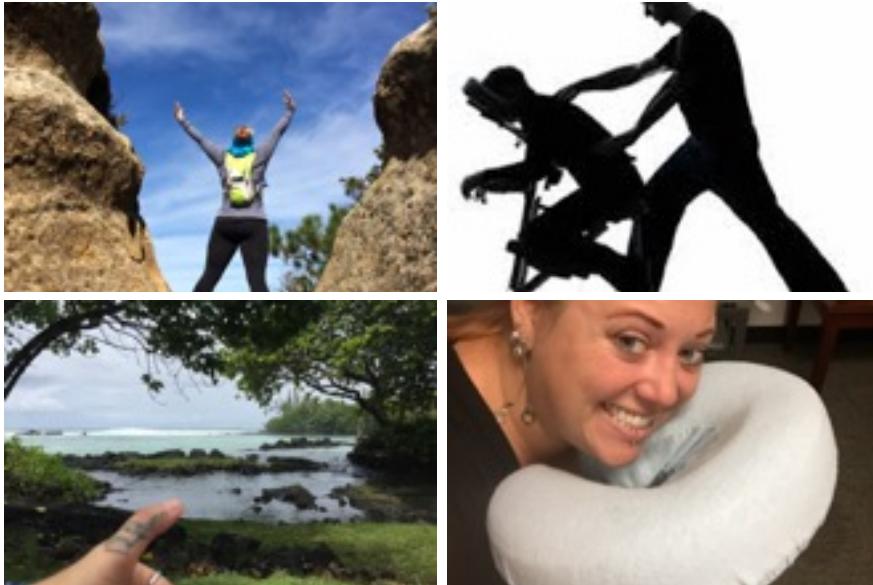
## Feeling One's Connection to LomiLomi



The Hawaiian Art of Sacred and Compassionate Touch is also known as Lomi Lomi Massage. This modality of massage is actually more about the rich history and culture of Hawai'i than it is about the actual massage. During my 7 month stay on the Big Island of Hawai'i, I fell in love with the energy of the island, the steady rhythm of the ocean, the greenery of the land, and the softness of the breezes. But the connections between people, between my Kalani Ohana, my hawaiian family, were what taught me to feel more than with just my hands, but with my heart.

**"... If your hands  
are gentle and  
loving, your  
patient will feel  
the sincerity of  
your heart and  
the Lord's healing  
will flow through  
you both."**

**by Aunty Margaret  
Machado, LMT.**



and my spirit as well. These experiences of people, places, sights, and smells are what influence my massage, by being part of the spirit of Hawai'i I hold within me. These experiences have allowed me to be present in the moment, to reach out to other people's energies and meet them where they are. It has heightened my intuition and allowed me to continue to hone my skills as a massage therapist; learning through every body i touch.

#### Testimonials:

“Brittany was fantastic and identified the origins of the pain points so quickly. I think that was the most effective massage session I’ve ever had! I will definitely request her in the future.”—Clare

“Brittany really knew what she was doing and how to handle all my knots. It was amazing how the knots just seemed to melt away. My pain was gone by the end of our session!”—Fabian

“Brittany provided a superb massage. She found places that were key to healing that I didn't even know were connected to my back pain. Great relief.” —Louann

Cost of a LomiLomi Massage: \$90 --- reason of a higher cost, very laborious & uses ALOT of oil. Generally 60-90 minute massage, fast paced, and done with a bit of a firmer hand and loose draping. Includes chest and stomach work.