



Emily
Berridge, R.M.T.

Registered Massage Therapist
Registered Yoga Teacher RYT 200

Caring Hands for Life!

Hello Fall!

September 2025: I hope you had a wonderful and relaxing summer season!

Nolan started Junior Kindergarten and so far is loving it. Kieran is now 6 months and is rolling around and laughing. He is enrolled to start daycare sometime in January 2026.



Once he is settled, I will be opening up my schedule to full-time in February 2026. In the meantime, I am still working on a part-time schedule (3 days a week) and will continue to do so until the end of December. My schedule fills up quickly, so if you would like to use up your hard-earned benefits before the end of the year, please book [online](#) or [email](#).

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 November 1st, 2025, my new RMT Massage fee schedule is as follows (HST Included):

30 minutes: \$80	45 minutes: \$100	60 minutes: \$123
75 minutes: \$143	90 minutes: \$165	

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

Reminder: Massage Therapy Cancellation/Late Policy

We respect your time and hope that you can return the favour.

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. Thank you for your understanding.

Emily Berridge, RMT

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