

What is Block Therapy

Constant pressure over time decompresses tissues. The Block Buddy tool is used in specific placements allowing blood and oxygen to nourish cells

Block Therapy Body *Realignment Treatment for Fascia Pain*

This New Approach to getting deep in the Fascia, with Fluid Isometrics and the Block Bodywork to Release Stuck Tissue.

Block Realignment Treatment	30 M	\$70
Block Realignment Treatment	60 M	\$100
Block Body Realignment Treatment	90 M	\$130

Block & Bowen Combo Treatment

Releases pain and restrictions for a full body unraveling on floor mats, similar to a Thai Yoga Treatment 120 M **\$ 185**

Aids in straighten the spine, improving posture and gait.

Bowen Treatment on Table	60 M
Block Body Realignment Treatment on mat	60 M

Great for Releasing stuck tissue and pain, creates better alignment and balance.

Learn to Release your own Pain Be your own Therapist



GET YOUR BLOCK & THE STARTER PROGRAM TODAY!

10 Classes at your Finger tips

Order Go To: blocktherapy.com/victoriablockontario/

Wellness Packages

75 minutes Treatment Time
30 min+ 30 min + OME 15 min.
Oxygen Massage Exerciser

10,000 Steps in 15 minutes lying down.
Infuses oxygen into cells!

#1 Aromatherapy + Reflexology +	OME \$ 110
#2 Indian Head Massage + Reflexology +	OME \$ 110

Great for Boosting Circulation from Brain to Toes

NEW

FEEL LIKE YOUR YOUNGER SELF AGAIN!

Return to Self Pain & Tension Elimination Program

Combines 5 Indian Head Massage {IHM} with
3 Bowen Therapy Treatments
to Clear both long term tension and pain in 5 to 8 weeks.

Feel light clear, energized, focused,
with the will and the want to be productive.
Regain balance and better alignment.

Regular value if sold separately **\$685**
Program Fee **\$555** Save **\$130**

Victoria Goodman CBT,CAHP Of Victoria's Holistic Day Spa

Pain Therapist & Spa Owner for 30+years.
Professionally Trained & Certified:

Bowen Therapy (CBT)

Block Therapist

Indian Head Massage (IHM)

Aromatherapy Health Professional (CAHP)

Hot Stone Massage

Reflexology

*Certified Group Instructor
Certified Nutrition Weightloss Coach
Certified Personal Trainer*



*Inquire About My Online/In Person
Nutritional Weight Loss and
Personal Training Programs*



House Calls & Wellness Days at the Office

Chatham	\$25	Newcastle	\$30
Douglstown	\$35	Miramichi GTA	\$40+



Victoria Holistic Day Spa

506-800-0141

TREATMENTS

**Bowen Therapy, Indian Head,
Aromatherapy, Reflexology,
Block Therapy**

WHOLE BODY HEALING NATURAL PAIN RELIEF

River Place Professional Centre

1750 Water St #103,
Miramichi, New Brunswick E1N 1B5

Book Online Today!
www.VictoriasHolisticDaySpa.ca



What is Bowen Therapy

Specific hands on tissue technique from Australia, Bowen loosens tight strings, tightens loose strings for fast effective pain relief and better alignment.

Bowen Therapy for Pain/Injury Relief

Half Treatment	30 M	\$ 65	3 pack	\$ 175
Full Treatment	60 M	\$ 95	3 pack	\$ 255
BT Lymphatic Drainage Treatment	60 M	\$ 100		

Extra light movements help open swollen lymph nodes to relieve sluggish lymph flow, pressure, and toxin buildup in the skin.

What is Indian Head Massage

Brisk massage on back, shoulders, neck, head, and sinuses. Instantly relieves headaches, fatigue, opens respiratory passages and enhances brain function. Just 5 treatments can alleviate up to 10 years of tension. Clients remain fully clothed and seated in a massage chair.

