



Australasian Academy of Wellness Therapies

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HAWAIIAN MASSAGE LOMI LOMI

Introduction:

Among the many massage techniques, "Lomi Lomi" is one critical technique that a professional forward-thinking therapist should never be without. Come and discover this ancient style of Hawaiian Massage which is performed in a graceful and flowing rhythmical dance. Traditional Hawaiian culture is at one with nature and the elements using holistic therapies and massage to increase the body's natural energy flow. The traditional healing method of this style of massage was passed down from the ancient Hawaiian healers and herbalists.

Duration	: 1 day per week for 3 weeks
Course fees	: \$440.00 (GST incl.)
Schedule	: Monday 9.30am – 4.00pm (refer to website for latest workshop schedule)
Venue	: Suite 15, South Gate

Course Objectives:

A comprehensive 3-day course, participants will have acquired the right skills to perform the gentle art of Hawaiian massage. These sessions are devised to complement and use your newly acquired techniques to enhance your existing massage skills.

Methodology:

Our qualified Spa therapist will impart skills, techniques and demonstrate the massage dance of Lomi Lomi. Our sessions will also encompass an introduction into the cultural aspects related to this healing method. Each day of the course includes significant practical hands-on treatments.

Topics covered:

- Cultural history of Hawaiian massage
- Benefits of the massage style
- Contraindications to the therapy
- Practical set up & dress style for delivery
- Comprehensive treatment routine

** Participants will need to bring a black T-shirt, flat comfortable enclosed toe shoes and 4 hand towels to be used during training.

Pre-requisite: Certificate in Basic or Swedish massage.

Who Should Attend:

It is recommended for participants who have a keen interest in beauty services.

Certificate : Certificate of Completion from Australasian Academy of Wellness Therapies

Progression : Certificate IV in Massage Therapy Practice/ Diploma in Beauty Therapy / Post-graduate Certificate in Spa Therapies / ITEC Diploma in Holistic Massage

