

## What is Massage Therapy?

Massage is a hands on manipulation of the body's soft tissue, including muscles, connective tissue, tendons, ligaments and joints. Therapy aims to:

- Develop, maintain and rehabilitate physical functioning
- Relieve or prevent physical dysfunction and pain
- Enhance the well being of the client

Massage treatments aim to maintain function, treat acute and chronic injuries, daily living aches and pains, and provide preventative care. All treatments carry therapeutic effects and improve health by acting directly and indirectly on the muscular, nervous, circulatory and immune systems. The therapist's knowledge of the body's musculoskeletal system is combined with traditional Swedish and modern massage techniques. Remedial exercise and hydrotherapy are also incorporated where applicable for client treatment.



## Who Benefits?

Massage therapy is a great way to prevent injury and maintain a healthy body. Massage helps to promote tissue health through increased circulation of blood, oxygen and nutrients. Massage can also help to decrease stress levels by promoting relaxation. The duration of healing after a muscular injury can often be decreased with aid of massage therapy by promoting good tissue health and decrease in scar tissue formation.



## Does Health Insurance cover Massage Therapy?

Although Massage Therapy is not covered by OHIP, many private insurance companies, large employers and some post-secondary institutions do give partial or full coverage under their extended health care for individuals and immediate families. Since some may require a family doctor's prescription beforehand, check what your coverage is and if you require a referral from your doctor.

## Workplace Massage

If your business would like to promote wellness in the workplace, KBM offers massage in the workplace by appointment. With a minimum registration of 5 people, your business could offer 10 minute massages for \$10 each. Please call for details.

## What we Offer

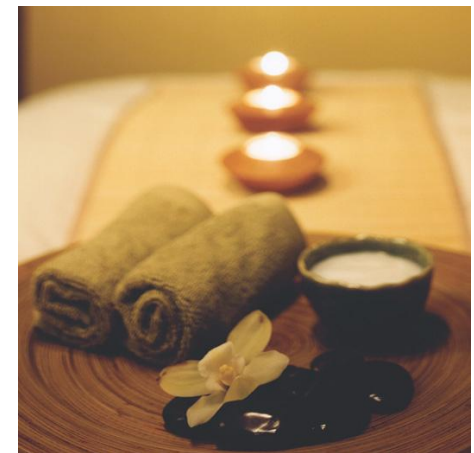
Our registered massage therapists at KBM offer a wide range of options for our wide range of clients. Whether you are looking for a quick 30 minute session, or a full relaxing 90 minute we are able to provide what you require. We offer competitive pricing.

Rates:

30 min - \$45 + GST

45 min - \$55 + GST

60 min - \$65 + GST

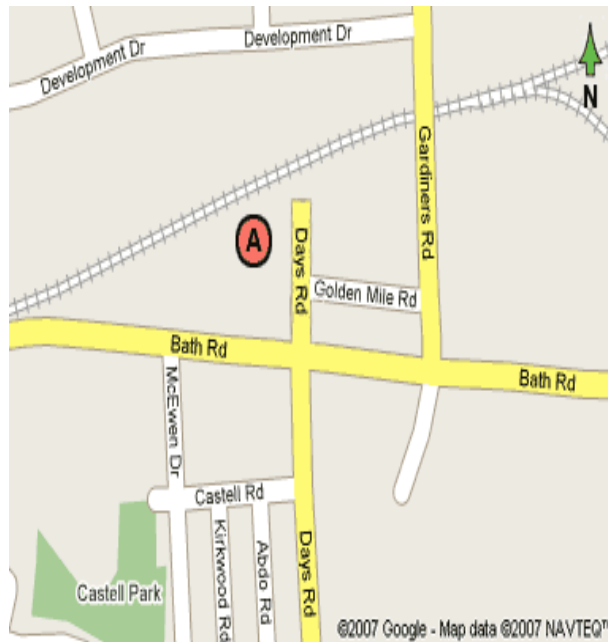


## Services at KBM

- Fitness Assessments & Program Design
- Weight Loss Programs
- Nutritional Counseling
- Massage Therapy
- Occupational Therapy
- Physiotherapy
- Healthy Living, Wellness & High Performance workshops/seminars
- Blood Pressure/Body Composition Testing
- Exercise Equipment Consulting
- Ergonomic Consulting
- Sport Specific & High Performance Programs for individuals and teams needing speed and power development
- Running/Endurance Consulting
- Sports Equipment Sales: Balls, Bands, Bosu, Balance Trainers, everything you need to get fit at home or on the road

## Facilities & Equipment

Our 5,400 sq. ft. centre is wheelchair accessible, includes shower facilities and free parking. We have a full line of equipment including: treadmill, Elliptical, Rower, Bikes, Selector Machines, Free Weights, Dumbbells, Swiss Balls, Medicine Balls, and much more.



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## Massage Therapy

Your Health and Fitness Is our Business!



Kingston Body  
Management