

INTEGRATED HEALTH CARE AND FITNESS STUDIO

577 Ontario Street St. Catharines, ON L2N 4N4.

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NATUROPATHIC THERAPY

The primary goal of naturopathic medicine is to address the cause of illness rather than suppression of symptoms or disease management. The patient is seen as a whole person as their Naturopathic Doctor (ND) strives to take their physical, mental, and emotional dimensions into account when developing a treatment plan. NDs have at least 7 years of post-secondary education, including a 4-year full-time program at one of 4 accredited naturopathic institutes in North America, and have passed rigorous international examinations to become licensed. NDs use clinical nutrition, botanical medicine, acupuncture & Traditional Chinese Medicine, homeopathy, and lifestyle counseling to help patients achieve their health goals.

Tara Clapp B.Sc, N.D.

ADULT CONSULTATIONS (+HST)

1 ST visit (intake & physical)	1 ½ hours	\$225
2 nd visit (includes lab)	45 minutes	\$125
Subsequent visits:	20 minutes	\$ 50
	30 minutes	\$ 75
	45 minutes	\$ 95
	60 minutes	\$120
Laboratory visit	15 minutes	\$ 45
Telephone consultations	5-20 min	\$15-40
Acupuncture	20 minutes	\$ 40

YOUNG ADULT CONSULT (+HST)

1 ST Visit (intake & physical)	1 hour and 15 min	\$150
2 nd visit (includes lab)		\$ 85

CHILD CONSULTATIONS (+HST)

1 st visit (intake & physical)	1 hour	\$ 100
2 nd visit	30 minutes	\$ 55

MASSAGE THERAPY

The Practice of Massage Therapy is the assessment of the "soft tissue" and joint of the body. Also for treatment and prevention of physical dysfunction and pain of the soft tissue and joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain. The Therapist may use a variety of techniques to help the patient with their pain.

Alexis Verdile RMT

90 mins	\$100 +HST
60mins	\$70.80 +HST
45 mins	\$55 +HST
30 mins	\$45 +HST

Hot Stone Massage

60 mins	\$75 +HST
75 mins	\$85 +HST

PLEASE REFRAIN FROM WEARING ANY HEAVY PERFUMES AND SPRAYS DUE TO OTHER PATIENT WITH SEVERE ALLERGIES.

**PLEASE DO NOT SMOKE BEFORE COMING TO YOUR APPOINTMENT.
THANK YOU.**

HOMEOPATHIC PRACTITIONER

Homeopathy is a safe and gentle system of medicine that uses dilute substances from plant animal as well as mineral to aid the body's natural ability to heal itself. Homeopathy looks at the individual as a whole. The Mental, emotional and physical aspects of the patient are all taken into consideration during each consultation with the Homeopath.

Ashley Guite B.A.,D.H.M.H.S

(+HST)

1 ST visit Adult	90 minutes	\$180
1 ST Visit Child	90 minutes	\$160
Subsequent visit Adult	30 minutes	\$ 60
Subsequent visit Child	30 minutes	\$ 60

SHIATSU THERAPY

Shiatsu is a modern manual therapy from Japan that simply means "finger pressure". Comfortable stretching and pressure are applied to the body in order to reduce pain & restore normal body function and balance. Shiatsu is related to Traditional Chinese Medicine & acupuncture and can be used to treat back pain, stress disorders, digestive problems and insomnia as a few examples.

Jason Hookey B.A., C.S.T.

(+HST)

First Visit	1 1/2 hour	\$100
Treatment Session	1 hour	\$ 75
- acupuncture	45 minutes	\$ 55
Auricular acupuncture	15 minutes	\$ 35
- cold & flu (current patients)		\$ 35

FASCIAL STRETCH THERAPY

Fascial Stretch Therapy™ (FST™). This is a pain free, table based assisted stretching modality that focuses on stretching and realigning your fascia! If left untreated, tight and compressed fascia will decrease joint space, increase joint pain, lead to headaches, trigger points, muscle tightness and strains. FST will improve mobility of your nerves and flexibility of your muscles and fascia, will reduce/eliminates stress, pain, will improve energy, sleep and quality of life.

Kristina Tzvetkova PT, FST.

(+HST)

First Visit	60 minutes	\$90
3 Session Package	1 hour	\$ 195

OSTEOPATHY

Osteopathy is a natural medicine which aims to restore function in the body by treating the cause of the imbalance or pain. The osteopathic practitioner uses very gentle palpation to sense the state of the tissues being examined. The whole body is assessed and treated because symptoms sometimes show up in a different part of the body from where the problem actually might be.

Ann Davies Reg PT, O.D.

(+HST)

Treatment Session	1 hour	\$ 100
Treatment session	30 minutes	\$ 60

- Ann only takes cash or cheque for payment