



**Sandra Alexcae Moren, B.Ed.**, a spa consultant, author and professional speaker/workshop facilitator with Kyron Spa & Salon Consulting, (a division of Chiron Marketing Inc.) has over 45 years experience in the professional beauty industry.

As a cosmetologist, educator, Master Judge with the Judges Panel of Canada, a member of the Cosmetology Industry Association of British Columbia, former spa director, and author it was a natural evolution to assist individuals building successful and profitable businesses.

You will find Sandra at the drawing board with the design team, consulting with the accountant, on-site with the contractors, sourcing out equipment and products, creating treatments/services, creating and designing menus/ brochures, developing Procedure and Policy Manuals, developing staff and creating a unique marketing plan.

Living, working and travelling internationally has allowed Sandra to personally experience and research the marketplace diversity and spa/salon experiences. I had the pleasure of consulting on a project in Muscat, Oman; what a beautiful city and culture!

Inspiration, information and transformation are what she is all about; with a passion and enthusiasm for life and her work.

Her books: *Spa & Salon Alchemy: The Ultimate Guide to Spa & Salon Ownership and Spa & Salon Alchemy: Step by Step Spa Procedures* are a must for anyone in the industry. Her new e-book "Are Your Employees Holding You Hostage?" can be downloaded on her website and is very timely for the challenges we are facing with staff and the economic times.

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# The Mystique of Massage

by Sandra Alexcae Moren

I am always excited when I travel to different countries and tour spas and salons and experience first hand the unique treatments, services and products. I was very blessed to meet Nykol who owns 'A 'ala Hawaii Massage & Spa in Kailua, Kona Hawaii.

[www.oceanfrontmassage.com](http://www.oceanfrontmassage.com)

Nykol is not only an awesome therapist she is incredible at marketing her unique business which is literally on the oceanfront!

Imagine yourself totally relaxing on a comfortable massage bed with the windows open and breathing in the ocean breeze and being pampered to the sounds of the waves as they gently roll to shore.

Nykol has lived in Hawaii for over 18 years and has been working as a Massage Therapist and Esthetician on the Big Island for the past 14 years. Her 4 years of teaching massage at Hawaiian Island School of Massage and her experience working at the Four Seasons Hotel serving a clientele of Movie Stars and Dignitaries from all over the world definitely shows the passion and expertise for what she does.

Through her life Nykol noticed that aches and pains soon returned after massage or went away for seemingly no reason. She then discovered Asava Massage which was created and taught by Roger B. Cotting and Diane E. (Misty) Mistler. Through this teaching she realized the connection of how she lived her daily life and what her belief systems were as out-pictured in her body which required her to be more conscious and reconsider the patterns she was creating and living.

According to Nykol, "Standard massage offers very little to help you redirect your self and life at the core. Though you may try exercise or massage to rid the body of stress, stiffness, or pain.....it soon returns or new ones appear and may or may not be blamed on some thing like stress, accident or "overdoing it". Asava massage guides you to an understanding of what these problems and dysfunctions reveal about your life and with this knowledge you can expand your understandings."

I found the Asava massage to be rejuvenating and healing; as I totally relaxed and felt the breeze on my body I experienced an incredible sense of peace. For me that is quite profound as I am always on the go and continually thinking.

Nykol's massage style is a mixture of all modalities that she is trained in and she intuitively customizes the treatment to address the needs of each individual person.

The ancient art of Lomi Lomi is another very popular treatment offered by Nykol. Lomi Lomi massage can bring attention to patterns and behaviors that cause limitations that are reproduced in the cells of our body that do not resonate with your true self. These limitations are relived over and over in patterns of our programmed behavior. This blocks Mana flow bringing up dis-ease and muscle tension. Through the awareness that Lomi Lomi brings, you are supported to embrace new beliefs that do resonate with your true self.

The ancient master healers of Hawaii practiced massage regularly and created the ancient art of Lomi Lomi which means massage. It is intertwined with the laws of Huna most specifically the law that everything seeks harmony and everything seeks love.





Huna is the healing empowerment and spiritual shamanism of ancient Hawaii thought to be about 35,000 years old. It now exists only as a part of the original teachings due to the rule of Pau and later restrictions of the missionaries. It was a part of life development of the people on a continent which now, no longer exists except for the tips of the mountains now called the Hawaiian Islands. Huna was originally called Ho'omana which means empowerment. Ho'o (to make) Mana (life force, life energy, prana, chi).

When Mana (or who you truly are) flow is restricted, harmony and balance are lacking and the effect is pain which is felt physically, mentally, emotionally or spiritually and reveals to you what you are resisting. Emotional release can sometimes occur as the Lomi Lomi may release and shift emotions, attitudes or beliefs that do not resonate with your true nature.

The Huna views all aspects of the human as one and believe that the physical, mental, emotional and spiritual are not separate. The experience of healing empowerment is affected on all levels by Lomi Lomi treatments. We are never viewed as needing to be fixed, but being supported to your harmony and balance.

The massage is given in fluid and rhythmic motion using the forearms and the hands. Working gently and yet deeply into the muscles with long continuous

flowing strokes and Aloha (simply defined as Love). Relaxing to your entire being and totally nurturing every cell, enabling you to give in and simply be as you truly desire. Lomi Lomi opens the channels of the body allowing for the freedom of flowing Mana. Lomi Lomi has been described as feeling like gentle waves rhythmically moving over the entire body.

A Lomi Lomi session usually begins with quiet stillness between practitioner and recipient. In this stillness the practitioner will quietly give thanks to the ancestors who developed Lomi Lomi and say a blessing or prayer setting an intention for what is wanted. You may also set your intention for any healing empowerment you would like to focus on and you may also discuss your focus before hand with your practitioner.

The Lomi Lomi experience for me was a very gentle type of relaxation with a kind of mystical quality that left me in a place of serenity and peace.

Spas that are looking to add new and unique services for the client may want to research schools to send their therapists to. I know most will spas will not have the environment....the sounds of the ocean ...the smell of gentle breeze.....the beautiful aromas; however with some form of design you can recreate this and bring the ambience of tropical splendor to your space or Spa. Aloha! ■