

LOMI LOMI MASSAGE

Appointments Available



SESSION DETAILS

DAY

Appointments Available on
Thursdays

COST:

\$60.00 – 90 minutes

\$40.00 – 60 minutes
(concessions available)

VENUE

Central West Women's
Health Centre
20 William Street
Bathurst

BOOKINGS

To book an appointment with
Marie contact Reception.

T: 6331 4133

E: information@cwwhc.org.au

Supported with funding from
NSW Ministry of Health
(WLHD)

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**.

Benefits of Lomi Lomi Massage

- Greater health and well-being
- Better flexibility
- Increased range of motion
- Better posture
- Improved blood and lymph flow
- Waste and toxin removal
- Faster healing
- Improved circulation



Marie Bourke is an accredited Lomi Lomi Practitioner (Level 4 Ireland) also holding Certificates in Shiatsu (Australia) Anatomy & Physiology (ITEC, UK), Diploma in Advanced & Deep Tissue Massage, but her greatest love is full body 90-minute Lomi Lomi Therapy.

