

RUTH DELISLE

REGISTERED MASSAGE THERAPIST

☎ (250) 272-6640



SCAN & BOOK

Ruth is a BC Registered Massage Therapist practicing since 2017. She treats the body from a holistic approach including breathwork and relaxation techniques.

HOURS (may differ)

TUES, WEDS, FRI

9AM - 1PM

RATES

\$149 & GST- 60 MINUTE MASSAGE

\$200 & GST- 90 MINUTE MASSAGE

60 MINUTE MASSAGE

Best option for 1-2 specific concerns or a full body treatment

Treatment includes: interview, assessment, treatment & homecare recommendations

Techniques may include; Myofascial Release, Osteopathic techniques, Muscle Energy, Cranial Facial Therapy, Trigger Point Release, Joint Mobilizations, General Swedish Massage, Instrument Assisted Soft Tissue Manipulation, & Passive/Active Stretching

90 MINUTE MASSAGE

Best option for 2 specific concerns or a full body treatment with a more specific approach

Treatment includes interview/assessment, treatment and homecare recommendations

Techniques may include; Myofascial Release, Osteopathic techniques, Muscle Energy, Cranial Facial Therapy, Trigger Point Release, Joint Mobilizations, General Swedish Massage, Instrument Assisted Soft Tissue Manipulation, & Passive/Active Stretching

CONTACT ME :

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