



**INTERNATIONAL
MASSAGE
ACADEMY OF
SWITZERLAND**



MAREY EL HAMOULY

MASSAGE MASTERCLASS

Welcome to

Lomi-Lomi Massage

Art Therapy

Masterclass

“the harmony connection between the client and the therapist”

Practitioner's Training Manual

By

Marey El Hamouly



“I advise you to read this training manual before you start practical session”

CONTENTS

Introduction of the Masterclass

1-Course Details

2-Introduction of Lomi Lomi Massage Therapy

3-History of Lomi Lomi Massage

4-Benefits of Lomi Lomi massage

5-Before you go to Lomi Lomi Massage

6-What to expect from a Lomi Lomi massage

7-Precautions

8- Different kinds of lomi lomi massage

9-Lomi Lomi Massage oils

10-Lomi Lomi Massage techniques

10-Contraindications, Contra-Actions and Aftercare

11-Contact Details



L.M.T/ M.M.T/A.E.T
Marey El Hamouly
President

International Massage Academy of Switzerland
IMAS

“Health is not everything, but everything is nothing without health”

Once you would like to elevate and develop your Massage skills,
This 100% Masterclass of techniques and is made to take you to the next level of skills which you can really help and treat your clients.

A professional and personalized online learning solution for leading Massage Therapists to next level.

I am cordially inviting you to discover the world of Deep Tissue Massage, using your body weight correctly and pressure points release as one of the best treatments for Trigger Points Release and Muscles pains.

As a mechanical Massage and manual therapy to let your clients Enjoy the highest level of personalized world-known services and total wellness...

*Thank you
Marey El Hamouly*



COURSE DETAILS

Description

Lomi Lomi Massage

'Lomi lomi' translates to 'rub rub' in Hawaiian, and reflects the broad, flowing strokes made with the therapist's fingers, thumbs, palms, arms and elbows.

Macadamia, palm and coconut oils are usually used as moisturisers in lomi lomi massage, to keep the strokes smooth and to nourish the skin.

Many believe that the healing art of Lomi lomi was brought to Hawaii by the earliest Polynesian settlers, while others believe that it is deeply infused with the practice of 'living aloha' - a carry-over from ancient Hawaii and the mystical land of Mu.

The Hawaiian lomi lomi massage can also be referred to as Kahuna bodywork.

Marey is an International Approved Continuing Education Provider (IAPCE) for Therapeutic Massage and Bodywork.

In this Lomi Lomi massage Masterclass, Marey El Hamouly guides you step by step to show you massage techniques on how to give your massage clients an incredible treatment and massage experience.

Once you learn this Massage techniques, you can use it and also will be able to incorporate these massage techniques into any of your other massages such as your relaxation or sports massage sequences.

This Massage Masterclasses will give you the skills set to give your clients an amazing massage experience.



You will learn:

- How to use your forearm correctly and plus so much more..
- How to apply and use your body during the Lomi Lomi Massage
- How to move from one site to other side keeping always the contact with your client
- How to prepare the client for treatment
assess the client prior to and during the treatment carry out Lomi Lomi massage techniques use mechanical massage as one of the best methods for harmony and relaxation.

You will also study:

benefits of the treatment related anatomy and physiology contra-
indications aftercare and contra-actions

Once you have successfully completed this Masterclass, and you
answer the questions (test chapter)

you will receive your Certificate in

Lomi Lomi Massage Therapy

From Marey El Hamouly as an Awarded International Lecturer

Approved by

World Massage Council-**WMC** &

International Massage Academy of Switzerland -**IMAS**

Good luck and enjoy!



Lomi Lomi Massage

Art Therapy

In the Hawaiian and Samoan language, the word used traditionally, called lomi, means "to knead, to rub, or soothe; to work in and out, as the paws of a contented cat." It may also mean "to take and turn, to shift" as in "the sacred shift within you that is inspired by the healing kahuna..." said twice "lomilomi" for emphasis.

History of Lomi Lomi

The early Polynesian settlers brought their own form of massage to Hawai'i and Hawaiian lomilomi evolved their own unique Hawaiian style, whilst neighbouring Polynesian Islands such as Tokelau, Samoa and Tahiti also developed their own forms of Lomilomi being practiced by everyone, from child to chief.

