

## **MASSAGE THERAPY**

30 min: \$50.00+hst  
45 min: \$65.00+hst  
60 min: \$80.00+hst  
90 min: \$120.00+hst

Our Registered Massage Therapists will lead you on a journey to restore the harmony of body & soul, as they provide a treatment specifically designed to meet your needs.

- Therapeutic Massage
- Relaxation Massage
- Deep Tissue Massage
- Therapeutic/Sports Massage
- Craniosacral Therapy
- Lymph Drainage Therapy
- Hot Stone Massage and more

Book a complimentary infrared sauna session with every massage.

***\*WE DIRECT BILL***  
*to most insurance companies*

### **Hours of Operation:**

**Monday 9am-5pm**  
Tuesday 9am-5pm  
**Wednesday 9am-7pm**  
Thursday 9am-5pm  
**Friday 9am-6pm**  
Saturday 9am-5pm  
**Sunday CLOSED**



Visit us at 296 Lincoln Street  
Lunenburg, N.S. B0J 2C0

Phone (902) 640-8484

Email us at:  
admin@emoceanwellnesscentre.ca

Website: [emoceanwellnesscentre.ca](http://emoceanwellnesscentre.ca)

**Like us on Facebook:**

[facebook.com/emoceanwellnesscentre](https://facebook.com/emoceanwellnesscentre)

**Follow us on Instagram:**  
@emoceanwellness

**\*some prices are subject to HST**



*emOcean offers a variety of clinical services to tend to your medical needs.*

*This is just one way we provide care that focuses on the overall health and well-being of our guests.*

*Our team of professionals are here to help.*

***- Massage Therapy***

***- Physiotherapy***

***- BIOFLEX Laser***

## PHYSIOTHERAPY

Assessment: \$85.00

Treatment: \$65.00

Kathryn Moore is an Australian born and trained Physiotherapist. Her experience is broad, ranging in both hospital and private practice, however, has spent most of her career working as a Paediatric Physiotherapist in Hobart, Tasmania, with a focus on neurological and orthopaedic conditions affecting children from 0-18 years.

She has also worked with youth elite athletes on injury prevention and rehabilitation.

In the adult setting, she is trained in the McKenzie method of diagnosis and treatment, a philosophy of active patient involvement and education.

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## BIOFLEX LASER THERAPY

Treatment cost \$60-\$90

### What is laser therapy?

Laser therapy is a safe, non-invasive treatment. The light emitted by the laser is a specific wavelength that allows it to be optimally absorbed into the target tissues.

Low intensity laser therapy (LILT) can help in the treatment of orthopedic conditions by speeding up the healing process. Faster healing minimizes the scar tissue build-up, as well as muscle wasting. LILT also addresses the root cause of a client's pain. Laser therapy is performed under the direction of a Physiotherapist, Podiatrist or Certified Laser Technician.

### LILT can be used to treat:

- Soft Tissue & Sports Injuries
- Repetitive Stress Injuries
- Inflammatory Conditions
- Back Problems
- Wounds and dermal ulcers secondary to-  
Compression/trauma, Diabetes, Venous Stasis
- Neurological Conditions
- Dermatological Conditions
- Fibromyalgia and more

*\*Try your first Laser  
Treatment for free*

