

# Romiromi

Romiromi is a traditional Māori healing bodywork which brings the body back to its natural state of balance. Romiromi has the ability to release blocked energy/trauma/stress on all levels – spiritual, physical, mental, emotional, past life and ancestral lines.

Benefits of Romiromi include:

- Strengthens your immune system
- Increases energy
- Release of toxins
- Lowers blood pressure
- Increases circulation
- Hormone balancing
- Stimulates internal organs
- Aids lymphatic system
- Helps digestion
- Speeds up healing process
- Supports spiritual wellness
- Increases general well-being
- Aids in releasing emotional trauma

I work within wairua, alongside my tupuna and kaitiaki and those of our whai ora/client. Romiromi is always performed safely and respectfully with clothes on. It benefits people of all cultures and ages. If you are ready to make a shift in your life, “let it go” and come back into balance; then this is for you.

Nau mai, Haere mai!