As an indigenous practice that evolved over hundreds of years in isolated valleys throughout the island chain, there are many different "schools" of lomilomi with different approaches and techniques.

After American missionaries arrived in 1820 and converted many in the Kingdom of Hawaii to Christianity, various laws prohibited "heathen" worship and any related Native Hawaiian healing practices.

Lomi Lomi as part of medical practice went underground.

But Lomi Lomi as restorative massage remained popular not only among the Hawaiians, but among foreign residents and visitors as well.

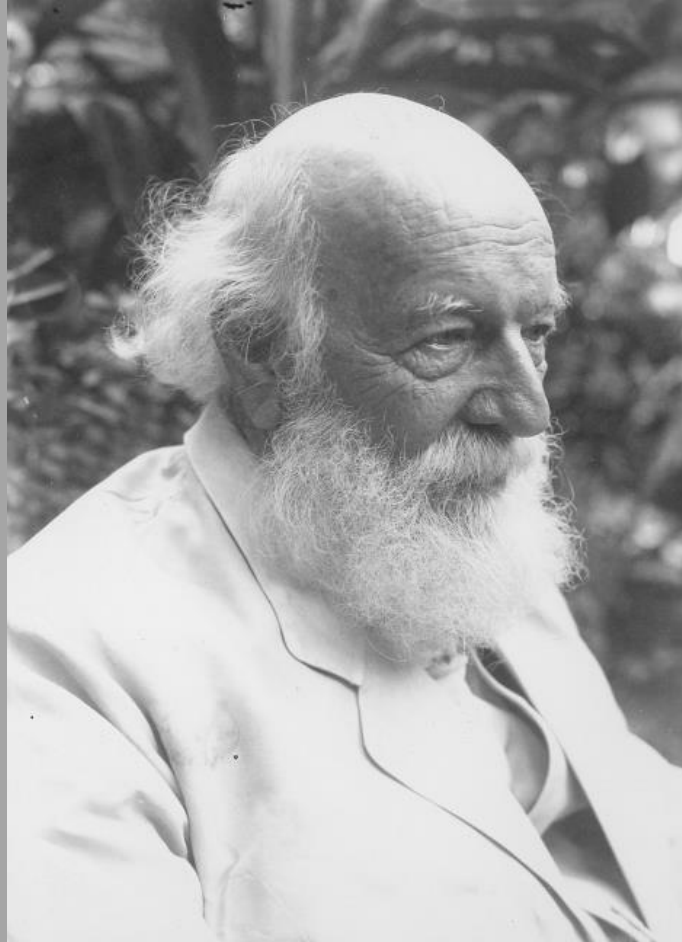
Charles Wilkes



Charles Wilkes describes it being offered after his ascent of Mokuaweoweo in 1841 on the United States Exploring Expedition.

For Robert Louis Stevenson it was "disagreeable", but English adventurer Isabella Bird found it delightful.

Not only did non-Hawaiians receive lomilomi, they also gave it. According to **William Brigham**



the first Director of the Bishop Museum, writing in 1908, one of the most skilled practitioners was Sanford Dole, one of the leaders of the overthrow of the Kingdom.

Although the Legislature of the Kingdom of Hawai'i banned curing through "superstitious methods" in 1886, massage was not subject to legislation until 1945. In 1947, the Board of Massage was established to regulate lomilomi and massage.

The law required practitioners to pass a written test on anatomy, physiology and massage theory.



Many renowned native healers were unable or unwilling to pass the test, and thus lomilomi as restorative massage was forced underground.

In 2001, the Legislature passed Act 304, amending HRS section 453, allowing native practitioners to be certified by the Hawaiian medical board, Papa Ola Lōkahi, or by the various community health centers. This law is controversial among some native practitioners, but those who are certified (but not licensed) can provide lomilomi without fear of prosecution under Hawaii state law.

Traditional practice

Lomilomi was made famous around the world by Hawaiian tourism, but is also a traditional practice in the neighbouring Polynesian Islands of Tahiti, French Polynesia, Samoa and Tokelau.

