



Hawaiian Lomilomi: Big Island Massage

Nancy S. Kahalewai

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This extraordinary overview of traditional and contemporary lomi-lomi massage offers a unique opportunity for readers to discover the value and wisdom of Hawaiian cultural healing practices. Richly illustrated, this book provides an intimate and easy to digest portrait of lomi-lomi from the perspective of the Hawaiian people. It contains new photos and a thorough presentation of many popular techniques, including the use of hot stones, plant medicines, and salt water. This new second edition is the only comprehensive source in print today on this unique Hawaiian art, and Author Nancy Kahalewai's entire approach is one of reverence and respect.

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