

SASKATCHEWAN'S LEADING HEALTH & FITNESS MAGAZINE

# FITNESS EXPERTS

SASKATCHEWAN

ISSUE 5 2011

## HEALING LOTUS MASSAGE:

MORE THAN JUST A MASSAGE

MIDWAY WALK-IN MEDICAL  
& HEALTHCARE CENTRE

## SPA AHAVA: ACHIEVING REST AND RELAXATION

## EXHALE MASSAGE CLINIC AND DAY SPA

## » FINDING A TRUSTED MASSAGE THERAPIST

THE MASSAGE THERAPIST ASSOCIATION OF  
SASKATCHEWAN (MTAS) LENDS A HAND

## ETHEREAL MASSAGE TREATMENTS:

DELICATE AND REFINED,  
YET VERY EFFECTIVE

CDN \$5.99



# **ADVANCE** ‹‹ **THERAPEUTIC MASSAGE**

‹‹ **LIKE THE WAY THE BLOSSOM OF A FLOWER CANNOT BE MADE TO OPEN, THE TISSUES OF THE BODY CANNOT BE FORGED TO RELAX. A COMBINATION OF SKILLS ARE NEEDED TO COAX TISSUES TO GIVE UP THEIR TENSION AND RELEASE THEIR HOLDING PATTERNS.** ‹‹

Photograph by | GJ Photo



**OWNER DIANNE FRASER  
DESCRIBES THE CLINIC  
WHERE SHE AND EIGHT  
ASSOCIATES OFFER  
THERAPEUTIC MASSAGE.**



I came to massage therapy following a career in professional dance. During the course of professional dance training I received many types of physical therapy and was inspired to enter the field of therapeutic massage after discovering that massage was especially effective and transformative. Through the world of dance I learned that the body has a remarkable ability to change and transform, and I discovered that massage therapy has this same transformative ability. The body you have today has the potential to be different from the body you will have in the future, depending on what you do with it.

After graduating from the Wellington College of Remedial Massage Therapies in 1988 I opened a practice at the Regina East Chiropractic Office, marking the first time that massage and chiropractic was offered at the same clinic in Regina. Meanwhile my colleague, Kendra Smycniuk, opened Advance Therapeutic Massage Clinic in 1992, which I joined in 1995. At that time Advance was the first stand alone massage clinic in the city. We became partners after I worked there for 10 years and I became sole owner in 2007 when Kendra retired from the field of massage and moved to British Columbia.

Advance has grown from its' original 2 therapists, incorporating more therapists as demand has grown. The clinic currently has 9 registered massage therapists and maintains the clinic's original intent of offering a broad spectrum of treatments

by therapists with a high level of training. Central to the clinic's treatment philosophy is to follow the wisdom of the client's body, encouraging tissues to release when they're ready. Like the way the blossom of a flower cannot be made to open, the tissues of the body cannot be forced to relax. A combination of skills are needed to coax tissues to give up their tension and release their holding patterns.

We currently provide Relaxation and Therapeutic Massage incorporating light and deep tissue approaches, Pre and Post Natal Massage, Craniosacral Therapy, Myofascial Release, Hot Stone Massage, Reflexology, Chi Nei Tsang (ancient Chinese belly massage), Thai Massage, Pediatric Massage and Infant Massage classes.

Our registered therapists are all practicing members of the Massage Therapist Association of Saskatchewan (MTAS): Dianne Fraser, JoAnne Hartney, Shelley Edwards, Jean Selinger, Marian Ward, Tammy Bickner, Chrystal Stevenson, Nikki Poissant, Claudette Halverson. Four of our therapists have more than ten years of clinical experience, two more than twenty years.

When you enter the facility you notice right away that this is a lovely and inviting space. The decorating centers around a rich spice colour and every area of the clinic delights the senses, from the soft glowing light from the rice paper light fixtures, to the damask and natural stone and floral decorative themes. This is a space



in which both men and women feel very comfortable. Each room has its own heater and each table a thick cozy blanket so even though you may be receiving a deep tissue therapeutic treatment, you are feeling snug and pampered. This makes relaxing into the therapy more instinctive.

Although our therapists are skilled in Relaxation and Hot Stone Massage, the core of our work is therapeutic. Hypertonic muscles and restrictions in the fascia create uneven pulls on the skeleton and impaired functioning of the nervous, circulatory and respiratory systems. Our therapists seek to uncover and treat these patterns of distortion, leading to pain reduction, freer movement, better posture and a reduced risk of injury. A balanced body benefits from a reduction in the development of arthritis, tendonitis and ligament tears, thus the preventative role of massage cannot be overlooked. In addition, massage therapy provides excellent assistance in the maintenance of high levels of wellness including positively affecting mental and emotional well being.