Practitioners use the palms, forearms, fingers, knuckles, elbows, knees, feet, even sticks and stones.

It may be performed with or without emollient.

Lomilomi practices vary by family, Ahupua‘a (traditional region) and island.

Throughout the Islands there is also a spiritual practice where spiritual healers, Kahuna and Shaman use traditional Lomi-Lomi to exorcise spirits (Aiku/Aitu) from possessed individuals.

Traditionally in ancient Hawaii lomilomi was practiced in four contexts:

- As a healing practice of native healers -- *kahuna lā‘au lapa‘au* (healers) and *kahuna hāhā* (diagnosticians)
- As a luxury and an aid to digestion, especially by the ruling chiefs (ali‘i)
- As restorative massage within the family



By ‘ōlohe lua (masters of the Hawaiian martial arts)
Although the term *kahuna lomilomi* is widely used in contemporary writings, traditionally the people who performed lomilomi were called *ka po ‘e lomilomi* (the massage people) or *kanaka lomi* (massage person).

A related term, *kauka lomilomi*, was coined in 1920 to describe osteopathic physicians.

The word *kauka* is the Hawaiianized version of *doctor*.

Future practitioners were selected in childhood, around age 5, based on birth signs such as weather events, birthmarks (especially on the head), and kind behavior.

After a decade or more of study, they would begin to practice but mastery was believed to take a lifetime.

Like all endeavors in old Hawaii, lomilomi was conducted with prayer and intention.

Hawaiian kupuna (elder) Auntie Margaret Machado describes lomilomi as "praying" work.

Emma Akana Olmstead, a kupuna of Hana, Maui, in the 1930s, said, "When a treatment is to be given, the one who gives the treatment first plucks the herbs to be used. He prays as he picks the herbs.

No one should call him back or distract his attention, all should be as still as possible for they do not want the vibration broken.

They knew the laws of vibration.

They knew the power of the spoken word. They knew Nature.

They gathered the vibration of the plentiful."



Lomi Lomi today

Many traditionally taught lomilomi practitioners find it virtually impossible to offer authentic lomilomi in a spa setting and are unwilling to work in most spas or massage offices.

They prefer to treat selected clients quietly and privately, often in home settings.

Lomilomi practitioners may also ask their clients to pray, meditate, change their diets, or take other action as part of their health improvement process.

Unlike traditional lomilomi kupuna (elder) recognized by the Hawaiian community who require students to study with them for years, some massage schools around the world purport to train therapists in lomilomi in a few hours and some massage therapists may incorporate techniques from other massage modalities during the session.

While often pleasant, this style of massage which is now a common and popular massage modality throughout the world, especially in Hawaii, Japan, Europe and Australia, is very different from authentic Lomi Lomi.

Benefits of Lomi Lomi Massage

The free-flowing strokes that typify **Lomi Lomi** have many of the same **benefits** of traditional Swedish **massage**: improved circulation and immune response, increased range of motion and flexibility, improved posture, faster healing, slower heart rate and lower blood pressure

Lomi Lomi aims to treat the body and mind as one whole being. It is thought to:

- release tension
- assist blood and lymph flow
- eliminate waste and stimulate toxins
- rejuvenate the body
- instil a sense of peace, harmony and wellbeing.

Feed Your Skin

Hydrates & moisturizes

Protects & heals

Guards against environmental toxins

Fights infections

Aphrodisiac (love potion)

In Hawaii, lomi lomi is used to treat children with upset stomachs and soothe women in labour.

A lomi lomi therapist will not aim to heal themselves, but to be the facilitator for healing - to enable healing to take place.

