



# HOLISTIC SERVICES {2013} BOOK NOW

## Therapeutic Massage

Treatments such as trigger point therapy, deep tissue massage and soft tissue manipulation will be applied to address specific problems. Therapeutic massage can also be an important aspect of a treatment plan established with your health care provider. Appropriate to relieve muscle tension, muscle cramping, or muscle spasm. Therapeutic massage improves circulation, is an excellent means of pain management, promotes healing, and reduces scar tissue. This form of massage can be an invaluable tool in the healing journey.

## Relaxation Massage

Slow, rhythmic massage strokes are the foundation of this indulgent, whole body massage. A relaxation massage instills a sense of balance between mind and body, allowing our innate healing potential to surface. A quiet and meditative experience, often accompanied by soft music, a relaxation massage is a perfect choice to offset today's hectic pace.

## Hot Stone Massage

The ancient healing art of stone massage combines heat and massage to relax the body at the deepest level for a gentle, yet effective treatment. The warm stone's thermal conduction brings about local and systemic change in the body and influence the energy centers for body and mind balance, creating harmony, a positive energy flow and a sense of balance and peace.

## Craniosacral Therapy

A gentle, soft touch technique that allows the body to take itself into any restrictions related to the central nervous system and release them in a safe, pain free manner. Craniosacral therapy can be combined with massage, or taken on it's own as a healing treatment.

## Private Sessions

Reg Nugent

Spend an hour working one on one with Reg to improve your relationship with your body. Tap into Reg's three decades of learning how the body works, how to realign after injury, trauma and stress and an integrated approach of Eastern and Western Wisdom. You can expect to leave with a tailor made session and a take home resource to help you remember and integrate your next steps in addressing your issues in your tissues.

## Reiki

An ancient Eastern healing technique that benefits the entire person, including body, emotions, mind and spirit, resulting in a feeling of relaxation, peace, security and well-being. Given on a treatment table with the client fully clothed, the therapist places their hands on or around the body to allow balanced energy flow for greater wellbeing.

## Acupuncture

We all have a complex system of channels which flow through our body distributing energy, or life force, to all our tissues. Health problems arise when there is an obstruction in the flow of life force or an imbalance in the bipolar components of this flow. Acupuncture involves the insertion of sterile, disposable needles at particular points in specific patterns. Acupuncture can improve circulations, decrease inflammation and restore the energetic balance in the body, stimulating the healing process.

## Infrared Sauna Treatment

Using deep penetrating infrared rays, heat travels to the core of joints and muscle aches to relieve inflammation, swelling and pain. The health benefits of this penetrating heat include relaxation as well as detoxification through perspiration, removing harmful toxins from deep within the body.

**Yoga for Today**

#206 2016 Sherwood Dr.

780.416.4211

[www.yogafortoday.ca](http://www.yogafortoday.ca)