Advance currently has on board several therapists with impressive levels of craniosacral and myofascial therapy training. These techniques treat the deeper connec-

tive tissues that interweave and affect all structures of the body so therapeutic benefits can be wide ranging. The treatment approach with these techniques is subtle and patient. The therapist is trained to meld their hands with the soft tissue, then follow the release much like a boat that is carried along by the current in the water. Craniosacral therapy and myofascial release are effective in treating migraines, vertigo, TMJ, post traumatic stress disorder, colic, scoliosis, learning disabilities, stiffness and chronic pain as well as improve athletic performance.

Advance Therapeutic Massage offers programs that assist clients in reducing their symptoms and reaching their wellness goals. Weekly Pilates and Yoga classes encourage an active approach to self care including the development of body awareness, core strength, improved range of motion and stress reduction. Our studio classes have a maximum of 5 participants per class, allowing for lots of individual instruction which clients love because they quickly make progress and see results. Our certified Infant Massage Instructor guides parents in providing regular massage treatments to their babies, thereby having a positive affect on both babies' health and wellness, as well as enhance the long term





parent-child relationship. Class instructors include certified Stott Pilates instructors Debra Wiszniak and Kelly Ozem, certified Yoga instructor Meagan McIlvoy and certified Infant Massage Instructor Erin Butler Marshall.

In addition, the clinic sells many therapeutic products to assist in home self care programs. These include foam rollers, 7" therapy balls, large stability balls, wobble boards and calf stretching slant boards. Our therapists can assist clients in choosing products where appropriate and provide instruction on their proper usage.

Clients range in age from babies to seniors, from sedentary to athletic. We receive referrals from other health care professionals such as doctors, physiotherapists, psychologists and chiropractors. Over Advance's eighteen year history we have treated a large number and variety of serious medical conditions and injuries, however the bulk of our clientele is made up of those seeking a quicker and more complete recovery from injury, elimination of numbness and pain, improved joint mobility and reduction of stress, anxiety and insomnia.

Advance Therapeutic Massage is located on Gordon Road in South Regina, just off Lewvan Drive. There is easy access to free parking. Visit our comprehensive website for more details on our treatments, therapists, classes and products: [www.advancetherapeuticmassage.ca](http://www.advancetherapeuticmassage.ca)

In summary, Advance Therapeutic Massage helps people integrate a variety of massage tools to enhance the quality of their life. Our therapists can assist people to become aware of existing dysfunctions with the associated degeneration of overall health. People can return to an optimum level of functioning, allowing the body to perform at peak levels and helping all to succeed in reaching their full human potential. ■

**You may contact**

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**Fax: 306-586-4562**

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**[www.advancetherapeuticmassage.ca](http://www.advancetherapeuticmassage.ca)**

**ADVANCE**  
Therapeutic Massage

# »» FINDING A TRUSTED MASSAGE THERAPIST

**A**s the benefits of massage become more widely known, more and more people are searching for a good massage therapist, but with the lack of legislation on this profession, how do you find someone you know you can trust? Luckily for the province of Saskatchewan, there is an organization whose members must meet certain criteria: The Massage Therapist Association of Saskatchewan (MTAS).

MTAS was formed in 1966 under the name Saskatchewan Massage Therapist Association (SMTA) and was comprised of a small group of passionate individuals who were seeking to raise the profile and the modality of massage. By 1997, SMTA merged with two other Saskatchewan Associations to form the current MTAS. One of their goals was to seek regulation for massage therapists in the province. Today MTAS has grown to be the largest association for massage therapists in the Province. They also have a nationwide presence and recognition.

Why look for the MTAS affiliation? As a client, you want to avoid the horror stories that surround using a person who does not have the proper training. When you allow someone to work on your body, you want to know they know what they are doing because you are literally putting yourself in their hands. MTAS members must meet national standards of massage therapy. Members who wish to be a part of the MTAS must first complete a minimum of 2200 hours from an accredited school in massage therapy. The association only accepts members who have a clean criminal

record check, a current CPR and First Aid certificate, and who have mastered a written and practical competency exam. To remain a member in good standing, MTAS' massage therapists must also adhere to a strict code of ethics and standard of practice, carry malpractice and liability insurance, be committed to participating in continuing education, and must abide by the MTAS bylaws.