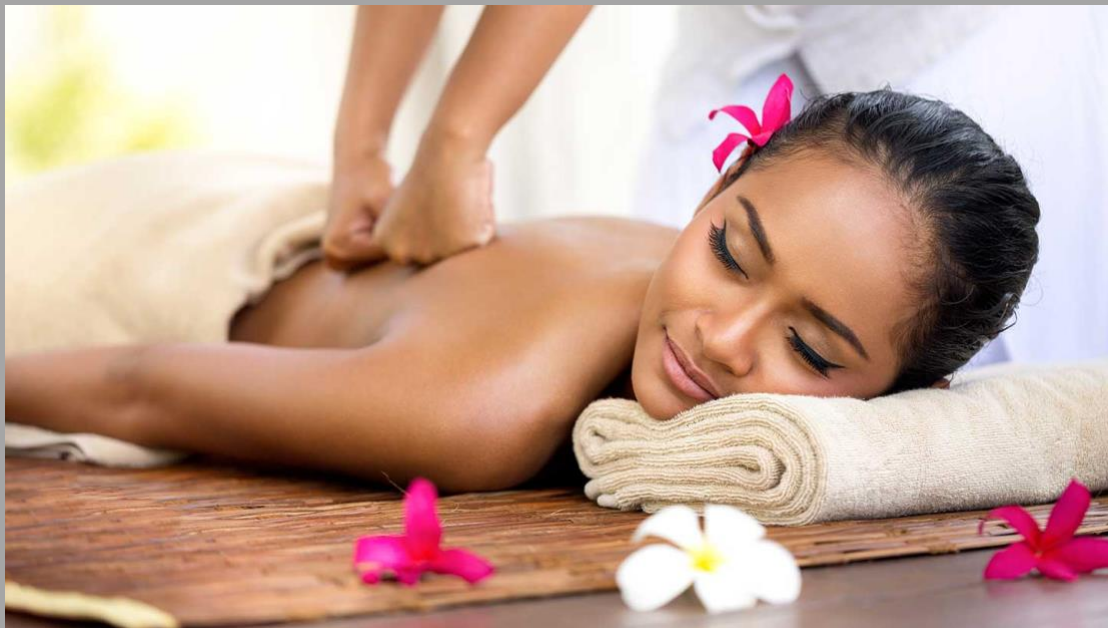


Before you go to Lomi Lomi Massage

The nature of Lomi Lomi means that you probably won't be able to wear much, so check with the spa about what you can bring. Bikini bottoms are usually OK - or the spa might even provide disposable paper pants - not a fashion item.

It's worth remembering that the oils used in massage are not kind to hair or make-up, so you might not want to return to work straight after your treatment. But that's fine - if you clear your diary for the afternoon, you'll be able to spend longer in post-Lomi Lomi heaven.

Avoid eating heavy meals or drinking alcohol in the hours leading up to your massage.



What to expect from a Lomi Lomi massage

Traditionally, Lomi Lomi massage is performed with the recipient lying on a hand-woven mat on the floor.

However, you may find yourself on a conventional massage table, or lying directly on the vinyl of it.

Instead of being covered with towels, you might just have one towel or a small sheet to preserve your modesty.

These steps are taken to avoid interrupting the continuous flow of the massage.

The Lomi Lomi healing practice usually begins with a period of stillness between therapist and recipient, sometimes with the therapist's hands resting lightly on the recipient's back.



During this moment of stillness, a traditional Lomi Lomi practitioner would say a blessing or prayer, asking for whatever healing is needed.

The therapist will work intuitively with your body, with fluid, rhythmic strokes to release and shift tensions.

There is no set format for the massage itself, so no two Hawaiian massages are the same.

The treatment may be slow and relaxing or faster and more invigorating, depending on how your body responds.

You might find that the therapist massages two different parts of your body simultaneously - this is to stop your brain from focusing on any one area and therefore helps to aid relaxation.

Sometimes, Lomi Lomi is carried out by two therapists at once to intensify the effect.

Your Therapist may make full-body or under-body strokes, lightly stretch your limbs and carefully rotate your joints.

These techniques are thought to free up your energy flow, and she will perform them very gently, staying within your comfort zone and level of resistance.

Don't be surprised if your therapist - particularly if she is a traditional Lomi Lomi practitioner - hums at various points during your massage. Humming is supposed to create amplified and vibrating energy, promoting the release of blockages within the body. Dance techniques and hula movements are important, too, in keeping the energy flow high.

Hot tip!

One of the luxuries of any traditional massage is the thought of its geographical origins.



