

Policies

Registered Massage Therapy

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 Treatments

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 conditions, and as requested
- > cranial sacral therapy
- > 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

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