



Looking Fabulous

Skin, Hair, Nails & Weight: The driving factors behind achieving and maintaining a healthy, youthful, energetic appearance is flow and balance. This is how we repair and regenerate ourselves.

Chiropractic Care

Promotes cellular regeneration by improving circulation & nervous system control | Improves efficiency and function of autonomic nervous system - helps regulate organ function and can also help improve metabolism | Encourages a longer, leaner, more youthful appearance by correcting postural imbalances | Encourages your ability to meet weight loss goals by improving overall body function, reducing stress and aiding in the prevention of injuries

Naturopathic Medicine

Using the many treatment options available to ND's (dietary & lifestyle counselling, nutritional supplementation, natural health products and acupuncture) | Offers comprehensive holistic health screenings | Optimizes your appearance by addressing your health concerns (Please see 'Feeling As Good As You Look' section below) | Offers detoxification protocols to help ensure a cleaner, healthier, better functioning body

Registered Acupuncture

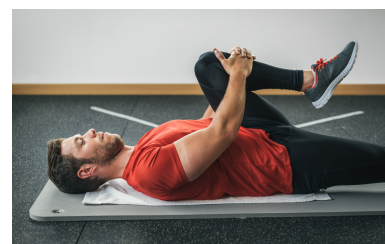
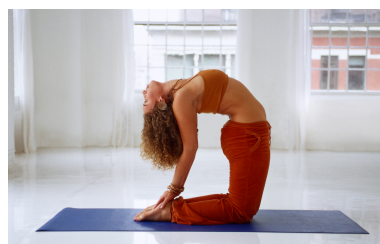
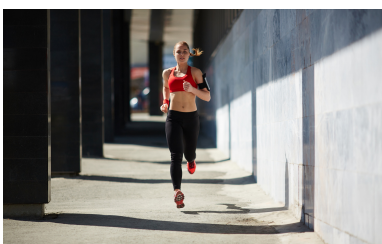
Offers a unique and effective facial rejuvenation treatment program | Proven to improve skin, soft tissue, bone and organ health by positively affecting the quality, quantity, balance & flow of Qi & blood | Reduces stress and anxiety | Increases blood flow and stimulates collagen | Aids in cellular regeneration | Proven as an effective tool for weight loss

Registered Massage Therapy

Encourages cellular regeneration | Improves overall circulation | Reduces stress and anxiety | Improves quality of sleep | Improves endocrine system communication | Aids in achieving balanced posture -creating a longer, leaner look

Reiki & Reflexology

Eliminates toxins | Reduces stress levels | Improves sleep patterns | Balances the body's energy flow | Improves circulation & increases relaxation



Feeling as good as you look

Healthcare: As you move through life, your practitioners will make sure you are healthy and strong. Remember - the healthier you are, the better you will feel.

Chiropractic Care

Works with your changing posture | Reduces digestive discomforts, headaches, general aches and pain | Gets your body in better alignment for living your daily life | Helps relax muscles and ligaments | Improves digestion and overall organ function | Reduces overall stress | Promotes positive physiological and emotional adaptation to life's challenges

Naturopathic Medicine

Regulates menstrual cycles & helps other women's health conditions (i.e. PCOS, endometriosis, thyroid imbalances, weight, digestion, adrenal fatigue, stress, anxiety, mental health) | Helps with creating a functional lifestyle & personalized health & exercise plan | Strengthens the immune system, supports healing and a healthy mood | Men's health: helps your partner improve their health - as this is a factor for your overall health

Registered Acupuncture

Helps prepare your body to meet your life's unique challenges | Regulates menstrual cycle | Normalizes hormonal and endocrine systems | Positively affects organ function | Aids in weight loss and smoking cessation

Registered Massage Therapy

Reduces stress and anxiety | Improves physical function | Improves lymphatic drainage | Decreases physical discomforts & pain (i.e back/hip pain, sciatica) | Promotes more restful sleep and reduces insomnia

Reiki & Reflexology

Reduces pain | Supports nervous system stimulation | Boosts a positive mood | Alleviates the effects of depression and/or anxiety | Improves overall well-being



Moving Smoothly

As we travel along the journey of life, it often becomes more difficult to move as we once did. The great news is restoring our ability to move smoothly is well within reach

Chiropractic Care

Benefits nervous system function and efficacy | Improves overall physical function | Adjustments are highly effective for improving and maintaining joint health | Can help correct long standing injuries and/or dysfunction | Re-balances the body's nervous system and overall function

Naturopathic Medicine

Gets your physical, mental and emotional health back on track | Strengthens the immune system, supports healing and a healthy mood | Corrects physical dysfunction (i.e. muscle tension, posture, etc) through manual therapy | Supports healthy exercise routines

Registered Acupuncture

Helps with healing, regaining strength & vitality | Addresses pain and fatigue | Restores your body's flow of "Qi", which heals and balances the body and encourages energy flow in the body

Registered Massage Therapy

Helps correct postural imbalances - breaks up scar tissue and adhesions in various layers of soft tissue around organs, bones and joints | Relieves muscle tension | Supports soft tissue & joint mobility | Promotes circulation and healing | Relieves general muscle tension and aches

Reiki & Reflexology

Increases energy levels | Develops emotional, mental, and spiritual balance & well-being | Improves circulation throughout the whole body | Improves the speed of healing and reduces pain | Reduces stress & anxiety levels | Supports a healthy nervous system



Aging Gracefully

At some point in our adult lives, the idea of aging gracefully is what most of us begin to think about - the journey then becomes finding what might actually work for us. With so many options out there, we would like to pause for a moment and discuss some major components that impact our quality of life

Physically

After years of use, our bodies may begin to slow down, ache, and even keep us up at night. Some common yet significant complaints for most of us is troubled digestion, stress, anxiety, depression, headaches, pain, stiffness, dysfunction, the list goes on. Taking some time to recharge and repair can help you operate at a more optimal level day to day.

Emotionally

For some, aging can be a challenging experience. Time will have its effect on us inside and out. When we step aside and truly take care, getting back on that super highway we call life is easier, significantly more manageable and often way more fun!

Mentally

Processing life can be intense. Where do you think the phrase 'it's giving me grey hair' comes from? This life stress becomes our baggage—and baggage gets heavy over time. Taking some time to learn more ways to care for oneself is a powerful way to help process and ultimately let go of stress. Remember comfort comes from care - this helps facilitate healing the mind.

Energetically

As we go through life's joy's and challenges, we develop and affect our individual 'vibration'. When someone experiences rough or hard times, this often leaves a mark by holding a heavier or sluggish energy within. This energy/vibration affects our body, personality, how we perceive life. If you have ever experienced healing from within, you can appreciate the beautiful rippling effects of restoring your individual natural flow. Anytime is a good time to start taking care of yourself. Pick your favourite or combination of natural healthcare approaches and you will benefit on many levels. We look forward to helping you reach your goals of living beautifully both inside and out.