*Indian Head Massage available at the office,
call to book a demo*

Indian Head Massage for Chronic Tension

Mini Indian Head Massage	30 M	\$ 55
Mini Indian Head Massage	30 M 5 x Series	\$ 245
Indian Head Massage	60 M	\$ 80
Indian Head Massage	60 M 5 x Series	\$ 350

Relieve approx. 10 Years of Pain & Tension in 5 Treatments

Add Hair Conditioning Oil To Above IHM

Moringa oil base with essential oils added
halfway through treatment

Short Hair	\$ 15
Shoulder Length	\$ 20
Extra Long Hair	\$ 30

Prices Subject To Change Without Notice

*Treatment Certificates
make a Great Gift*

www.VictoriasHolisticDaySpa.ca

We Accept Credit • Debit Cards
PayPal • E Transfers • Cash

What is Aromatherapy

Relaxing Lymphatic Drainage Massage with essential oils to stimulate lymph flow, reduce swelling, ease stress, relieve pain, and support a healthy immune system.

Aromatherapy Lymphatic Drainage Massage

Aromatherapy Back Treatment	30 M	\$ 60
Aromatherapy Body Treatment	60 M	\$ 85
Aromatherapy Body Treatment	90 M	\$ 130

What is Reflexology

Technique for hands and feet based on 10 body zones. Works like a road map, connecting to all body parts. Can be done seated or lying down for comfort. Alleviates pain, stiffness and improves blood flow. Highly recommended for diabetics and arthritis.

Provides deep relaxation for whole body.

Reflexology

Reflexology for Hand or Feet	30 M	\$ 55
Treatment on the Hands or Feet for stress		
Reflexology for Hands & Feet	60 M	\$ 80
Relaxing, good for pain & circulation		
Add Massage For Legs	30 M	\$ 55
15 minutes each leg		
Add Massage For Legs	60 M	\$ 80
30 minutes each leg		

Hot Stone Massage

Popular treatment using heated lava rocks to soothe stress and sore muscles. Deep heat, super relaxing muscles calms inflammation and release pain

Hot Stone Back Treatment	30 M	\$ 65
Hot Stone Full Body Treatment	60 M	\$ 110
Hot Stone Full Body Treatment	90 M	\$ 150

NEW

Kansa Wand Massage

What is Kansa Wand Therapy? Known as Metal Therapy, draws toxins out of the skin, using a Bronze metal bowl with a handle. Therapist applies relaxing techniques Starting with feet, calves, legs, back, belly, arms, face, for up to a full 2 hr session. Historically this treatment is known to clear and brighten the eyes!

Kansa Foot & Back of legs	30 M	\$ 60
Kansa Foot, Back and Face	60 M	\$ 100
Kansa Full Body Experience	120 M	\$ 180

Victoria's Signature Treatment #1 Head to Toe 5 in 1

For clients who need a full body work up to eliminate pain and tension, head to toe

1. **20 mins** IHM targeting tension in head neck shoulder, upper back
2. **20 mins** Bowen on back and legs
3. **20 mins** Lymphatic Drainage Massage back
4. **20 mins** KANSA relaxing detox lymph
5. **20 mins** Reflex feet-targets full body pain

\$ 180

Victoria's Signature Treatment #2 TMJ to Sacrum 5 in 1

For clients dealing with sore jaw, small mouth opening, headaches, grinding, clicking, congested lymph, neck pain, lower back sacrum pain

1. **30 mins** IHM targeting tension in head neck shoulder, upper back
2. **30 mins** Bowen targeting jaw, neck, shoulder, lower back pain
3. **15 mins** Lymphatic Drainage Massage on neck, shoulder, upper chest
4. **30 mins** Hand Reflexology + Arm massage to face + Neck
5. **15 mins** Kansa wand massage to drain lymph to main ducts

\$ 180

Victoria's Signature Treatment #3 Tailbone to Toes 5 in 1

For clients with a history of tail bone injury sore feet, legs and poor balance

1. **30 mins** Ionic Foot Detox
2. **15 mins** OME Oxygen Massage Exerciser
3. **30 mins** Bowen therapy for tailbone, pelvis alignment, hips, hamstring, ankle feet
4. **30 mins** Reflexology for Feet, relaxing the whole body
5. **15 mins** Lymphatic Drainage leg massage to integrate lymph into core of body

\$ 180

Free Consultation

All Treatments Include a Short Assessment on the First visit at **No Charge**.

Victoria will Explain and Recommend which Therapy would be Best suited for Your Condition!

New Clients Book Free Consultation Time Online.