



## HEALTH BENEFITS MASSAGE THERAPY

Reduced Muscle Tension | Boost Circulation | Increased Joint Mobility & Flexibility | Lower Stress |  
 Reduce Stress Hormones | Boost Mental Health & Wellness | Lower Anxiety, and much more...

RMT THERAPEUTIC MENU	30 MINS	45 MINS.	60 MINS	75 MINS	90 MINS
Relax   Therapeutic   Swedish Massage	75	95	110	135	155
Deep   Sport Tissue   IASTM Massage Therapy	85	105	120	145	165
Couples Massage Therapy	150	190	220	270	310
Hot Stone/Himalayan Massage	85	105	120	145	165
Pre   Postnatal Massage	75	95	110	135	155
MLD /Lymphatic Drainage Massage	85	105	120	145	165
Myofascial Release   Trigger Point	85	105	120	145	165
Aromatherapy   Essential Oil	85	105	120	145	165
Acupuncture, R.Ac.	75	95	110	135	155---
Cupping w/Light massage	75	95	110		
Detox Abdominal /w Essential Oil	85	105	120		

We offer DIRECT BILLING to 20+ Major insurance companies, representing over 85% of private group health plan members, Ask for Details

HST: RMT Registered massage therapists are one of the only regulated health professionals required to charge HST/GST. Chiropractors, physiotherapists and naturopaths are all tax exempt.