

PRODUCTS

Acuball

Acuball—\$35.00 Acuball Mini—\$25.00
Kit (includes Acuball, Mini, DVD & book)—\$70.00

In an effort to help our clients manage their muscle pains and strains at home between massage therapy appointments we have introduced the Acuball. "Acuball is an exceptional self treatment tool that is used to relieve painful trigger points, improve restricted joint movements and alleviate chronic tightness." This is the ONLY Heatable therapy ball which provides 60 min. of soothing heat to your achy muscles. Come on in and pick yours up today!!

USANA

Vitamins - - *Contact us for product information*

Daily stress and environmental pollutants bombard us with increasing levels of free radicals. USANA will provide you and your family with the highest quality products in a form that the body can absorb and use.

Options available for parents and children to help maintain optimal health and wellness. There is also the convenience of being able to get your vitamins delivered directly to your home on a monthly basis.

Compression Stockings

Prices vary depending on type and style



Most effective in preventing edema and swelling. When worn during pregnancy stockings can prevent blood from pooling in veins, alleviate swollen feet / ankles and relieve achy legs. Clients are measured professionally in order for the stockings to fit your body precisely. Many different styles and colours to choose from to suite individual preferences.

PRODUCTS

Maternity Belt

Small (size 3–6 prior to pregnancy) - \$60.00
Medium (size 7–16 prior to pregnancy) - \$60.00
Large (size 17–20 prior to pregnancy) - \$60.00

Maternity support belts offer natural support to reduce the strain on muscles and ligaments. Weight of the baby is transferred to the spine relieving the pressure on the pelvis while supporting the abdomen.



This ultimate support belt is light weight, with a special elastic designed to keep you cool and comfortable. This belt does not show under clothing so it will help you not only to feel good but look good also.

Carpal Tunnel Splint

Universal / One Size fits all - \$30.00

Symptoms of numbness, tingling, pain or a dull ache can affect both hands. Usually this occurs in the second half of pregnancy when mom's begin to retain more fluid. The carpal tunnel splint can be very helpful in reducing the symptoms.

T.E.N.S Machine

Machines—\$200.00
Replacement Pads also Available

A self controlled pain management option to help control low back pain during labour. It is small, portable, non-invasive and no harmful effects to mother or baby.

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Where Your Journey Begins

Pregnancy Services

Product Lines & Fees



Receipts issued; most items Covered by Private Insurance Plans



SERVICES

A Healthy Foundation for Wellbeing

Registered Pregnancy Massage

90min—\$100.00+HST 60min—\$70.00+HST
45min—\$55.00+HST 30min—\$40.00+HST

Creating a family is one of the most exciting times in your life. There is nothing more precious than bringing your new baby into this world and looking at their face for the very first time. Unfortunately, the long road of pregnancy is not always easy.

A woman's body goes through significant changes during the time she is carrying her baby. Massage therapy during pregnancy helps to reduce aches and pains, relieve headaches, reduce stress and anxiety and improve sleep.

Hormone Regulation

Studies show that relaxation and stress hormones are significantly improved when massage is incorporated in the prenatal plan. These changes in hormone levels can result in fewer complications during birth.

Reduce Swelling

Swelling of joints and major blood vessels is also common during pregnancy. Massage helps to stimulate the soft tissues to reduce the collection of fluids resulting in joints and tissues easing the discomfort.

Improve areas of Discomfort

Low back pain or sciatic pain can result from the pressure of the uterus on the pelvic floor. Upper back pain can result from the heaviness of the enlarging breasts. Massage therapy will reduce the tension in these muscles resulting in a pain free relaxed body.

Pregnancy massage can be enjoyed during all trimesters. No matter how far along you are in your pregnancy we strive to give you the most comfortable positioning possible.

Our pregnancy pillow allows you to lay on your stomach right up till the end of your third trimester; keeping you and your baby safe and comfortable the entire massage. **Request the pregnancy pillow at the time of booking your massage treatment.**

The early stages can be most difficult as your body is going through several transitions preparing your body for your growing baby.

Due to the influx of pregnancy hormones you may experience bloating, heart burn, breast tenderness, nausea, vomiting, fatigue, food aversions, mood swings headaches or carpal tunnel.

The symptoms above can make you feel less than comfortable and really unable to enjoy the effects of a massage at this early stage.

You might want to consider giving Reflexology a try as it is very effective in reducing the negative effects above and also does a fabulous job bringing you into a relaxed state.

**GIVE MELISSA A CALL AND BOOK
YOUR APPOINTMENT TODAY!!
905-963-9024**



**Reflexology Can Help
With A Range Of
Conditions**

Reflexology

60min—\$60.00+HST 45min—\$45.00+HST

A holistic therapy based on the principle that the reflexes in the feet correspond to every organ and part of the body. Pressure is exerted on these reflexes with massage and joint mobilization techniques resulting in an internal balance of the body.

Hot Reflexology

60min—\$65.00+HST 45min—\$50.00+HST

This innovative treatment combines Reflexology and Hot Stone therapy. The combination of heat from the stones and reflex points in the foot helps to dissolve muscle, tendon and fascia restrictions. This treatment is also wonderful for those who suffer with cold feet and circulation problems.