

# KOKO



Aloha Mai Kakou! My name is Kaika Lindsey and I am happy to be joining Team KOKO as the Traditional Healing Practitioner – providing lomilomi/massage therapy and some la’au lapa’au. Born and raised here in beautiful Waimea, my love for massage and other healing arts manifested at a very young age. I remember sitting in the living room massaging my mom’s feet for what felt like hours while watching our favorite shows. As I grew, I found myself massaging my friends in High-School at Kanu o Ka ‘Aina and at college in Hong Kong. Massage was a recurring theme in my life, and those close family members and friends encouraged me to receive training, become a licensed massage therapist and make a living doing what I loved to do. I received my massage education primarily through Hokulani Massage Academy in 2012 and in coming around full circle, I spent the last 5 years as an Instructor of Massage Therapy. Between 2012 and 2019, I spent years at different spas along the coast where I got to work with very grateful visitors to the islands - sharing my cultural and massage knowledge with them. During that time I also had the opportunity to deepen my lomilomi and la’au lapa’au skills with several Kumu. I am very happy to join the team here at Koko and excited for the opportunity to work so closely with my Native Hawaiian community by sharing my skills and experiences. I also look forward to the growth I will go through here as my knowledge and skills will undoubtedly expand. Mahalo nui, I look forward to getting to work with you.

We are excited to once again offer Traditional Healing Practices at KOKO and delighted to have Kaika join us! On August 5th Kaika will begin seeing KOKO Patients Monday-Thursday. Please see your current KOKO Provider to get a referral for his services. During his credentialing process with health insurances, the cost to patient will be \$20. Once he is credentialed and a prior authorization through your insurance is obtained, you will only have your copayment to cover. If your insurance does not have a massage therapy benefit, you will continue to pay the \$20. There will be no charge for Medicare and Medicaid patients. Lastly, KOKO will provide a makana (gratuity) bowl in the treatment room for those that wish to give makana. This is entirely optional. Malama pono!