

HAWAIIAN LOMILOMI MASSAGE

In association with the Kaululehua Hawaiian Cultural Center
Eileen Maka Aniciete, HMT/CMT



Aloha mai kakou! To continue the mission of preserving and perpetuating all things Hawaiian, the Kaululehua Hawaiian Cultural Center is now offering the opportunity to experience the traditional Hawaiian healing therapy of Lomilomi.

Massages

** 15% of each massage goes to support the Cultural Center and all its programs. **

MAKANA: *A gift of relief*

30-minutes/\$40

Because it takes approximately 15 minutes to feel the benefits of massage, this session is best for focusing on a specific area in need of relief.

KALEIALOHA: *Surround yourself in loving touch*

60-minutes/\$60

If you just want to ease away tension and stress – or spend some quality time taking care of specific issues, treat your body to the relaxation and healing it deserves.

KEALI'I: *Get the royal treatment*

90-minutes/\$80

The ultimate full-body session – experience the luxury of additional focus on those specific areas in need of extra attention.

E malama pono i kou kino

Take good care of yourself

We often are so busy with other priorities
that we forget to make ourselves one of them...

Rejuvenate your body, mind and spirit –
Treat yourself to the relaxation and healing you deserve!

Call for your appointment today!

415-602-3236

makani_7@yahoo.com

Cancellation policy: 24-hours notice please

****GIFT CERTIFICATES AVAILABLE****

Ask about Package Discounts

About Lomilomi



Lomilomi is a traditional, results-oriented Hawaiian Healing Therapy. In the tradition of Aunty Margaret Machado (of Hawai'i Island), lomilomi goes beyond the superficial layer of muscles by working through key muscle groups in particular sequences, including joint mobilization. By opening up other key muscle groups first, the practitioner is able to work at a deep level to address the issue, complaint, discomfort and provide

Some Benefits of Massage

- *relieves stress and promotes healing and relaxation
- *improves circulation and blood pressure
- *relieves tension and stiffness for better mobility and flexibility
- *improves and strengthens immune system
- *promotes faster healing by reducing pain and swelling, and the formation of excessive scar tissue
- *addresses muscular-skeletal issues and improves posture
- *reduces anxiety for a better sense of well-being
- *increases body awareness
- *feels great!

About the Practitioner: Eileen Maka Aniciete

Raised in California and Hawai'i, Maka's love and respect for the Hawaiian culture and desire to help others has guided her to study Lomilomi with Kumu Patricia Kaleialoha Catanzaro (Sunnyvale), Kumu Dane Silva (Hawai'i) and Kumu Maka'ala Yates (Hawai'i and Oregon). After beginning her education in Lomilomi in 2004, Maka completed the Holistic Massage Therapy Program at the World School of Massage in San Francisco, where she studied other modalities such as Swedish, Vibrational Healing Massage Therapy and Deep Tissue massage.



About the Kaululehua Hawaiian Cultural Center

Serving the San Francisco Bay Area since 1994, our goal has been to preserve and perpetuate all things Hawaiian by educating the general public about Hawai'i, its people, traditional customs, values, and protocols. We do this through classes, workshops, cultural events, Resource Center, our hālau hula - Hālau o Keikiali'i - under the direction of Kumu Hula Kawika Keikiali'i Hiwahiwa Alfiche.

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