



Emily
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Registered Massage Therapist
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Caring Hands for Life!

Hot Stone Massage is BACK!



November 2022: I am settling in to my new home at 518 Brant Street in Burlington and it has been such a pleasure seeing your responses to my new space. Your kind words and support mean so much to me. Thank you! This year marked my 17th year in practice and I feel so honoured to be able to share my passion for massage therapy with you and help you along your journey in wellness.

Brrr...

Colder weather is here and that calls for something warm and comforting (in addition to hot chocolate, of course). **Hot Stone Massage treatments are back!** If you would like to upgrade your regular massage to a hot stone massage, please email me at emilyberridgermt@gmail.com.

Another Way to Help Your Body R-E-L-A-X

Diaphragmatic Breathing is beneficial for not only helping you relax, but increasing oxygen in your blood, reducing blood pressure and heart rate, and making it easier for your body to release gas waste from your lungs. (Thanks for that helpful info [Cleveland Clinic](#)).

Now doesn't knowing all that make you want to dive in to diaphragmatic breathing? Follow this link to Instagram and learn my [Breathing Exercise: Inhale, Exhale](#).



Halloween with Nolan

Nolan has now been introduced to Halloween and here he is on the big night all dressed up as a spider.

Trick or treat Nolan!

(p.s. I'm including this because if I didn't, you'd all give me grief about not seeing a recent picture!)



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 me: emilyberridgermt@gmail.com

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

Complementary Offerings:

Insurance Coverage and Direct Billing

Many 3rd party insurance providers include Registered Massage Therapy as part of your extended health benefit plan. We are now offering direct billing to select insurance companies for Registered Massage Therapy. Please bring your insurance card with you. A doctor's referral may be required for Registered Massage Therapy. Check your coverage! Emily provides required receipts for reimbursement and tax purposes.

Gift Certificates

Gift Certificates are the perfect fit for every occasion. Give the gift of wellness in any denomination. [Email Emily](#) to request a Gift Certificate.

Last Minute Massage Club/Cancellation Wait List

Perfect for busy people unable to book in advance. The Last Minute Massage Club notifies Members of appointment openings the next day. The Cancellation Wait List notifies members of cancelled appointments with their specific date and time. [Email Emily](#) to subscribe to the Last Minute Massage Club and/or the Cancellation Wait List.

Emily's News

A quarterly update with the latest happenings, tips, and advice, designed for life between visits. [Email Emily](#) to subscribe to Emily's News.

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