

DID YOU KNOW?

What: Massage Therapy (AKA Swedish Massage)

Who: Martin Salkey – Registered Massage Therapist

Where: Human Performance Centre

When: Monday to Thursday by appointment



Why: To Achieve Your Best!

“What is massage therapy?”

“Massage therapy uses long, smooth strokes, kneading, and other movements including the stretching and strengthening of various muscles using massage oil or lotion.

Massage supports and improves the body’s natural healing processes and works well in conjunction with other treatments, such as physiotherapy and acupuncture.”

Book your appointment today!

