

Registered Massage Therapy

Conditions Treated

- Anxiety and Depression
- Back/Leg/Neck Pain
- Asthma and Emphysema
- Carpal Tunnel Syndrome (Repetitive Strain)
- Cancer Symptoms
- Chronic Fatigue Syndrome
- Dislocations
- Headaches
- Inflammatory Conditions
(Arthritis and Bursitis)
- Insomnia
- Kyphosis/Scoliosis
(Abnormal Curvature of the back)
- Multiple Sclerosis
- Muscle Tension and Spasm
- Palliative Care
- Post-Surgical Rehabilitation
- Pregnancy/Labour Support
- Sprains/Strains/Sports Injuries
- Stress/Stress Related Conditions
- Stroke

Benefits of Treatment

- Reduces/Eliminates Pain
- Reduce Muscular Tension
- Improve Joint Mobility
- Improve Circulation
- Improve Lymphatic Drainage
- Improve Maternal Mood
- Improve Neonatal Health
- Improve Neonatal Development
- Decrease Depression & Anxiety
- Decrease Stress Hormones
- Reduce Stress During Labour



Common Questions Asked

Can anyone receive massage therapy?

Yes, massage therapy is appropriate for individuals of all ages (infants, children, elderly).

Do I have to remove all my clothing for massage therapy?

No. Your comfort as a client is of the utmost importance to all Registered Massage Therapists (RMT). RMTs can provide important treatment whether you elect to remove any, some, or all of your clothing. All RMTs are trained in proper draping procedures to ensure that your privacy is completely respected at all times during treatment. Your comfort and ability to relax is paramount to effective treatment.

Does massage therapy hurt?

As with many treatments affecting the soft tissue, there are times when massage therapy can cause some light discomfort but it is not harmful. The client can stop or change treatment at any time.