

# LOMILOMI FOR NECK AND SHOULDERS

with Kumu Lomilomi Enrick Ortiz

## ● Occiput (base of skull)

'opa'opa: squeeze with finger & thumb  
(like kneading dough)

ho'oko: press muscle against the bone  
(like pressing poi lumps against  
the bowl)

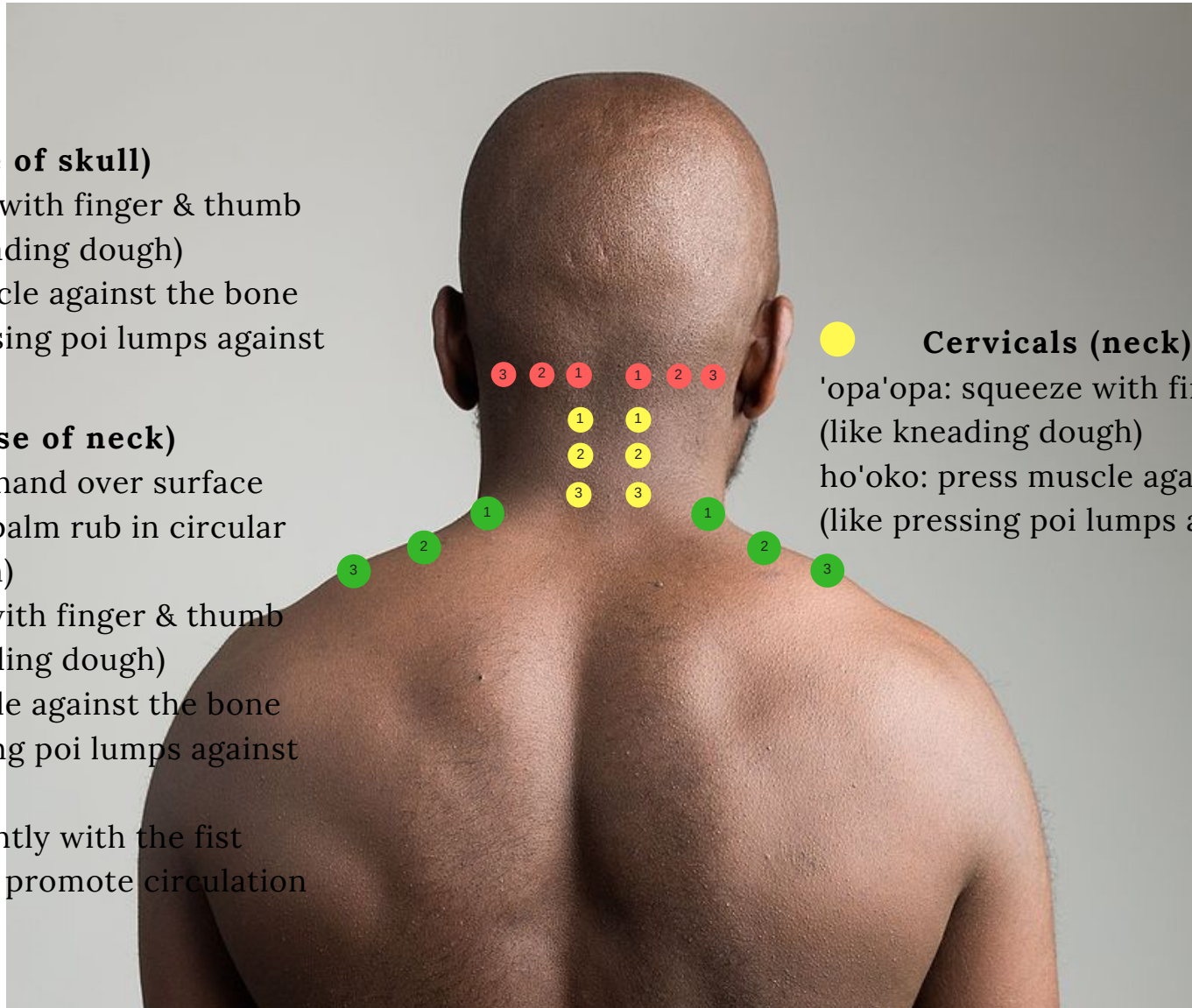
## ● Trapezius (base of neck)

hamohamo: to rub hand over surface  
(using palm rub in circular  
motion)

'opa'opa: squeeze with finger & thumb  
(like kneading dough)

ho'oko: press muscle against the bone  
(like pressing poi lumps against  
the bowl)

kāpa'i: to pound gently with the fist  
as on one's flesh to promote circulation



## ● Cervicals (neck)

'opa'opa: squeeze with finger & thumb  
(like kneading dough)

ho'oko: press muscle against the bone  
(like pressing poi lumps against the bowl)