



Natural State Therapies

~ Lomi Lomi factsheet ~

What is Lomi Lomi massage?

Lomi Lomi massage originated in Hawaii, and is a part of Hawaiian culture, but spread across the world and became popular in Europe in the first half of the 20th century. The spiritual nature of Lomi Lomi, and embarrassment over the need for nudity, are probably the main reasons why it has not become a more popular treatment in the UK.

Traditionally, Lomi Lomi massage was simply part of a whole-mind-and-body and spiritual approach wellbeing in Hawaii and its Polynesian neighbours. The massage treatment itself is accompanied by prayers and a ceremony, which can last a number of hours.

Typically, Lomi Lomi massage is carried out in the UK without the ceremony, and that is what I offer at Natural State Therapies.

The massage is performed with flowing, rhythmical motions and has been described as feeling like gentle waves moving over the body, giving the impression the whole body is being massaged at the same time. The stimulating effects of Lomi Lomi massage strokes help to increase circulation, which will increase the flow of energy around the whole body.

This form of full body massage is fairly unique and unlike any other conventional massage.

What should I expect?

As whenever I am seeing a new client, the session will start with a consultation covering your medical history, your reasons for seeking the treatment, and what you hope to get out of it. We will also discuss and agree levels of undressing and draping.

After the consultation, you will undress, and lay face down on the massage couch. The massage starts with the application of warm oil over the entire body, including legs and feet, buttocks, back, neck, shoulders, and arms. Some oil is also placed on the couch on either side of the abdomen.

Once the oil is applied, I will use various strokes over your whole body, using my hands, wrists, arms and elbows. Some strokes go between your body and the couch, so the front side of your body is massaged as well. Unlike in a conventional

massage, there is no order nor fixed sequence for the massage; you will never know where the strokes will start and end, nor on what part of your body I will work next. Also, the speed and pressure of the strokes varies unpredictably. I largely follow instinct on how to perform the massage, and it's different every time.

A little over halfway through the massage, you will turn over onto your back. More warm oil is applied if needed, and the treatment continues, again with strokes on both front and back of your body.

The random nature of the massage allows your brain to disengage with the treatment; it does not try to 'follow' it, as it cannot. It merely experiences it.

The result is that you can go into a very relaxed, almost trance-like, state.

After the massage, I will wipe oil from the base of your feet, and then give you a towel for you to remove any oil you want to from your body. You will have a lot of oil on you, and whilst it will do you no harm (and has a moisturising effect) it will stain your clothes.

I will give you a few minutes to come back into the moment and get up from the couch. You may continue to feel a little 'spaced out' for a little while.

Some important things to note are:

- Your face will not normally be included in the massage, as typically clients do not want oil on the face. However, the face can be included if requested.
- At no time will your genitals be included in the massage.
- The massage includes the chest of male clients but is only included for female clients if that is previously agreed (and is no more a focus for the massage than any other part of the body).
- You will need to be naked, i.e. without any clothing at all, including all underwear. Any clothing impedes the continuous flow of the massage and would get heavily oiled.
- Ideally, you will have no draping (i.e. towels, sheets, etc.), as again this impedes the continuous flow of the massage. Minimal draping covering genitals and intergluteal cleft (i.e. the deep groove between the buttocks) can be used, but in my experience achieves very little in the way of preserving modesty as it tends to be easily dislodged.

Further information about Lomi Lomi Massage

Please use this link to find out more about Lomi Lomi and its history:

https://en.wikipedia.org/wiki/Lomilomi_massage

These videos may help you understand better what a Lomi Lomi massage is like:

<https://youtu.be/2tAXNrqBE0s?si=l42mvjDbbVy2dxbx>

https://youtu.be/cwlamGUNYm4?si=3L7lll_Fob8dQCit

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