Think of Lomi Lomi as your own little piece of Hawaii, imagine yourself in a treatment room next to miles of sandy beach and feel its holiday-effects work their magic!



Afterwards

You will feel blissfully relaxed after your Hawaiian massage, and nurtured from top to toe. Make time to wallow in the afterglow, and have a dip in the pool or a leisurely shower before you return to the real world.

If you're lucky enough to be in Hawaii, why not sit yourself between sand and ocean and let the waves lap you into a deeper, warm, luxurious calm.

Different kinds of lomi lomi massage

Lomi lomi massage is an intuitive skill, so no two treatments will be the same. Some forms of lomi lomi use baths, bone-adjusting techniques and even humming and dancing.

Some variations include:



- 'A'e': 'a'e' is Hawaiian for 'walking the body'. In this form of lomi lomi, the therapist balances herself with a pole or ceiling bar while she gently walks the length of your body
- Four-handed treatments with two therapists

Lomi Lomi Massage

oils

magnolia + coconut + kukui

This luscious massage/body oil whisks you away to tropical isles of pure bliss.

Lomi Lomi is loaded with gifts of pleasure and health. It has the remarkable ability to moisturize your skin without making it greasy, leaving you glowing and fresh.

This glorious blend of oils absorbs quickly and deeply into the skin and actually enhances its integrity – leaving it light, supple and soft all day long.

Lomi Lomi blends magnolia and coconut oils in a way that carries you instantly into a happy place. Antiviral and antibacterial properties protect your precious outer coat from environmental pollution.

Prepare to fall into a state of sweet contentment and delight.
MIXOLOGY BEAUTY BLEND: Combine Lomi Lomi with Radiance Enlivening Body Cream for a luscious hydrating boost and a natural glow that lasts all day.



Lomi Lomi Technique

The basic Lomi Lomi technique is described as an instinctive, free-form technique which varies from person to person.

The practitioner and the recipient of the massage develop a relationship where the practitioner uses certain techniques or a combination of various techniques to deliver relaxation and healing.

Different therapists tend to use varied techniques but each session is designed to lead to the same result – the optimal health and harmony of body, soul, and mind.

The popularity of the technique has grown tremendously over the years and many institutes that teach massage technique have incorporated Lomi Lomi massage as a professional course.

The modern practitioners who study the technique as a part of a professional course are not as focused on the holistic approaches the traditionally trained Lomi Lomi massage therapists believe in and are more focused on delivering technique.

While traditional Lomi Lomi practitioners may not approve of this approach, the technique has gained popularity over time. Most people can go to a massage parlor and receive a session of this traditional massage art without having to look too hard.

Because of the overall intensity of the Lomi Lomi massage, it is typically a slow procedure which can take hours. A typical session can last for as long as two hours.

While for many this amount of time can be way longer than feasible, a Lomi Lomi massage session is definitely worth it.



The Technique

Lomi Lomi is a deep and rhythmical massage.

The rhythm is very relaxing; like rocking a baby in a cradle.

It works gently but deeply into the muscles using continuous flowing strokes totally nurturing the body.

The practitioner uses the forearm, fingers, heel and palm of the hand in flowing movements over the body that bring fresh oxygen to every cell.

It differs from other forms of massage in many ways. It is an experience that overwhelms the mind with sensations and at the same time communicates an acceptance and a nurturing of the inner self.

Most massage techniques work on only one level, usually the physical such as in remedial massage.

Massage is often used in stress management but not necessarily addressing or transcending the cause of the stress.

Lomi Lomi changes the way you think, feel, move and breathe.

Lomi lomi is a traditional Hawaiian massage that uses a combination of massage techniques, nut oils, and sometimes elements of prayer, breathing and dance to restore energy and soothe the body.

It is also known as the 'loving hands' massage. This name helps to explain its principles - the massage works gently yet deeply into the muscles with continuous, flowing strokes, allowing the recipient to relax and give in to the nurturing touch.

Lomi lomi works from the belief that memories are not just stored in the brain and mind, but also in every cell of the human body.



The long, continuous strokes of the massage are designed to help the body let go of its old patterns and behaviours, which can cause as many stresses and strains as muscle tension.

