



SERVICES

Swedish Massage

This form of massage is the typical massage that most people receive. It involves the use of oils and lotions to give smooth long strokes and kneading along muscle tissue fibres to decrease tension and increase circulation. Pregnancy and deep tissue massage include the aforementioned techniques. Added techniques to Swedish massage treatments can include lymphatic drainage, trigger point therapy, joint mobilizations, fascial release.

Prenatal Massage

Studies have shown that regular massage during your pregnancy can help decrease depression, anxiety, leg and back pain as well as decrease chances of premature labour. Each trimester presents different changes in your body and we adapt every treatment to suit your changing needs.

Thai Massage

Thai massage can also be called Thai yoga massage or Nuat Boran. This practice strives to eliminate blockages in the sen sib which are energy lines in the body. Clients are dressed in loose clothing and are treated on a supportive floor mat. Compressions and passive stretches are applied to the client in a rhythmical fashion to move energies around the body to decrease the blockages.

Hot Stone Massage

This unique treatment involves the use of heated basalt stones derived from volcanic lava. Due to its natural origin, basalt stone retains heat and is a perfect medium for delivering deep heat to tight muscle tissue, helping to decrease muscle tension and increase circulation. The use of cold basalt stones or jade can help decrease areas of inflammation and swelling. Additional therapy during a hot stone treatment may include aromatherapy to relax or stimulate the body through the olfactory senses and/or the use of chakra stones to rebalance energies, resulting in enhanced therapeutic effects.

Private Yoga

Take the time to reconnect with your mind and body. Private yoga sessions can help you feel more confident in your yoga practice when attention to postural details allows you to properly align yourself in postures decreasing the chances of injury and increasing the enjoyment of the posture.



Erin Watt, RMT

BOOKING APPOINTMENTS

Appointments can be conveniently booked on-line 24/7! Click the 'book now' button on our website at <http://www.therapeuticeffects.ca/> for instant access to our availability. You can also call 613-797-5481 to book appointments. Therapeutic Effects will be open at Beyond Yoga Studio & Wellness Centre starting April 1st 2015 but booking for appointments is available now.