



Lomi Ball Guide

WHAT ARE LOMI BALLS?

- Sizes: Half, Large, Small
- Made from natural cork sustainably sourced by Sarga Bodywork. This texture allows for a better targeted friction against the muscles resulting in myofascial release.



HOW TO CHOOSE WHICH LOMI BALL TO USE?

- Large Ball: Larger surface area and can roll = Gentle
- Half Ball: Larger surface does NOT roll = Very Gentle
- Small Ball: Smaller surface area = Specific

ADDITIONAL TIPS

- **Active Recovery:** When using Lomi Balls consider them as a tool to help with your active recovery. Use them after a yoga, Pilates or a gentle workout. After stretching your muscles the fascia that holds them in place becomes warm allowing for them to lengthen. By using Lomi Balls to perform a self massage after a stretch-like session it will enhance your results and help with your recovery.
- **Warm up:** You can also use the Lomi Balls to aid in warming up when getting ready to start any physical activity. When using them to warm up work lighter and spend less time in each area. By working on the muscles that will be used it brings awareness to the area and preps the muscles for activity.
- **Cool Down:** After a workout take your time with the Lomi Balls. You did great being active and now it's your time to cool down and recover. Make sure to slowly settle into the balls for a deeper release. This type of myofascial release aids in reducing soreness and increasing range of motion.

Endangerment Sites to Avoid

- Behind the Knee, Inside of the elbow, Armpits, Pubic region, Bony prominences, Front of the neck, Bruises, broken or compromised skin, Avoid if using medications that are not safe for massage

Additional tools

- Yoga block (or large books covered by a towel to create a soft elevated surface)
- Yoga Mat
- Wall
- Door Way



HELPFUL LINKS

- **Lomi Ball Self Massage Course: Free**

<https://onlinecourses.sargabodywork.com/p/sarga-self-care-exercises-with-lomi-balls>

- **Purchase**

https://www.sargabodywork.com/store/c5/LOMI_BALLS.html

- Available for in-store Purchase at RC Massage and Esthetics

Scan Here
for more information

