

REGISTERED MASSAGE THERAPY



WHAT IS MASSAGE THERAPY?

Massage Therapy is the systematic manipulation of the soft tissues of the body including the muscles, connective tissue, tendons, ligaments and membranes.

Registered Massage Therapists (RMT) have gone through 2200 hours of schooling which includes anatomy, physiology, remedial exercise and massage theory. Only after being successful on the provincial exams can a candidate call themselves an RMT.

Training and experience allows your RMT to offer you an alternative natural approach to regaining your health and well being.

WHAT MASSAGE CAN DO FOR YOU!

Relief from:

Headaches & Migraines

Whiplash

Low Back Pain

Discomforts of Pregnancy

Respiratory Problems

Sciatica

Carpal Tunnel Syndrome

Fibromyalgia

Tendonitis/Bursitis

Benefits of massage:

Reduces Stress

Increases Metabolism

Improves range of motion

Helps to eliminate toxins from the muscles

Reduces Pain

Improves Circulation

DURING YOUR MASSAGE:

After completing a confidential health history, the therapist will discuss with you any medical conditions that you may have. Due to the wide range of effects that massage has on the body everything pertaining to our health is relevant. Together, you and your therapist will form treatment goals and discuss the best approach to your health care.

Your comfort during the treatment is of the utmost importance. The therapist will only uncover the area they are currently working on. After the treatment a home care program will be given making you an active part of your body's healing process.



HOT STONE MASSAGE:



Hot Stone Massage is a style of massage therapy in which water-treated stones are placed at specific sites on the client's body to promote relaxation and to help open up the meridians (energy pathways). Muscles are pretreated with the heated stones to allow the therapist to more easily perform deep tissue manipulations. Cool stones are sometimes used alternately with hot stones. Massage oils can be incorporated into the massage treatment.

BENEFITS OF HOT STONE MASSAGE

- Promotes deep muscle and tissue relaxation
 - Alleviates stress
 - Releases toxins
 - Relieves pain
- Improves circulation
- Calms the psyche

Call today to book your appointment!

Or FREE consultation

(905) 840-WELL (9355)

Gift Certificates are available and make great gift ideas!