The strict MTAS criteria are in place to assure clients that its members comply with the same types of National Competency Standards to which the legislated provinces adhere to. Massage therapists belong to the MTAS because they want their clients to know they are committed to keeping the public safe, they are working to raise the bar on the profession of massage therapy, and that they are qualified to be offering massage treatments.

The MTAS is a necessary organization—both for practicing massage therapists and for those seeking their services. Lori Green, who started working for the MTAS in 2005, knows firsthand how using the wrong, unqualified massage therapist can have devastating consequences. She explained, “My best friend, who was diagnosed with cancer, found that massage therapy was the only thing that offered her relief. Unfortunately, her regular registered, massage therapist was unavailable for an appointment, so she went to someone else. It only took one time with an unqualified therapist for things to go wrong. My friend ended up with cracked ribs because the person did not know what they were doing. That’s when I found out first-



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hand the risk of harm that can be caused when you don't have a qualified therapist. Fortunately her regular, registered massage therapist could help."

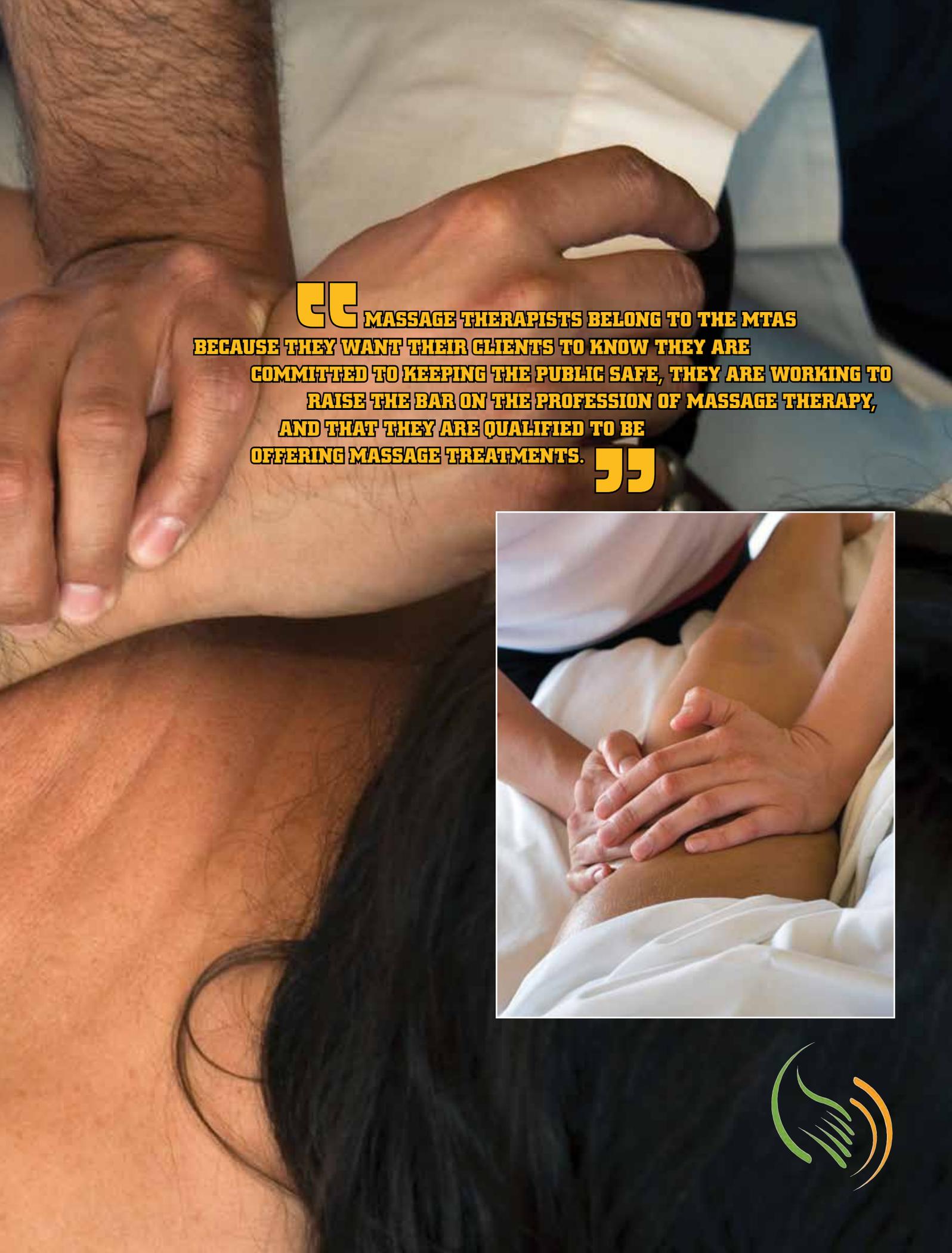
Sadly, there is currently no legislation in Saskatchewan to control who can call themselves a massage therapist and/or open a business to practice massage therapy. The MTAS has been trying to affect changes to the lack of regulations for the past 15 years. Their goal is to protect the public and serve legitimate massage therapists by securing legislation that would require all massage therapists to belong to a College of Massage Therapy. In the mean time, membership in the MTAS provides a stop-gap measure.

