GET OFF THE BEATEN TRACK  pg 36
Swim with wild dolphins along the calm Kona coast!

ELEMENTAL YET EXTRAORDINARY  pg 37
Hawaiian Hot Stone Massage

REJUVENATE…  pg 38
Mind, Body and Soul…Integrated as One.

BID A FOND “ALOHA” TO PAIN  pg 39
Get that overall good feeling!

Discover the Hidden Talents and Treasures of The Big Island
Get Off the Beaten Track

Swim with wild and free dolphins along the calm Kona coast!

Haven’t you always wanted to swim with wild and free dolphins and whales? What are you waiting for? This custom dolphin swim program is about as far off the beaten tourist track as you can get!

“Experience the magic of swimming with dolphins and whales with Phillipa. She is the master of sophisticated and intimate custom tours. You won’t find yourself on a boat with 20 other people, as Phillipa likes the intimate experience with boats of up to 6 people, or private charters only for extended families. She will take extremely good care of your needs for your 4 hour trip, including discussing with you the best way to maximize your dolphin swim experience, getting in the water with you, and preparing great food for the trip! There is no-one else like Phillipa. The dolphins love her!”. Shelley Watson, New Zealand.

The OneLoveOneSpirit.com website is owned and managed by Phillipa Christian, a New Zealander, now residing on the Big Island of Hawaii. Phillipa was in the corporate world for 10 years, based in New Zealand, the U.K. and Michigan until January 2000, when she got a calling to jump from the corporate ladder. Instead of taking a promotion to live and work in Belgium, she followed her heart and moved to Hawaii. Since then, Phillipa has been enjoying the whales, and swimming with the dolphins almost daily, guiding intimate custom tours with her guests from around the world.

Come and join us and experience the magic of swimming with dolphins, in the beautiful calm, turquoise waters, along the Kona coast.

Phillipa does warn you…it just takes a one second look in the eye of a dolphin to change your life forever!

“Words can not express this experience! We did shop around a bit, but we are so happy we paid a little extra, as this was the highlight of our trip! We enjoyed the intimacy of having a small crowd on the boat and getting such great information and help. I cannot wait to come back and swim again. You guys are amazing….your professionalism, presentation, and commitment to client satisfaction, is why we place your company at the top of our list for “life changing experiences” whilst in Kona.

-Kelli H., Sacramento

Join us for one of our daily morning swims...

Call Phillipa or Julia (808) 987 0359 or check us out at www.OneLoveOneSpirit.com
Warm salt water to detox and relax the muscles and nervous system.

Illi illi stones pounded and washed smooth by the tumbling force of ocean waves... And the ancient healing practice of Hawaiian Lomi Lomi massage dating back to over 1,000 years ago. It is the combination of these most simple, yet so powerful, elements that goes into "Pohaku Wela Lomi," otherwise known as Hawaiian Hot Stone Massage.

Throughout the generations, native Hawaiians have used basalt lava stones for both physical and spiritual healing. Today this tradition not only honors but also echoes these same practices of days long past. As the massage begins the hot stones are placed specifically over the energy centers of the body, tucked in and around, as well as sometimes being laid underneath. Stress and muscle tension melt away under the weight and heat of the stones while emotional and mental comfort is achieved through their incredible "mana" or life-force energy which is often described as "deeply nurturing and grounding.” This mind, body, spirit connection promotes a sense of well-being establishing a powerful sense of reconnection to our beloved Mother Earth.

Collected right here on the big Island of Hawaii, these same stones while opening the body’s energy centers also allows for a slow deep penetrating massage that not only stimulates circulation but also aids the body in eliminating toxins. This revitalization process invigorates the entire body bringing with it both a sense of health and well-being and also an inner contentment or calming of the soul.

Pohaku Wela Lomi or Hawaiian Hot Stone Massage is a beautiful fusion of many ancient Hawaiian healing practices and techniques combining the healing power of the Pohaku Wela (hot stones) and Lomi Lomi (traditional Hawaiian massage) with aromatic oils for a truly heavenly experience.
When the missionaries arrived in 1824, they too settled with busy minds, chatter, feeling out of sorts, sore muscles, and low energy which all have an impact on our overall well being.

Whether it’s your first time to Hawaii or you’re a long time resident, your senses will awaken with the varied fragrances of our flowers and plants, ocean breezes, calming trade winds, and warm friendly faces, the Spirit of Aloha and the journey begins.

Ah, but there is more. Chantal Skin Care and Massage will take you to a deep level of rejuvenating mind, body and soul with our Spa-2-Go room service. Our licensed and experienced professionals take you on a journey to the next level of relaxation and a sense of well being. Our therapists are highly skilled and trained in a variety of modalities of massage, reflexology, hot stones, aromatherapy, body and facial treatments. In addition to coconut oil, we use aromatherapy and botanical oils made on the Big Island: Zanzibar Massage Oil, an exotic blend of spices, Aphrodisiac Massage Oil, a special blend of ylang ylang, jasmine, vanilla and tangerine, and Tropical Euphoria an exotic floral blend.

To learn more about our exquisite services, visit us online at www.chantalskin-careandmassage.com or call direct (808) 895-5035.
Everyone experiences pain at one time or another. Sometimes this is associated with sport or exercise and other times, the normal aging process and a simple movement can bring about discomfort. Everyday stress and other factors can bring about headaches and pain just about anywhere in the body. Today most turn to medication to relieve the pain. Much earlier in human history, however, the arts of acupuncture and massage were used as a primary way to treat the discomfort.

At Aloha Healing Massage & Acupuncture, located on the Big Island in downtown Kailua-Kona, you can experience these treatments and much more in your quest for wellness and that overall good feeling!

Whether you have an injury and are looking at acupuncture as a method for pain relief, or you are interested in deep tissue massage, then a visit to Aloha Healing Massage & Acupuncture should be placed on your agenda while visiting the Big Island of Hawaii. Even if the “need” is simply to relax and rejuvenate tired muscles from too much sightseeing, the various massage types offered are surely going to fix you right up and give you the ability to say “aloha” to your pains and discomforts.

Aloha Healing Massage & Acupuncture may be contacted at 937-1288 to set up an appointment. They are located at the King Kamehameha Mall at 75-5626 Kuakini Hwy in Kailua-Kona.