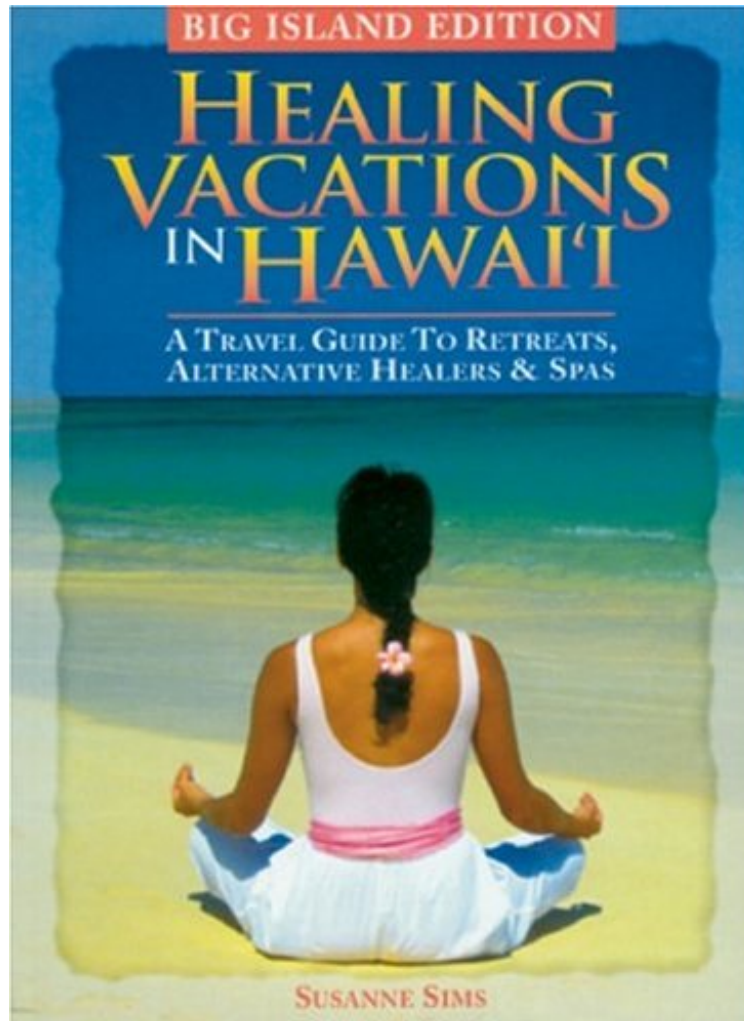


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Healing Vacations in Hawaii: A Travel Guide to Retreats, Alternative Healers and Spas (Big Island Edition)

Susanne Sims

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Susanne Sims : Healing Vacations in Hawaii: A Travel Guide to Retreats, Alternative Healers and Spas (Big Island Edition) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Healing Vacations in Hawaii: A Travel Guide to Retreats, Alternative Healers and Spas (Big Island Edition):

4 of 4 people found the following review helpful. Incredible Resource for Planning a Transformational Hawaiian Vacation! By O. Merce Brown*****This book, Healing Vacations in Hawaii, is excellent for planning an transformational vacation on the Big Island of Hawaii. Note that this book is the "Big Island Edition" and does NOT cover Oahu (where Honolulu is), Maui, or any of the other islands. Hopefully future books from the author will,

though, as it is an incredible resource. Part of the book is general history and interesting facts about the various areas of the Big Island. The rest (about 90% of the book) is descriptions of different retreats, alternative healers, and spas that are available on the big island. About 45 different healing experiences are profiled in depth, and more are listed in the back of the book. It is amazing to see the variety of healing experiences and healers that are available in this area of the world. The stories are well-written and illustrated with portraits and other photographs. Although the book is paperback, it is larger size and contains almost 300 pages of text, black and white photography, and maps. The book also covers general considerations when planning a healing retreat in Hawaii, and interesting tidbits you'd not encounter elsewhere, like how to behave when you're swimming with dolphins. You couldn't find a better book, or find a better place to start with your travel preparations for a healing retreat. Highly recommended. *****1 of 1 people found the following review helpful. Take Me There By Linda Ballou The year I lived on Kauai I experienced a spiritual awakening that was a turning point in my life. I am not alone. Most of the masters of healing whose varied offerings listed in this book are western transplants who felt the call of the young, vibrant energy of the Big Island. Each of them brings a special approach to nurturing a whole healthy human being. From Watsu, a gentle massage in a pool of warm water, to work with wild dolphins in the ocean, to iridology a way of viewing health through the iris of the eyes to sea water cleanses--no wellness stone is unturned. There are a couple of opportunities listed on the Big Island for retreats given by Hawaiians that offer Lomilomi massage, and the chance for talking out problems with a presiding kahu or learned elder. I want to experience every one of the ways to personal growth and wellness. I can't think of a more wonderful way to cleanse, restore, and rejuvenate body and mind than on a Hawaiian healing holiday. Linda Ballou

Healing Vacations in Hawaii The Big Island Edition is a first-ever guidebook dedicated to health and wellness travel options on the Island of Hawaii. Extensively researched and categorized geographically, this unique, user friendly guide shows travelers how to incorporate healing and wellness modalities, education adventure and spiritual renewal into a Hawaiian vacation. With regional maps, more than 100 beautiful photographs, descriptions of group retreats and sacred sites, and a comprehensive directory of practitioners, Healing Vacations in Hawaii offers a revealing look at the Big Island's emergence as "The Healing Island" one of the world's premier destinations in health and wellness travel.

About the Author A long-time Big Island resident, author Susanne Sims is a health and wellness travel planner and consultant and Director of the New Millennium Institute.