

## Heritage Health Care Centre

The Heritage Health Care Centre provides the following treatments:

- **Swedish Massage Therapy**
- **Osteopathic Massage**
- **Prenatal Massage**
- **Hot Stone Massage**
- **Reflexology**
- **Paraffin Wax**
- **Detox Foot Baths**

## What training is required of your RMT?

Massage Therapy is a Regulated Health Profession under the Regulated Health Professions Act. An RMT must complete 2200 hours of training from an accredited school. Upon completion of training, the school will then recommend the graduate to the College of Massage Therapists of Ontario. The therapist must then pass the Practical and Theoretical Exams held by the college. A successful therapist is then licensed by the college, and is given the designation of Registered Massage Therapist (RMT). For more information visit their website:

[www.cmto.com](http://www.cmto.com)

The CMTO states that Massage Therapy is the assessment of the soft tissue and joints of the body and treatment or prevention of physical dysfunction and pain of these areas by manipulation to develop maintain, rehabilitate or augment physical function o relieve pain. Basic Swedish massage is the most common form of massage.

## Insurance Coverage

Massage Therapy, Reflexology and Detox Foot Baths are **not** covered under OHIP. However, many extended health care plans and benefit packages do reimburse you for either partial or complete treatments. Please consult with your employer for specific details and determine if a physician's referral is required.

### Fee Schedule

\*Please note that fees are subject to change and HST is included.

#### Registered Massage Therapy:

90 Minutes-----	\$90.00
60 Minutes-----	\$70.00
45 Minutes-----	\$60.00
30 Minutes-----	\$45.00

#### Hot Stone Massage:

60 Minutes-----	\$85.00
90 Minutes-----	\$100.00

#### Osteopathic Massage Therapy

Initial assessment-----	\$80.00
Ongoing treatments-----	\$65.00

Detox Foot Bath 1 <sup>st</sup> Visit----	\$35.00
Ongoing Detox Baths-----	\$40.00

\*Cash, Cheque, Debit, Visa and MasterCard are accepted.

Gift certificates are available upon request for any duration. To purchase a gift certificate for any special occasion, please inform your therapist.

## Heritage Health Care Centre



*Putting your health and comfort First!*

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**[www.heritagehealth.ca](http://www.heritagehealth.ca)**

## Benefits of Massage

Massage Therapy is effective in alleviating pain associated with:

- Muscle Strains, Sprains and Spasms
- Carpal Tunnel Syndrome
- Whiplash and TMJ
- Tension Headaches & Migraines
- Pre and Post Pregnancy
- Fibromyalgia, Arthritis & Sciatica
- Tendonitis & Bursitis
- Sports Injuries & Frozen Shoulder

## Osteopathic Massage

Osteopathy is a holistic science of health care which is a drug free, non invasive, form of manual therapy. Through gentle adjustment of the entire body, an Osteopathic treatment will relieve pressures and restrictions that obstruct vital forces that exist within the body such as:

- Nerves
- Arteries
- Veins
- Lymphatics

Osteopathic manual therapy is not based on techniques but rather through extensive understanding of anatomy and physiology and the principals that were set forth by its founder, Dr. Andrew Taylor Still in 1874.

## Detox Foot Bath

The foot bath provides relaxation and a rush of energy during the detoxification process. The energy generated by the unit spreads throughout the water at a frequency specific to each individual. The 'energized' water aids the body to re-balance its energy meridians. This allows the electrolytic charge to be absorbed by the living tissue. The process is called Ionization.

## What can I expect at my first Massage Therapy Visit?

Your first visit begins with an initial assessment including:

- A complete health history form
- Postural Analysis
- Range of Motion Testing
- Orthopaedic Testing

All client information is completely confidential in accordance with the law. The results of the assessment and your specific goals for the treatment will allow your therapist to work with you to develop a focal treatment plan. This ensures that Massage Therapy is an appropriate health care choice for your individual needs, and enables your therapist to treat you safely and effectively.

During each treatment, you will be completely draped with a sheet. Only the area being treated will be uncovered. If you wish, your therapist will work over top of the sheets, or over top of your clothing.

Communication between you and your therapist is extremely important. The pressure will be altered to suit your preference through feedback with the therapist. Please discuss any concerns or questions you may have with your therapist prior to, during or after the treatment.

Your therapist will conduct each treatment in an environment which is safe, confidential, nurturing and comfortable. This is to promote relaxation, comfort, and healing.



## Prenatal Massage

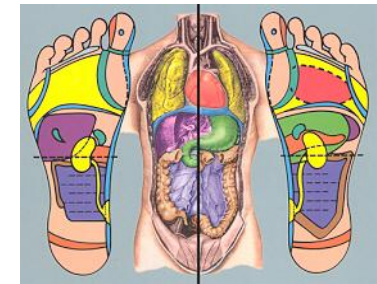
Prenatal massage incorporates basic Swedish massage geared to meet the unique needs of the maternal body. It promotes overall relaxation while addressing the muscular tension and discomforts associated with pregnancy.

