

Benefits of a Huna Massage

- Huna Massages can be 60 or 75 minutes long
- Flower Essences are used to help the mind and muscles relax before the massage starts
 - Hybrid Pink Fairy – to stop the mind chatter
 - Dampiera – to let go
- The level of clothing is optional as it is the client's massage and they must feel comfortable at all times
 - Underwear
 - Nude
- All private parts of the body will be covered at all times
- The massage is nurturing and non-sexual
- A full body massage
- Please bring older clothes to wear home as a lot of oil is used in the massage

- **Benefits vary as people have different issues that may arise while being massaged**
 - Examples
 - From a triathlete in heavy training – after massage nothing hurt and she felt completely balanced and centred for days afterwards
 - Felt like they could drift off the table as they were so relaxed
 - Left all their worries on the table
 - Felt completely pampered like never before in a massage
 - Stroked feel like waves on the ocean
 - Slept like a baby after the massage
 - Left feeling totally relaxed yet clear of mind rather than sleepy