

WHAT CLOTHING SHOULD I LEAVE ON?



Most Common - Take everything off and get comfortable in the nice soft robe! Massages can be usually be done more thoroughly if you leave nothing on. This is especially true with any type of **Lomi Lomi Massage**, the **Maui Relaxation Experience**, and the **Oahu Relaxation Massage**. These treatments use long flowing strokes from your shoulder to your ankle. If the therapist has to break contact to avoid clothing, you will miss out on the full experience.

For Body Wraps and Scrubs you will should take everything off. We can provide disposable spa underwear to wear during the treatment, however, many people are comfortable having us simply covering them appropriately with a towel during the treatment. Please ask your therapist if you would like disposable spa underwear.

For Facials, many people still take everything off just to be more comfortable, however, some leave underwear on. We recommend at least taking off everything from the waist up for a standard facial. If you are getting any other type of facial or skin care, the skin in the areas being treated must be uncovered.

Underwear - **Some people leave underwear on under their robe and then take it off in the treatment room before their treatment.** Some people leave underwear



on during the treatment as well. This is perfectly fine and most massages can still be performed properly with underwear. If you wear underwear during a Lomi Lomi massage it will get oil on it and the therapist will likely brush against it many times during the treatment as the Lomi Lomi uses long flowing strokes from head to toe.

Any Doubts - Leave on whatever makes you comfortable and discuss this with the therapist before your treatment. **YOU NEVER "HAVE TO" HAVE EVERYTHING OFF AND YOU WILL BE DRAPED WITH A TOWEL OR A SHEET DURING YOUR TREATMENT.**

Have fun and relax. Everyone here is professional, loves their work, and will do everything possible to make you relaxed and comfortable!!!