

prayers for the body
treatments by true nature





Everything You do is Your Tomorrow

It's all about Prayers for the Body

Making Time for Yourself

Embracing the Moment

We Live as We Weave



Massage

From a land as old as the Earth herself,
we present to you the sacred artistry of the

Traditional “old style” Hawaiian Lomi Lomi

Hawaiian Massage in its most pure form.

Kept hidden and secret for thousands of years, safe and
protected by those who are “island-born”, it has remained
clean and untainted.

Experience a healing ritual unchanged for thousands of
years...



1 Hour “Hapalua” Lomi Lomi:

Hapa means half, so these massages are treatments attuned by Nature to harmonise specific areas of the body.

Lomi Lomi Dreamtime:

A long, slow, dreamy full back of body massage from head to toes. It's so easy to lose yourself in this massage. A combination of flowing rhythms, patterns and point work is good for discharging stress and tension in tight spots along the legs, hips, back, shoulders, upper arms, neck and head. Let your spirit float freely, relieve aches and pains, improve circulation and soothe painful joints and inflammation.

Lomi Lomi Luscious:

Soothing warmed coconut oil drizzled along the back signals the body to slow down, rest and be cared for. A specific treatment for upper back, neck, shoulders, head and face that includes Hawaiian Trigger Point Therapy and warm oil hair massage to alleviate tension. Leaves you feeling totally nourished.

Lomi Lomi Foot Ritual:

Nirvana for the feet, legs and hips. The best thing for feet squeezed into high heels; helps with back care. Tired and stressed feet rest first upon a bed of river stones in water enriched with mineral salts. Then the full leg – front and back - feet and toes are massaged with both hands and hot stones. Includes Hawaiian Reflexology.

Lomi Lomi Pohaku – Hot Stone Massage:

When the stones speak the body listens. Pohaku means rock or stone, so this is a hot stone massage performed in the traditional way using both hands and hot stones to soothe and heal. A magic touch for the whole back of the body that is both strong and gentle.



2 Hour Traditional “old style” Lomi Lomi - Hawaiian Classic:

A complete body treatment that redefines understandings of massage – a return to massage as a healing art.

The full traditional Lomi Lomi is excellent for total relaxation; rejuvenates and detoxifies the entire body whilst at the same time relieving painful tight spots and knots, balancing your mind and your body, soothing the nervous system, encouraging pent up stress and strains to simply float away. Intoxicated by mists of light herbal essences your body is gently rocked into sleep by the hypnotic Lomi Lomi. A beautiful experience. Includes Hawaiian Trigger Point Therapy.

2 Hour Lomi Lomi Pohaku – Hot Stone Massage:

When the stones speak the body listens. Pohaku means rock or stone, so this is a hot stone massage performed in the traditional way using both hands and hot stones to soothe and heal. A magic touch for the whole body that is both strong and gentle, this 2 hour body treatment is Pule (a prayer) for the body.

2 hour Sensorial Surrender:

For those who like things a little mystical, surrender to the spiritual splendour of the Sensoria followed by a one hour Traditional “old style” Hawaiian Lomi Lomi Luscious - this treatment is Ku‘ulani (heavenly). Restores balance and harmony and frees emotional blocks through a fusion of hands-on healing, crystal healing, sound, aromatherapy and massage. An aria for the body.

3 Hour Lomi Lomi - Hawaiian Lokahi:

Lokahi means balance and harmony, so this magnificent treatment weaves together two sacred healing rituals – the traditional flower foot soak and the eternal 2 Hour Traditional “old style” Hawaiian Lomi Lomi. This is the ultimate escape, the memory that always brings a smile to your face, the one that your body never forgets.



Healing

The breath carries our divine essence
The ancient Polynesians called it the HA

In the presence of the divine breath of life
We are ALOHA

And all is in right in our world...



The Sensoria – 1 hour:

The Sensoria – a sensory aria: restore balance and harmony to your life with this special energetic bodywork treatment - a magical, multi-sensory fusion of traditional Hawaiian hands-on healing, chakra balancing, crystal vibrational healing, aromatherapy and sound to alleviate stress, tension, reduce pain and free emotional blocks.

