



# ‘HANOHANO’

## Exotic Palm Rattan Massage

There's always something new showing up in the world of alternative therapies, isn't there?! New and interesting modalities that turn your head and make you say hmmm! Thus I have embarked on another new adventure that is SO wonderful I wanted to share it with you.

This new massage treatment is performed with palm tree canes or sticks, otherwise called rattan, that have been cut into varying lengths; one can also use bamboo (canes or sticks). These tools, however, have been prepared specifically for massage. I have chosen palm rattan canes as my tools mainly because they are solid, whereas bamboo is hollow. Rattan will not crack as easily as bamboo and will hold heat longer. Because these tools will be heated and need to be cleaned on a regular basis, choosing ones that are more durable is extremely important!

The bodyworker uses smooth, cool or warm palm cane sticks, oil and a combination of free flowing, rhythmic and soothing strokes. This brings me to the name I have chosen for my signature massage; *‘Hanohano’* Exotic Palm Rattan Massage. Hanohano means glorious, magnificent, noble or honoured in the Hawaiian language....and thus a very fitting name for a glorious, magnificent treatment!

This deeply calming and relaxing massage treatment will relieve muscular tension, reduce fatigue and stress, promote a sense of well-being, stimulate blood circulation and aid in lymphatic drainage. It will bring perfect symmetry to body and mind, while calming the nerves and relaxing tight muscle groups. The strokes can be light and gentle or deeper and stronger. The bodyworker can regulate the depth, thus controlling the effect of the massage as per the needs of the client. It is quite reminiscent of Hawaiian Lomilomi Massage which I also have studied.

Treatments include full body, hand and foot and facial massages either for light relaxation massage or deep tissue. It is such a versatile treatment and can be used to reach acupuncture, reflex and trigger points, as a facial or foot treatment or any other massage treatment available.

**It is an amazing treatment that provides an unbelievably relaxing massage experience.** It's the perfect escape from stress! In fact it is hitting the spa world by storm! A beautiful, INTOXICATING storm!

*Nancy Hedberg is a Certified Bodyworker and Teacher of a wide variety of modalities...<http://laughingdragonretreat.com> Contact her at [islandreiki@shaw.ca](mailto:islandreiki@shaw.ca) or 250-954-3733 to experience her new signature massage! See ad this page.*



Introducing  
\*Hanohano  
Exotic Palm  
Rattan Massage\*  
*Hitting the Spa world by storm,  
a beautiful, intoxicating storm!*

...a deeply calming and relaxing massage treatment...

\*Massage\* Reiki \*Energy Work\* Chakra Balancing\*  
*Training & Workshops*  
\*Reiki\* Indian Head Massage \*Self Help\*

**Nancy Hedberg**  
250.954-3733  
<http://hanohanomassage.yolasite.com>  
[islandreiki@shaw.ca](mailto:islandreiki@shaw.ca)



**Spiritual Counsellor**

- ~ Achieving Spiritual Life Goals ~
- ~ Clarifying Soul Commitments ~
- ~ Collapsing Ego Blocks to Success ~



**Julia Star**  
BHN, BEA, CACE  
Founder of *The River Institute* and  
Creator of "The Integrative Path" Counselling Techniques

Available for personal counselling and small group training ~ \$60/hr ~  
**250-709-9673**      **longboatcounselling.com**