



TRADITIONAL HEALING PRACTICES ON O'AHU

O'AHU – As many visitors know, the island can be a source of profound relaxation and healing. An escape to the mountains and sea often provides visitors and locals alike with a sense of peace and a respite from our troubles, from the physical to psychological. But sometimes, what ails us requires just a bit more focused energy, and O'ahu provides many healing practices that draw on native Hawaiian and other ancient traditions. Here are a few:

Traditional Hawaiian Healing

James Kawainiu

To help ease both physical and psychological ailments, James Kawainiu uses manalima lomilomi, a combination of several techniques, some of which he learned from Hawaiian lomilomi teachers and Maori healers. Manalima translates into power (mana) of the hands (lima) and lomilomi is the movement of energy through the physical body, manipulated through touch and prayer.

www.jameskawainui.com

Acupuncture and Chinese Herb Specialists

Chinese Herbs and Acupuncture

At this tiny spot, find Chinese herbs and a friendly acupuncturist to help heal chronic pain or just a tweaked muscle.

(808) 947-7103

Fook Sau Tong

Drawers of Chinese medical herbs line the wall at this small, traditional Chinese herb shop in Chinatown, which offers acupuncture and cupping treatments.

(808) 531-6680

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Kai Traditional Chinese Medicine Clinic

Christina Kapothanasis and Nathan Tseng, who studied at the Shanghai University of Traditional Chinese Medicine, specialize in acupuncture and Chinese herbal medicine to treat ailments from pain relief to sleep disorders.

www.chinesemedicineinfo.com

Kama'aina Acupuncture

This friendly and popular community acupuncture clinic offers acupuncture for the local community and visitors alike, with payment based on a sliding scale.

www.kamaainaacupuncture.com

The Lotus Clinic

This alternative medicine and healing clinic integrates the wisdom of several ancient medical practices including traditional Chinese medicine, Ayurveda, homeopathy, herbal therapies, hypnosis, reiki and astrology.

www.thelotusclinic.com

Mala Healing Arts

Chinese medical theory is based on the idea that life is maintained by a constant flow of energy (qi) and an interplay of the opposing energies of yin and yang in the body. Disease and pain arise when there is a lack of balance between yin or yang, or when there is a blockage in the flow of qi. Marie Cahoon of Mala Healing Arts helps to restore balance via acupuncture and other techniques.

www.malahealingarts.com

On Point

Evette Henry runs Hawai'i's premiere sports medicine acupuncture clinic, helping everyone from yogis to crossfitters help improve recovery.

www.onpointoahu.com

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Spas with Traditional Treatments

The Kahala Spa at the Kahala Hotel and Resort

The luxurious and peaceful Kahala Spa offers a variety of treatments that draw on Hawaiian tradition, including the Oli Oli Lomi Lomi, a massage that uses rainforest flower essences and natural massage oils, followed by a mamaki mud leg wrap; and a warm pohaku stone massage, incorporating mountain river stones.

www.kahalaresort.com/Experiences/Spa-Wellness/The-Kahala-Spa

Lomi Lomi Hana Lima

At this Kailua spa, lomi lomi massage options include traditional lomi lomi, aromatherapy lomi lomi, deep tissue lomi lomi, and pohaku lomi, which uses hot stones. Also offered is ho‘oponopono, an ancient Hawaiian practice of reconciliation and forgiveness, guided by a kumu, or teacher. Choose from additional treatments such as a scrub using Hawaiian noni (one of the main medicinal plants used in ancient Hawai‘i), lavender and honey.

lomilomihanalima.com

Mandara Spa at the Hilton Hawaiian Village

Find traditional lomi lomi treatments and hot stone therapy, which uses volcanic basalt stones to help soothe aches and pains.

www.mandaraspaspa.com/spa/Oahu-Hilton-Hawaiian-Village-Waikiki-Beach-Resort.aspx

Mauloa Spa at the Aqua Aloha Surf Waikī

Begin the ‘Āina Lani with a Hawaiian chant and blessing before relaxing into the massage that couples Hawaiian herbs with lomi lomi to help restore your soul.

www.mauloaspa.com

Moana Lani Spa at the Moana Surfrider

This spa utilizes Hawaiian medicinal plants in its offerings, such as the indigenous mamaki, mixed into a mud wrap used to relieve body tension and toxins and rejuvenate the body with vitamins and minerals, and a mud wrap with ‘awa and ginger, both used traditionally as muscle relaxants. Find

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lomi lomi massage here, as well as Na Mele, the Moana Lani's signature offering, a combination of traditional lomi lomi and sounds of Hawai'i.

www.moanalanispa.com

Nā Ho'ōla Spa at the Hyatt Regency Waikīkī Beach Resort and Spa

Drawing inspiration from Hawaiian healing arts, the treatments here include lomi lomi massage that begins with a Hawaiian chant, and Lomi Wawae, foot therapy that applies techniques such as ho'ō ui, which stimulates the glands to seek out blockage and release it.

www.nahoolaspawaikiki.com

Spa Halekulani

Indulge in the Halekulani's offerings, which include a Hawaiian-style lomi lomi massage with kukui nut oil; Nonu, a Samoan massage that uses hot stones and noni oil; and Tarumi, a Tahitian massage that incorporates mono'i oil, made by soaking the petals of gardenias in coconut oil.

www.halekulani.com/spa-halekulani/

Learn Lomi Lomi

Mo'omeheu Hawai'i

Every Monday, Wednesday and Friday from 11 a.m. to noon in Building B, Level 3, the Royal Hawaiian Center offers a lomi lomi introduction as part of its free cultural programming. Pi'ilani Wright, a certified practitioner, demonstrates lomi lomi basics with class participants.

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