

Mindful Reminders!

Online Appointment Booking

It's fast and easy to book all your appointments online! Here's the link:

<https://emilyberridgermt.noterro.com>. You're welcome! If you don't have your portal account set-up yet, please email Emily for the link: emilyberridgermt@gmail.com

Third Party Insurance Coverage?

If you have third party insurance coverage that you'd like to take advantage of before the end of the year, please book in as soon as possible. **Spots are going fast!** Email Emily to book your next massage:

emilyberridgermt@gmail.com

Direct Billing

Direct Billing for Insurance is available at my new location. If you are not already signed up, send Emily an email so direct billing can be set up for your next appointment. Email: emilyberridgermt@gmail.com

Waiting List

You can add yourself to the online waiting list, if you are looking for a specific date or time. Don't have your portal account set-up yet? Email Emily to set yours up today! emilyberridgermt@gmail.com

Gift Certificates Are Available Online!

Not able to stop by the office to pick one up? No problem! You can purchase one anytime online here: <https://squareup.com/gift/MLCTDTQQ2BVNJ/order>.



Massage Services available:

- Therapeutic/Relaxation Massage
- Hot Stone Massage
- Indie-Style Face and Scalp Massage
- Pregnancy Massage

Head over to my website for all the delightful details <https://www.emilyberridgermt.ca/>

Last Minute Massage Club

Last Minute Massage Club emails offer cancellations that may have the perfect time for you! Not on the list? You can subscribe anytime here: <https://bit.ly/3SmfeRE>

Cancellation Policy

We respect your time and hope that you can return the favour. Please note that we 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 us 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, your therapist 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.

The fee is due prior to booking your next appointment. Thank you for your understanding.

Holiday Hours (can't believe I'm saying it!)

The office will be closed for the holidays between December 24, 2024 - January 2 2025. Be sure to book your appointments today to get in before the end of the year!

Social Media: Instagram



Please [follow me on Instagram](#). I will be providing updates on this platform. I have posted stretches and exercises that you can do at home like neck and shoulder exercises, breathing exercises, how to master the cat/cow pose. Is there something you'd like to see? Let me know during your next appointment.

Questions?

Should you have any questions or concerns please contact: 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 • **W:** emilyberridgermt.ca

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