

WHY CHOOSE US?

We have been established for over 9 years. Our staff consists of 11 experienced Registered Massage Therapists and 2 Receptionist. Our Therapists are Regulated Health Professionals, this means that they must abide by ethical standards of conduct and professional practice. Therapists have very extensive training (2200 hours of Massage College) and they are required to update their skills and knowledge on a yearly basis to maintain their license to practice. For your convenience, our facility has 5 rooms with private showers, and relaxing music for all rooms.

If you need to freshen up, feel free to take a quick shower.

Please consider there may be other patients waiting for the room.

APPOINTMENTS

It is very important that patients arrive on time for their appointments. When scheduling appointment we exclusively reserve time for you, as a result, we strive to run on time for all appointments. We recognize that everybody's time is valuable and we appreciate your responsibility to keep your commitment to your appointments. In case you need to reschedule or cancel your visit we require 24 hour notice. Please keep in mind that Evening and Saturday appointments are in high demand and if you cancel these visits on short notice, we will be unable to offer you prime time appointments in the future.

We ask you not to bring small children with you during your appointment.

INSURANCE COVERAGE

Most insurance companies provide full or partial coverage for Massage Therapy under Extended Health Plans. Degree of coverage is highly variable, so talk to Benefits representative.

Remember, if you have drug or dental coverage, your employee benefits may also cover massage therapy.

Massage is not covered by OHIP.



DO YOU NEED A DOCTOR'S NOTE?

You do not need a note from your doctor to have a massage therapy treatment. However some insurance companies do require a note to pay for the treatment.

We offer treatment for a wide variety conditions:

- chronic stress / fatigue
- headaches / migraines
- back pain / sciatica
- insomnia
- carpal tunnel syndrome
- shoulder & neck pain
- discomfort during pregnancy
- hip / knee / foot pain
- sports injuries



**European Massage
Center Inc.
(905) 270-5553**



Relaxation and Therapeutic Massage



Hot Stone Massage

**By Experienced
Registered Massage Therapists**

Covered by Employee Benefits

Massage Benefits

Regular massage may help ease not only stress and tight muscles but also a variety of diseases and conditions. Massage stimulates blood flow, which carries more oxygen and nutrients to the massaged muscles and tissue helping remove toxic waste products. Increased blood flow helps ease the pain of sore muscles and speeds the recovery of muscle after exercise or injury.

Numerous studies have also shown that massage eases anxiety and stress in a number of ways

- Increases the level of certain brain chemicals, such as dopamine and serotonin, which may help control pain.
- Slows the heart rate and relaxes muscles.
- Lowers the levels of stress hormones, such as adrenaline and cortisol, which are linked to numerous diseases.
- May strengthen the body’s immune system by increasing the number and aggressiveness of the body’s natural killer cells, which fight viruses and cancer, also stimulates the production of lymphocytes, disease-fighting antibodies.

Beneficial effects of massage:

1. **Back pain.** More people seek massage therapy for lower back pain than for any other problem, including stress relief.
2. **Headache.** Some research suggests that chronic tension headaches stem in part from sustained contraction of muscles in the neck and head .Regular massage may reduce the duration and the number of headaches. For a migraine-sufferer massage may decrease length and frequency of the headaches.
3. **Sleep problems.** Many studies found that massage helps people sleep better by relieving stress.

Massage therapy is one of the oldest methods in the gallery of health care practices, dating back up to 4,000 years. Swedish massage is the most common form of massage.

Massage is generally extremely safe, especially when practiced by experienced and trained professionals. Our massage therapists practice several different techniques so you can choose the ones you like best.



Swedish massage uses a system of long gliding strokes, kneading, and friction techniques on the more superficial layers of muscles, generally in the direction of blood flow toward the heart, sometimes combined with active and passive movements of the joints. This system is used to promote general relaxation, improve circulation and range of motion, and relieve muscle tension.

Deep-tissue massage is used to release chronic patterns of muscular tension using slow strokes, direct pressure, or friction across the grain of the muscles with the fingers, thumbs, or elbows. It is applied with greater pressure and to deeper layers of muscle than Swedish massage.

Neuromuscular massage is a form of deep massage that is applied specifically to individual muscles. It is used to increase blood flow, release trigger points and release pressure on nerves caused by soft tissues. It is also often used to reduce pain.

Hot stone massage is a unique therapy using basalt stones to promote a sense of balance and well-being.

Fees

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|-----------------|----------|
| 15 minutes..... | \$25.00 |
| 30 minutes..... | \$50.00 |
| 45 minutes..... | \$65.00 |
| 60 minutes..... | \$80.00 |
| 75 minutes..... | \$100.00 |
| 90 minutes..... | \$120.00 |

Additional \$20 for Hot Stone Massage

Gift Certificates Available

BUSINESS HOURS

| | |
|------------------|----------------|
| Monday to Friday | 10.00am-8.00pm |
| Saturday | 10.00am-4.00pm |

**For an appointment call:
(905) 270-5553**

**1140 Burnhamthorpe Rd. West
Unit 123**