Besides demonstrating to clients or potential clients that they have the proper credentials, members of the MTAS can take advantage of being able to obtain \$2 million of liability insurance, the ability to treat all insurance company clients (SGI, WCB and other employee group benefit plans), access to over 800 therapists across the province for peer support and dialogue, affiliations with the Massage Therapy Alliance of Canada, and a large number of continuing education opportunities. In fact, there are approximately 200 continuing education courses that members can take for competency cred-

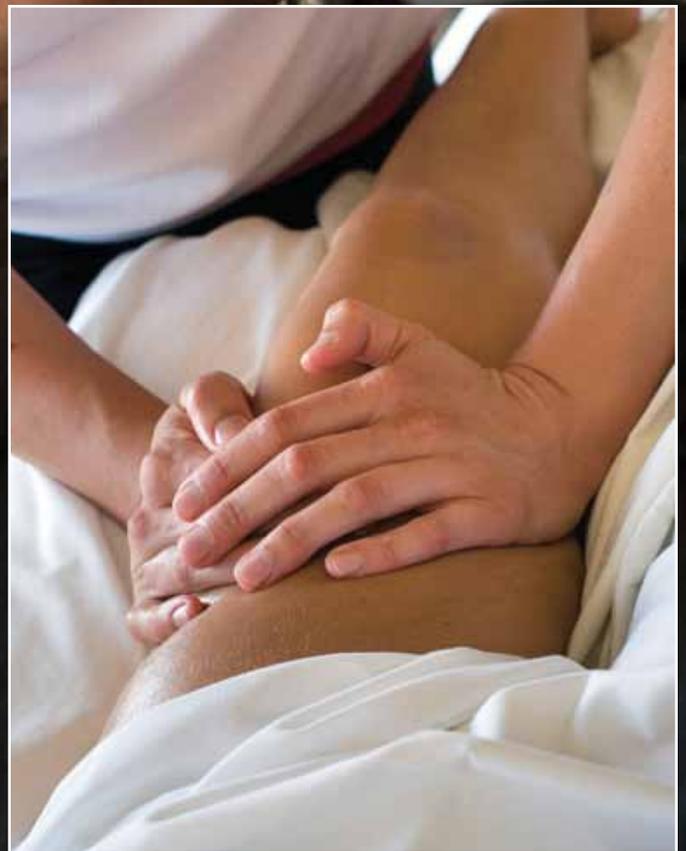
its. Among the wide range of topics are modalities of massage therapy, cadaver labs, marketing classes, charting instructions, and CPR/First Aid courses. Having business classes available is attractive to massage therapists who also own their own business. Eighty-four of the courses are currently online (members may visit [www.saskmassagetherapy.com](http://www.saskmassagetherapy.com) to see the full menu of courses). In addition, members have the opportunity to request courses that they would like to attend.

The MTAS is governed by a Board of Directors. The fourteen members are all practicing massage therapists and some also are in professions that are beneficial to the Association. REI Beneficial to the Association - MTAS Board of Directors have included a chartered accountant, EMT and Insurance FLMI, nursing students, educators, and an individual pursuing a degree in osteopathy. For example this year the MTAS Board is looking at nominations that include a chartered accountant, an EMT, an Insurance FLMI, and an individual pursuing a degree to be an osteopath.

