

Professional Training

Registered Massage Therapists in Ontario complete an extensive educational program consisting of 2,200 hours of instruction, 150 hours of clinical training, with provincial exams, licensing and support of a very strict code of conduct.



Shirley Mayo R.M.T.

[Registered Massage Therapist]



Shirley has practiced as a Registered Massage Therapist since 2000, graduating from Ontario Business College. Over the last number of years, she has worked in numerous facilities giving her a broad range of background and experience. Specializing in sports injury, pregnancy massage, repetitive sprain injuries, relaxation massage, as well hot stone massage, you can expect firm pressure as well as a sensitive touch to suit your specific need. Shirley's professionalism has earned her the Employee of the Month and Employee of the Year at one of areas largest resort/gaming facilities.



Restore

Strength & Mobility

Replenish

Energy & Vitality



CLINIC HOURS

Monday 1 pm – 8 pm

Wednesday 1 pm – 8 pm

Thursday 10 am – 6 pm

**Alternative hours
available upon request.**

MAYO MASSAGE CLINIC

Shirley Mayo, RMT



Restore and Replenish

**Town Chiropractic
250 Coldwater Rd., W
Orillia, ON L3V 3M2**

(705) 327-1343



What can Massage Treat?

- Neck & Shoulder Tension
- Back Pain & Stiffness
- Pregnancy Related Discomfort
- Stress Relief
- Sprains & Strains
- Tendinitis & Bursitis
- Carpal Tunnel Syndrome
- Whiplash
- Arthritis
- Sciatica
- Headaches
 - Sinus
 - Migraine
 - Tension

And numerous other conditions...

Massage Treatments

- Deep Tissue Massage
- Relaxation Massage

90 minute session	\$100.00
60 minute session	\$ 70.00
45 minute session	\$ 60.00
30 minute session	\$ 40.00

- Heated Stone Massage

90 minute session	\$115.00
60 minute session	\$ 85.00

Gift Certificates Available



Insurance Coverage

Massage Therapy is not covered by OHIP, however most extended health care plans (benefits) have partial or complete coverage. Some plans may require you to have a physician's referral.

Receipts are available upon request.

What is Massage Therapy?

Massage Therapy is hands-on manipulation of the soft tissue, specifically muscles, tendons, joints and ligaments.

Treatment will have a therapeutic effect and improve health by acting directly on the muscular, nervous, and circulatory systems.



What is Heated Stone Massage?

An authentic hot stone treatment delivers effective tissue and muscle massage. The heat from the stones relaxes muscles and increases the blood flow to the area being worked on which further accelerates the healing process.

