



PRICE LIST

Effective January, 2022

Policy and Practice

COVID-19 public health and workplace safety measures current and in effect

Take the Self-Assessment **within 24 hours**, before confirming your appointment

Regardless of vaccine status, If you arrive for appointment with any symptoms, you will be charged for the session, but we will not be able to offer treatment.

All massage treatments facilitated by Registered Massage Therapists (RMT).

Cancellation Policy:

Please note that we have a **24 cancellation policy**.

Notification is required 24 hours prior to the scheduled appointment time, otherwise you will be charged a late cancellation Fee. *Thank You for respecting our policy.*

NEW Clients

> health history forms to be filled for updated, accurate care

Massage Treatment Sessions

Wellness / Therapeutic Massage treatments include, but are not limited to:

- > swedish techniques for overall muscle kneading to reduce muscle tension, stress tension
- > techniques specific to treat injury or orthopedic condions, and as requested
- > superficial lymph drainage, prenatal /postnatal, pilates exercise modality

Treatment goals are directed by the client to best suit individual needs, talk to your RMT if you have questions

15 minute treatment	\$	39.95
30 minute treatment	\$	67.95
45 minute treatment	\$	84.95
60 minute treatment	\$	102.95
75 minute treatment	\$	122.95
90 minute treatment	\$	139.95

Specialized Massage Treatment Sessions

Assessments / Hot Stone

30 minute treatment	\$	73.75
60 minute treatment	\$	108.75
90 minute treatment	\$	147.75

**Prices shown include HST*

**All massage treatments facilitated by Registered Massage Therapists (RMT).*