If you are interested in finding an MTAS massage therapist or you are a massage therapist who meets their criteria and would like to know more about becoming a member, please visit their extensive website, [www.saskmassagetherapy.com](http://www.saskmassagetherapy.com). ■



**“ MASSAGE THERAPISTS BELONG TO THE MTAS BECAUSE THEY WANT THEIR CLIENTS TO KNOW THEY ARE COMMITTED TO KEEPING THE PUBLIC SAFE, THEY ARE WORKING TO RAISE THE BAR ON THE PROFESSION OF MASSAGE THERAPY, AND THAT THEY ARE QUALIFIED TO BE OFFERING MASSAGE TREATMENTS. ”**





# THE NATURAL HEALTH PRACTITIONERS OF CANADA

*The Natural Health Practitioners of Canada Association is a community of over 7,000 like-minded professionals who are committed to natural health and to personal and professional growth. Our members are a unique collection of professionals – Massage Therapists, Energy Workers, Reflexologists, Shiatsu Practitioners and Yoga Instructors – to name just a few. NHPC represents 65 different natural health practice modalities – all unified by our common commitment to natural health.*

**T**he association is uniquely directed by the values of Integrity, Competency, Inclusivity, Choice, Responsiveness and Efficacy. NHPC has lived and breathed these values since its beginnings in 1988 – over 20 years ago – and we continue to live and breath these values.

As an NHPC member, you join a nation-wide community of highly competent practitioners. If you ask an NHPC member what sets this association apart from other professional associations, you will often hear the word

Integrity. NHPC members will also tell you that their membership in the NHPC community provides them with short and long-term rewards in their career and personal life.

We have had a number of calls from massage therapists enquiring about the use of the title “RMT” in Saskatchewan, if anyone has any questions about this they can visit the ‘What’s New’ section of our website and click on the article “The use of ‘RMT’ in Non-Regulated Provinces” or they can call NHPC at 1.888.711.7701

NHPC is governed by an all-volunteer Board of Directors. All of our Directors are natural health practitioners representing the various practice modalities and provinces in Canada. Our Board currently has an energy worker from British Columbia and several massage therapists from Saskatchewan, Manitoba and Alberta. Most of our Board members practice multiple modalities. So our Board and our association have a national perspective with provincial issues well represented by the various members from the differing areas and modalities across Canada.



The NHPC is a member-driven association. All of the initiatives, education and work that NHPC undertakes are really set by the membership. We have over 26 different in-person events each year, multiple surveys, online communities and many other ways that members inform the Board on what they want their association to be working on and what direction NHPC should be taking.

NHPC was founded in Alberta in 1988. Basically, we have just continued on with our head office in Alberta. We hold conferences, workshops in different provinces each year. We also have membership meetings across Canada each year. In 2010, we added online meetings and social media to the mix so that members can stay connected with each other, with their natural health community, and

their association no matter where they live.

A lot of things make NHPC special. To list a few - First, as mentioned, we are uniquely governed by our cores values of Integrity, Competency, Inclusivity, Choice, Responsiveness and Efficacy. Second, our insurance program is considered to be the best in Canada for these types of professions (i.e. Massage Therapy, Reflexology, Tui Na, etc.). Third, we offer leading edge in-person and online learning opportunities from some of the best educators that our industry has to offer. Fourth, we are one of Canada's largest voluntary professional associations with about 7,100 members. We have a big voice that governments, the insurance industry and other stakeholders listen to and members benefit from that. Fifth – and for many

members this is the most significant reason they belong to the NHPC – we are a community. A community that honours and supports the uniqueness of each one of us. The great strength of NHPC comes from our diversity, our passion, and our spirit of belonging.

All NHPC members must adhere to a Code of Ethics, are subject to a public Complaints Resolution Process and must be compliant with a mandatory Continued Competency Program. NHPC membership provides instant recognition as a competent professional and recognition by most insurance companies in Canada.

The NHPC offers online and in-person learning opportunities. We have an online Member-to-Member (M2) store where members can barter, swap treatments, sell stuff, share rides and accommodations at learning events and give stuff away. We also have an online store where members receive discounts on all items like massage creams and tables. NHPC has also created partnerships with learning and business service providers who give NHPC members' special discounts on learning opportunities, goods and services. With your membership you will receive the quarterly magazine Connections.

There are many more benefits – I would encourage anyone interested in joining the association to visit our website at [www.nhpc-canada.org](http://www.nhpc-canada.org) ■



# Are you in good hands?

A registered massage therapist cares about your health and safety. MTAS members are recognized as professional practitioners, providing you with the highest standard of treatment. For your safety and protection, contact MTAS or visit [saskmassagetherapy.com](http://saskmassagetherapy.com) to find a registered therapist.



**MTAS**

Massage Therapist  
Association of  
Saskatchewan Inc.

