

## *Hawaiian Lomi-Lomi*

Duration: 60 mins

1,500.00  
Php

Passed down from generation to generation by Hawaiian healers, the Hawaiian Lomi Lomi remains relevant today. This treatment uses beautifully flowing long and rhythmic massage strokes and flowing forearm movements that emulate waves of the Pacific Ocean.

One may incorporate warm basalt stones or warm bamboo sticks and our organic Hawaiian Lemongrass Ginger Oil blend to enhance relaxation, reduce muscle tension and restore physical and mental well-being.

### **Massage Enhancements:**

- \* With warm basalt stones - 90 mins (+300.00Php)
- \* With warm bamboo rods - 90 mins (+300.00Php)

## *Hana Pohaku (Stone)*

Duration: 90 mins

1,500.00  
Php

From the Hawaiian culture of creating wonders with raw materials such as stones, the Hana Pohaku uses warmed basalt stones to increase circulation. The use of these stones allows your therapist to work more efficiently and effectively while you relax deeply.

## *Japanese Bamboo Massage*

Duration: 90 mins

**1,500.00**  
**Php**

For the Asians, the bamboo symbolizes life energy, strength, prosperity, longevity, peace, sexuality, and fertility. The process of this unique (but not new) massage employs the use of bamboo sticks of varying lengths and thicknesses. The bamboo stalks help provide deep tissue work to promote blood circulation, improve sensory nerve perception, and drainage of the lymphatic system while also providing a sense of relaxation and relief from tension.

## *Chinese Cupping Therapy With Massage (Ventosa)*

Duration: 90 mins

**1,500.00**  
**Php**

An ancient form of alternative medicine in which therapists put special cups on your skin for a few minutes to create suction.

This massage therapy is a deep-tissue massage that helps with pain, inflammation, blood flow, relaxation, and overall well-being.

Note: Please expect a little bruising that will go away in 2-7 days.

## *KāPAI* (Hot Herbal Ball)

Duration: 90 mins

**2,000.00**  
**Php**

Hot Herbal Ball Massage targets pain and muscle inflammation and restores the balance of the body's qi or energy. The treatment uses a mix of 6 or more herbs wrapped in cotton cloth, which is heated and used as a tool to work the knots in your tight muscles. It is ideal for treating muscle pains and arthritis, and upper respiratory conditions.

As a special treat, you may bring home your herbal ball.

## *Traditional Gua Sha*

Duration: 90 mins

**1,500.00**  
**Php**

The name Gua Sha means scraping in Chinese. Like its name, it relates to skin scraping, coining, or spooning. This ancient East Asian practice involves a tool to exert pressure and scrape your skin to release tension and relieve you from pain.

The massage makes our body move energy from one part to another, called Qi or Chi technique, and requires the use of Gua Sha. This tool is rubbed on your back in long strokes and exerts enough pressure that creates minor bruising.

NOTE: The action can cause mild bruising of red or purple spots, called sha or petechiae.