The Sensoria is a magical, blissful one hour of focused healing that balances and harmonises the body's energy and power centres (chakras), removes energetic distortions and clears the body's energy fields. An exciting fusion of therapies designed to relieve, soothe, rejuvenate and rebalance.

Shamanic Healing – 1.15 hour:

A journey into shamanic healing is to journey deeply into the spiritual you. Here Shamanic Healing uses the ancient healing practice of shamanic journeying usually followed by a drum and rattle healing ritual that includes hands-on healing. This is a deeply spiritual healing session conducted respectfully in the old tradition. A shamanic journey expands ordinary consciousness to connect with our 'Aumakua (Higher Self/Ancestors) and our 'aumakua (Spirit Helpers) in order to learn more about life issues, self-healing and how to connect to our Mana (personal power).



Lifestyle Coaching – 1 hour:

Lifestyle Coaching is an emerging therapeutic approach to living a life that is full of health and wellness. It supports you to make lifestyle changes so you can live to your full potential. A qualified Lifestyle Coach guides you through the process of identifying mindtraps and life patterns that prevent you from connecting with your Mana – your personal creative power and your belief in yourself. Most life situations are suitable for Lifestyle Coaching – from losing weight, to reducing stress, to fitting into a new relationship and everything in between. Lifestyle Coaching is a goldmine of discoveries that will change your world.

Mind Mana – 1 hour:

Mind Mana combines use of the breath, meditation, creative visualisation and sensory body awareness to help your body learn new patterns of relaxation and ways to let go of stress and tensions that inhibit healthy functioning of both body and mind. As an added bonus, when the body is able to breathe again, movement becomes uninhibited and posture naturally improves. A Mind Mana session makes enormous differences in how your life seems to flow, the ease with which your body moves and the way that you think. If you have always wanted to learn meditation this one hour personal workshop Includes easy homecare practices to integrate your discoveries into daily life.



Location

Where all paths meet the sacred centre

Shaped by air, fire, earth and water

Worlds collide

Earth meets Sky meets Sea

I find me...

True Nature
North Head Sanctuary
Manly
0417 411 465



Price List

Hawaiian Massage:

1 Hour "hapalua" Lomi Lomi	\$100
1 Hour Lomi Lomi Pohaku – Hot Stone	\$110
2 Hour Traditional "old style" Hawaiian Lomi Lomi – Hawaiian Classic	\$150
2 Hour Traditional "old style" Hawaiian Lomi Lomi – Pohaku Hot Stone	\$160
2 hour Sensorial Surrender	\$170
3 Hour Traditional "old style" Hawaiian Lomi Lomi – Hawaiian Lokahi	\$240
Lomi Lomi Aromatique – 4 treatments	\$360

Healing Treatments:

The Sensoria – 1 hour	\$100
Shamanic Healing – 1.15 hour	\$130
Lifestyle Coaching – 1.15 hour	\$130
Mind Mana – 1 hour	\$80

* Special offers & packages may apply – check website for details.
All Lomi Lomi massage treatments are full hours on the table*



Appointments

Arrival:

Please arrive at least 10 minutes prior to your appointment time to prepare for your treatment or session.

Parking:

Free, untimed parking is available in The Sanctuary Carpark

Public Transport:

After arriving at Manly, catch the 135 bus from Manly Wharf.

Aged/Disability Support:

There are no stairs to navigate. Bathrooms are supportively designed. Please advise if special support is required for your comfort.

Payment:

Payment must be paid at the time of treatment – Cash, Visa, Mastercard and EFTPOS. You can also pre-pay by telephone. Cheques, e-cheques, Diners, American Express, International Credit Cards or Premium Cards not accepted.

Gift Certificates:

All gift certificates must be paid for at time of purchase. Gift Certificates can be downloaded from the True Nature website or ask for a hard copy to be sent to you.

Gentlemen:

All treatments are therapeutic sessions. Inappropriate language or behavior is unacceptable and will be reported. Unless you have a full beard, please shave before attending your treatment if it includes facial massage.

Ladies:

Please do not wear make-up to your treatment.

From here you can see there
30 minutes from the City Centre and 2 minutes from Manly Town Centre.

True Nature

Suite 7, Building 3, North Head Sanctuary Manly
Tele: 0417 411 465

