

A HEALING TOUCH MASSAGE THERAPY CLINIC LLC

MASSAGE THERAPY AT DUNDAS AND COXWELL IN TORONTO

All our Registered Massage Therapists (RMT's) are members in good standing and registered with the College of Massage Therapists of Ontario (CMTO). They bring years of experience and knowledge that benefit you. They under go a rigorous 2200 Hour Educational Program at Bryan College and a thorough exam with the CMTO (Canadian Medical Therapists of Ontario)

Research has shown that people who are stressed are more prone to health problems. Massage Therapy has the ability to help the body cope with stress by physically stretching muscles, ligaments, tendons and facial. It encourages circulation through the tissue, inhibits muscular spasms and can be either relaxing or stimulating to the nervous system depending on the techniques used.

It has been proven to:

- Decrease stress levels
- Increase immune function
- Relieve painful or tight muscles
- Aid in prevention of new injuries
- Increase joint flexibility and range of motion

Our Massage Therapists are trained to treat many specific conditions. Some of these include...

- Back and Neck pain
- Carpel Tunnel Syndrome
- Headaches/Migraines
- Tendonitis or Repetitive strain injuries
- ITB Syndrome/Runner's Injuries
- Stress Relief and Relaxation
- Sciatic Pain
- Lower Back Pain
- Work Related Postural Pain
- Upper Back Pain
- Muscle Spasms
- Pain due to Pregnancy
- Colicky Babies
- Post Surgical Rehabilitation
- Fibromyalgia
- Arthritis
- Planters Fasciitis
- Temperomandible Joint Pain
- Sprains and Strains
- Whiplash
- Lymphoedema
- Sports Injuries
- Chronic Fatigue Syndrome

Over the last few decades, many research teams have been studying the effectiveness of the above-mentioned treatments with positive results, with many more studies on the way.

Here are some of the techniques which we employ:

- Gentle Swedish Massage
- Deep Tissue Massage
- Myofascial Release
- Trigger-Point Therapy
- Manual Lymph Drainage
- Stretching and Joint Mobilizations
- Headaches/Migraines
- Reiki
- Acupuncture
- Sacro-Cranial Massage

Massage Sessions are 45 minutes in length and cost \$80, Outcalls are available for clients in the Greater Toronto Area (GTA) for \$100 to cover the Cost of Fuel and Travel Time of the Massage Therapist. We also cater to Tourist from Out of Town who are more than welcome to Call us Toll-Free at 1-855 8888 SPA (772) However an Introductory Gift Certificate for one use only for a 30 minute Massage is available for only \$39.99.

Hours of Operation: Monday-Friday 9-8 Saturday 9-3

Refer a Friend for a \$15 Credit off your next Massage

Your Name and Client Number: _____

Your Email Address: _____

Your Friend's Email Address _____

Call Us to Book An Appointment (416) 316-1858
