

Traditional "old style" Hawaiian Lomi Lomi Massage, Manly



TIME FOR YOU

LET YOURSELF BE CARED FOR



Traditional "old style" Hawaiian Lomi Lomi – more than a massage, it's an experience.

This is a massage that has to be experienced to explain the benefits. It has stood the test of time and remained unchanged for centuries because of its effective, holistic results. Today, science is validating the success of mind-body approaches to wellness. This massage returns massage to a healing art – in the hands of a highly trained and skilled practitioner true healing, beyond simply the physical, occurs. By instinct, you'll know it's more than pampering, here it's true care.



TO START AFRESH

EMBRACE THE MOMENT

Listen to life.

It's a different massage experience and a different way to work with your body, health and wellness to build a foundation for health.

Relieving painful tight spots, stress, strains, creating a sense of space in your body doesn't need to be harsh experience – the body and mind endure harshness on a daily basis. A wise, yet firm touch in which the body entrusts itself to the care of a skilled practitioner, induces it to accept and receive the healing it intuitively knows it needs.



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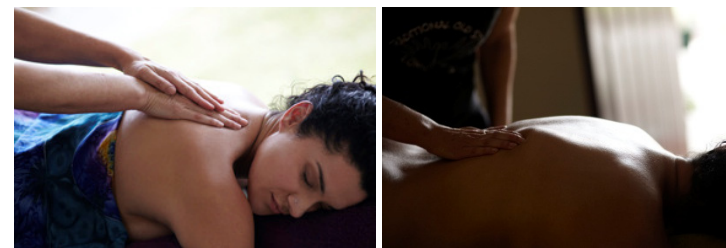
SPOIL YOURSELF

ARRIVE AT A NEW DESTINATION

A massage for mind, body, soul and spirit.

Traditional "old style" Hawaiian Lomi Lomi massage is unique in the world of massage – it not only works therapeutically on the physical body but massages the mind as well.

With each series of strokes the body and mind are tenderly taken further and further into deep relaxation and stillness. As the state of inner calm is quietly achieved, the body feels naturally safe and soothed and responds by gently opening to receive point work which dissolves the stresses, pains and strains of modern living.



Lulled as if by waves of the ocean, wrapped in lightly scented aromas, the body rests– safe and cared for.



RETREAT

JUST THE RIGHT LOCATION

Come and enjoy our tranquil surroundings.

Retreat-like, your treatment room is enveloped within the natural beauty of The Sanctuary. There's no other massage setting in Manly, the Northern Beaches or Sydney that's just right for complete relaxation and peace. Teeming with native animals, birds and wildflowers, it fits with Traditional "old style" Hawaiian Lom Lomi massage perfectly



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