

# Services

## Massage Therapy

Massage is the manipulation of the soft tissues in the body - including muscles, ligaments, fascia, and tendons - to enhance a person's health and well being. By releasing the soft tissues in the body, a massage therapist can reduce stress and anxiety, help rehabilitate injuries, reduce muscle tone, and reduce pain.

There are many different types of massage. Some of the ones our Registered Massage Therapists are trained in include:

- Craniosacral therapy
- Myofascial release
- Deep tissue massage
- Swedish massage
- Prenatal massage
- Trigger Point therapy
- Lymphatic drainage
- Reflexology

If you have more questions about how our Registered Massage Therapists can help you, please give us a call or send us an email!

Meet our Registered Massage Therapists!

### Linda Napper

Hi I'm Linda, I've been a registered massage therapist for more than 25 years. I did my schooling at the Calgary Foothills College, and have since expanded my practice to include many different modalities, including (but not limited to): - Swedish Massage - Cranial Sacral Therapy - Reflexology - Deep Tissue Massage - Prenatal Massage.

### Stacey Napper

Hello! I'm Stacey Napper! I'm a graduate from the Lethbridge College Massage Therapy Program. I've been a registered massage therapist since 2009 and provide different modalities including (but not limited to): - Swedish Massage - Deep Tissue Massage - Prenatal Massage - Trigger Point Therapy - Lymphatic Drainage

