

Spa Ola B

Indulge with a Hawaiian 'Lomi Lomi' massage

The Hawaiian Lomi Lomi that is practised at Spa Ola B was taught to us by Gary of Oafu Island in Hawaii, Garry's methods have been adapted to suit the unique environment of the Bears Pension where the 'Spa Ola B' studio is located.

The 'Releasing' and 'Energising' Massage techniques coupled with high quality massage oils create an sensational Experience. The combination of 100% Hawaiian essential Oils and technique really work together to release the mind and body and relax and invigorate.

Hot Stones and Lomi Lomi combination	80 Minutes	10,000 Yen
All Body Lomi Lomi	60 Minutes	8,000 Yen
All Body Hot Stone only	60 Minutes	8,000 Yen
Foot Massage	30 Minutes	4,500 Yen
Face and Head Massage	20 Minutes	3,100 Yen

Mens prices are all 1000 yen extra

Gift Certificates available for that special treat for a special person

What is Lomi Lomi?

Lomi Lomi is an age old native massage treatment that originates in Hawaii and has been passed down over the generations, the word Lomi Lomi translates to "loving Hands" Massage strokes are more vigorous, rhythmic, and faster than Swedish massage and incorporate more elbow and forearm. To understand the depth of the Lomi Lomi massage, it helps to have a little knowledge of the Hawaiian philosophy called Huna and how this relates to Bodywork and Healing.

A fundamental assumption of Huna is that everything seeks harmony and everything seeks love. So how does this relate to massage? Perhaps this can be best understood by one of the alternative names for Lomi Lomi and that is "Loving Hands" massage.

The Massage is delivered by the Hands, the elbows and the arms, the pressure applied can be gentle and it can be strong, this pressure is alternated and a rhythm is worked up and then oil is applied to the body. Once the body has been fully massaged the recipient falls into deep relaxation.

The effects of the Lomi Lomi massage are best felt the day after and the level of tiredness is totally different.

Closed for business on Thursdays

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ホテル



niseko nature stay 'KANRO no MORI'