Type of the clients

4 basic personality types

1-Driver

2-Motivator

3-Thinker

4-Supporter

Driver (Decisive)

Goal oriented, has a plan and sets out to achieve it. Confident and handles stress well. Skips all the “fluff” just wants the bottom line. Workaholic, works independently.

FOR PATIENTS:

Give the four things every patient wants to know in order and quickly!

1. Can you help me

2. How long will this take
3. What's this going to cost me
4. Will it last

Motivator (Expressive)

Outgoing, enthusiastic, fast paced, optimistic. Builds rapport and relationships easily, usually a motivator in the group, trusting, loves praise.

FOR PATIENTS:

Focus that there is hope and you are excited for them.
Tell them of

all the things that they will be able to do after the treatment is finished.

Thinker (Analytical)

Detailed oriented, analytical and logical. Likes consistency and continuity. Loves the facts.

FOR PATIENTS:

Stress the statistical success, the research data, tell them where to

search for information on you and the procedures on the web. Give them testimonials and references. Give them all the data but with stats to back it up.



Supporter (Amiable)

Very calm and consistent. Always on time. Works well with others and is a team player. Compassionate and well liked.

FOR PATIENTS:

Give office tour. Let them meet the “team” that will be treating them. Let them know that you have a program that is structured and tailored for them.

There are usually six tests commonly run at the start of initial, re-exam, and final patient visit. They are: known as ‘Vitals’

- 1-Weight
- 2-Temperature
- 3-Pulse
- 4-Blood Pressure
- 5-Respiration
- 6-Pain

Precautions

Your therapist should ask you about your medical history before your treatment begins.

It's important to tell them if you are - or think you may be - pregnant.

Health and Safety at Work

This protects your rights either as an employer or employee. The law states that the employer must provide a safe working environment, provide health and safety training for staff,



produce a written policy of the company's health and safety policy, and ensure that anyone on their premises is not exposed to any health or safety risks.

Medical Disclaimer

It is advised that you take medical advice if you or any of your clients have a health problem.

Any qualification from Marey El Hamouly will not be enough to qualify you to advise on any medical condition or to diagnose a condition.

PS: Test is an obligation to receive your certificate



Regards

Marey El Hamouly

Director

International Massage Academy of Switzerland

IMAS

Marey El Hamouly-Massage Masterclass

MH

Sugar and Spice Spa

Switzerland

World Massage Council

WMC

Board Chairman

www.mareyelhamouly.com

Direct: marey@marelelhamouly.com

Administration: info@imaswiss.com

FB: Marey El Hamouly

FB: IMAS

Instagram: [imas.mareyelhamouly](https://www.instagram.com/imas.mareyelhamouly)

YouTube channel: Marey El Hamouly



MAREY EL HAMOULY

MESSAGE MASTERCLASS

Sources and Researches

OMT

Medi-Academy-Switzerland

Esclarmonde Health Formations-Switzerland

ESSR,Health School-Switzerland

Marey El Hamouly

Liability

Marey El Hamouly will accept NO liability for any person for any type of loss or damage whatsoever resulting from the use of materials within any course held by Marey El Hamouly.

Copyrights:

all copyrights are reserved to:

International Massage Academy of Switzerland-IMAS and Marey El Hamouly

All rights reserved, especially the right to copy and distribute, including the translation rights.

No part of this work may be reproduced—including by photocopy, microfilm or any other means - processed, stored electronically, copied or distributed in any form whatsoever without the written permission of Marey El Hamouly.

Copyright for intellectual property rights

All copyright and other intellectual property rights in these materials are owned by or licensed by Marey

El Hamouly. Copyright, adapting or other use of all or part of these materials without written permission of Marey El Hamouly is strictly prohibited.

REGISTRATION

Ref NO: 003356/2013

NO Cant: CH-217-3552054-5

IDE: CHE-479.356.338

Switzerland-2013

AET

Qualification Accreditation

Number: 601/0143/X

UK 2020

Quality in Empirical Medicine

Register No: E963863.

Switzerland-2021



www.mareyelhamouly.com