
THE MASSAGE SHOPPE is proud to offer its clients a full range of massage and acupuncture therapies. Our fully registered and competent staff are able to accurately assess, evaluate, treat and recommend the appropriate care for you. Our therapists are trained in multiple disciplines and continue to study and develop their skills thereby offering you a wider variety of treatment options.



REIKI.

Reiki is a Japanese technique used to promote healing through stress reduction, pain relief and relaxation. Your

therapist will assess your body's equilibrium through the laying of hands and then apply treatment by fine tuning and balancing your body's chakras, which in turn will leave the body calm and rested.



VISCERAL MANIPULATION (VM).

VM addresses functional and structural imbalances throughout the body including musculoskeletal,

vascular, nervous, urogenital, respiratory, digestive and lymphatic dysfunctions. It evaluates and treats the dynamics of motion and suspension in relation to organs, membranes, fascia and ligaments. VM increases proprioceptive communication within the body, thereby revitalizing a person and relieving symptoms of pain, dysfunction, and poor posture.



REFLEXOLOGY.

This massage focuses on the zones of the feet that are correlated to our organs. A great way to detoxify the body and

tonify the viscera, while enjoying a soothing foot massage.

THE MASSAGE SHOPPE offers registered massage therapy and the largest variety of massage therapy services in Stittsville. All of our treatments meet or exceed the requirements set out by the College of Massage Therapists of Ontario.

BODY REPAIRS & MAINTENANCE

We specialize in 'Body Repairs & Maintenance'. Whether you have sprained an ankle, pulled a muscle or threw out your back, we can offer the appropriate treatment post injury. We also tend to chronic ailments such as low back pain, headaches, arthritis and tendonitis.

Our vision is to increase our community's awareness to the health benefits associated with massage therapy. Regular maintenance visits with a registered massage therapist ensures that your soft tissue will continue to function optimally, and should an injury occur, provide the groundwork for a quicker recovery.

THE MASSAGE SHOPPE

BODY REPAIRS & MAINTENANCE

MASSAGE THERAPY

Our convenient online booking enables you to view our daily, weekly, monthly and yearly schedules so you can ensure you get the appointment times that suit your lifestyle. Many of our clients incorporate massage therapy into their health and fitness regime, booking appointments every 4-6 weeks for general body maintenance.

THE MASSAGE SHOPPE is your one stop shop for all your massage therapy needs. See you at the Shoppe.

Rose & Bruce.

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BOOK ONLINE AT
WWW.THEMASSAGESHOPPE.CA
OR CALL US AT
613.836.0555



SWEDISH MASSAGE.

This massage combines techniques that can soothe or invigorate the muscles. This treatment style combines gliding,

stretching and compression techniques at a pressure ranging from light to deep.



SPORTS THERAPY MASSAGE.

Treatments pre- and post-events are available to help you achieve your athletic goals. We can flush

out metabolic wastes from your training to allow you to perform at your ultimate ability. We offer proactive treatments so you don't strain a muscle, we treat sprains, strains, contusions and fractures, and can offer supportive taping before an event. Let us know what your goals are and we can tailor a treatment suitable to optimize your performance.



HOT STONE THERAPY.

Heated basalt stones are used to provide the ultimate pampering experience. Prepare to leave your stress behind as

your tension is melted away during this warm, soothing treatment.



SOMATO EMOTIONAL RELEASE (SER).

SER is a continuation of CranioSacral Therapy. In this treatment, your therapist will begin to rid

residual effects of trauma and negative emotional experiences from the mind and body. SER can also address the lower jaw issues such as concussion, whiplash or birth trauma. This technique can be used to address the thyroid, relieving symptoms associated with hormonal imbalances.



PRE-NATAL MASSAGE.

Moms-to-be can relax and benefit from this massage while positioned side-lying or on the pregnancy pillow. All therapists at

Ability are trained to provide appropriate care for managing the pain and stress on the connective tissues and joints through all stages of pregnancy. Whether you are looking for pain relief or just a little TLC, rest assured you'll be well taken care of during your treatment.



MYOFASCIAL RELEASE THERAPY.

Fascia is densely woven and very strong connective tissue that envelops the muscles, ligaments,

tendons and bones. Gentle sustained pressure is applied to guide the fascia into its regular position and suppleness. Helpful in restoring strength, flexibility and posture.



MUSCLE ENERGY.

This treatment begins with a functional assessment of your skeletal system. Your therapist will then have you take an

active role in releasing your bodies holding patterns. This technique is used to gain motion that is limited by restrictions of neuromuscular and skeletal structures.



THAI MASSAGE.

This massage is performed on a floor mat where both therapist and client are dressed in comfortable attire. It provides a full

body treatment that relieves muscular tension, improves circulation, boosts the immune system and balances the body energetically.



CRANIO-SACRAL THERAPY.

This gentle hands on technique uses only five grams of pressure to treat the membranes and

cerebrospinal fluid that surround and protect the brain and spinal cord. This pain free therapy is effective at treating migraines, low back pain, nerve pain and any head / face pain.



INDIAN HEAD MASSAGE.

This 30 minute treatment focuses on Ayurvedic energy channels on the face and scalp. Pressure

points are activated to soothe headaches and jaw pain, and promote relaxation. This technique also treats anxiety, insomnia and allergies affecting sinuses. Book this appointment on it's own or combine it with a 30 minute back massage.



ACUPUNCTURE THERAPY.

This traditional Chinese modality stimulates the body's energy (Qi) to flow freely through energy

pathways called meridians. The approach is to find and treat the root cause of the complaint making it effective at treating chronic or re-occurring injuries. It is used to balance energy, boost the immune system, and alleviate aches and pains.



DEEP TISSUE MASSAGE.

This massage focuses on the deeper layers of tissue that may be the cause of ongoing discomfort. You

may need to book a series of treatments to allow the surface tissues to relax so your therapist can address the underlying issues.