



Emily  
Berridge, R.M.T.

Registered Massage Therapist  
Registered Yoga Teacher RYT 200

*Caring Hands for Life!*

---

## Get Ready for Summer!

**June 2024:** It's official! Summer is here and our first heat wave came in smokin' HOT!



Warm weather and sunshine make us want to get outside and do fun summer things, like sports, swimming, barbeques, gardening! Being a weekend warrior sure is great - but it could mean over-doing it and possibly injuries. Remember to STAY HYDRATED and maintain your mobility. Try this [yoga flow](#) to keep your body moving and feeling good!

---

## Online Booking

Online Booking is back! Please visit my [website](#) to book your next treatment. You can also add yourself to a Wait List if you can't find an appointment you're looking for.

### **Not Receiving Reminder Emails?**

Having trouble getting email reminders? Try these [suggestions](#) from Noterro (booking software) to see if they help! Text Message reminders are also available. Please let me know if you would like to add your phone number to your existing account to take advantage of this feature.

## Fees

**Registered Massage Therapy fee schedules are based on recommendations from the Registered Massage Therapists' Association (RMTAO) along with average current rates for the geographic area.**

**Beginning August 1st, 2024, my new RMT Massage fee schedule is as follows:**

30 minutes: \$76	45 minutes: \$96	60 minutes: \$118
75 minutes: \$138	90 minutes: \$158	

If you have any questions, [please let me know](#).

## Reminder: Massage Therapy Cancellation/Late Policy

Please note that I require 24 hours notice by email for any cancellation due to the high demand for appointments. There is a \$30.00 fee for the first missed appointment. For any subsequent missed appointments or failure to notify me of the cancellation in less than 24 hours, the full fee for the treatment will be charged. Likewise, if you arrive late for your appointment, I will not be able to guarantee the full duration booked and the full fee will be due. Motor vehicle accident claims and extended health benefit plans will not cover these missed fees; they are the client's responsibility. Cancellation fees are payable prior to booking your next appointment.

## Your Health Changes

I care about what's happening with your health! If there are any changes to your health, please let me know. Sometimes you may want the exact same treatment as your last visit and maybe you want something completely different. It's absolutely up to you. Your massage... your time.

## Music Choice

Music can help elevate your relaxing experience. I use Spotify in my treatment room and invite you to request what YOU want to hear during your next treatment. Here's a bit more about [releasing stress through the power of music](#).



## Social Media: Instagram

Please [follow me on Instagram](#). I will be posting stretches and exercises that you can do at home, like neck and shoulder exercises, breathing exercises (remember... inhale, exhale), how to master the cat/cow pose. Is there something you'd like to see? [Drop me an email](#).

## Questions?

Should you have any questions or concerns please contact me: [emilyberridgermt@gmail.com](mailto:emilyberridgermt@gmail.com)

**Need an appointment? Email me to book your next treatment!**

---

## Contact:

Emily Berridge, R.M.T.  
518 Brant Street  
Burlington, Ontario L7R 2G7

**P:** 905.631.0487 • **E:** [emilyberridgermt@gmail.com](mailto:emilyberridgermt@gmail.com) • **W:** [emilyberridgermt.ca](http://emilyberridgermt.ca)

© 2024 Emily Berridge, R.M.T. Registered Massage Therapist