## Hot Stone Massage

Hot Stone massage utilizes smooth, basalt river stones. When applied to the body, the stones create a deep penetrating heat to aid in enhancing circulation, reducing muscular tension, soreness and stress, and promoting relaxation.

## Reflexology

\*Reflexology does not claim to cure, diagnose or prescribe.



Reflexology is a focused pressure technique, usually directed at the feet and hands. It is based on the premise that there are zones and reflexes on the feet and hands which correspond to and are relatives to all parts of the body, glands and organs.

Reflexology is beneficial for:

- Back Pain
- Migraines and Headaches
- Arthritis
- Hormonal Imbalances
- Digestive Disorders

## Detox Foot Bath

The goal of an ionic foot bath is to experience a deep feeling of relaxation and a rush of energy while your body undergoes the detoxification process. The energy generated by the unit spreads throughout the water at a frequency specific to each individual undergoing a treatment session. The 'energized' water aids the body to re-balance its energy meridians.

Our body has the similar structural organization of water. This allows the electrolyte charge, produced by the Lectro-Chi unit, to be absorbed by the living tissue. Ionization is this process that occurs in the water as a result of electrolysis. Ionization has been proven to benefit living organisms.

Water is an essential element. Not one living organism on Earth can live without it. Water is not only the source of life; it is the carrier of this electrolytic life-force. This energy is transferred using water in the Lectro-Chi Premier Energy Foot Spa.

## What is Chi?

In Chinese, Chi means spirit or energy of life. In order to maintain good health there must be a constant balance between the positive and negative forms of 'Chi.' Bio-electricity is found in all living organisms in the form of positive and negative ions.

An ion is an atom that is usually electrically neutral and achieves its status by the loss or addition of an electron. A positive ion lacks energy and a negative ion is high energy.

Individuals in good health have a balance of neutral, negative, and positive ion. Individuals in poor health tend to be unbalanced bio-electrically.

## Duration of Treatment

The duration of the treatment session depends on how the body reacts to the detoxification process and your age.

Age (Yrs)	+Polarity (Minutes)	-Polarity (Minutes)	Total
4-7	6-9	2-3	8-12
8-12	9-13	3-5	12-18
13-17	14-22	5-8	19-30
18+	30	10	40

If you feel light-headed, nauseated or develop a headache during the session please consult with your therapist immediately.

## Fee Schedule

\*Please note that fees are subject to change and HST is included.

1<sup>st</sup> Treatment Session-----\$35.00  
40 Minute Session-----\$40.00

\*Cash, Cheque, Debit, Visa and MasterCard are accepted.

Gift certificates are available upon request for any duration. To purchase a gift certificate for any special occasion, please inform your therapist.

If you have any questions or would like to make an appointment, please call the Heritage Health Care Centre at 519-633-2585.

# Lectro-Chi

## Premier Energy Foot Spa



## Detoxifying Foot Bath

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## Just Add Water?

The following photos are typical of a treatment session.

Beginning of session with Dead Sea salt:



Approximately after 5 minutes:



Approximately after 15 minutes:



Approximately after 25 minutes:



Completion of Session at 40 minutes:



## Detoxification

Toxicity is caused by exposure to toxic chemicals and heavy metals within our daily lives. Our bodies become less efficient in expelling these toxins after years of exposure. Our bodies store these toxins in organs and tissues. As a result of this we develop illnesses and chronic conditions. Detoxification techniques can effectively reduce these developments. However, detoxification will only be successful with a well planned health regime. This includes making gradual lifestyle changes prior to detoxification. Positive changes include:

- One 40 min Detox session every 2-3 days
- Eat healthier foods
- Regular exercise at least 3x/wk (Implement Yoga, Pilates, etc.)
- Avoid toxic substances (tobacco, fatty foods, etc.)
- Nurture yourself spiritually and emotionally

The benefits of successful detoxification can include increased health and longevity, a sense of well-being that resonates throughout your whole body.



## Contraindications

You should not receive a detox foot bath if you:

- Are pregnant or breast feeding
- Have had an organ transplant
- Are prone to psychotic episodes
- Are prone to epileptic episodes
- Have a pace maker

## Water Colourization

During a session the treatment water may go through multiple physical changes. Below is a water colour chart corresponding with the material or body part that may be detoxifying. Note that certain minerals in the water may also result in different colouration. Water should be considered 'alive' in its natural form.

Colour or Particle	Material or Organ Detoxifying
 Black - Green	Liver and Gallbladder
 Black Particles	Heavy Metals
 Brown	Liver, Tobacco, Cellular Debris, Spleen
 Orange	Joints
 Red Particles	Blood Clot Material
 White Particles	Yeast
 Foam	Lymph
 Yellow/Green	Kidneys, Bladder, Urinary, Prostate

The colour changes in the water can be very dramatic or minimal. It is not the most important element when judging the success of a treatment session. The water does not always change colour during a session and is not always an indicator of energy being produced.

The water colour will generally change if your feet are soaking in the foot bath or not. Colour change can correspond to the reaction of the water molecule's surgical steel with the kind of water being used during the session, i.e. city, well, mineral, etc or the state of the individual's health.