

Block Therapy Live Group Classes

First-Time Available in Miramichi, New Brunswick!

**ORDER YOUR PERSONAL
BLOCK BUDDY TOOL TODAY!**

With Block in Hand and Starter Program Complete,
you will be ready to dive deep into
Block Classes for a Complete Workout
of Your Fascia Tissues!



BLOCK THERAPY STARTER PROGRAM

Package includes:

Block Buddy Tool
9 Day Full Body Fascia Online Program
Introductory Positions & Descriptions
Free Monthly Facebook Live Classes
Access to Block Therapy Community
Postural Ergonomics

Order Go To: blocktherapy.com/victoriablockontario/

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

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)

McLoughlin Scar Tissue Release (MSTR)

Aromatherapy Health Professional (CAHP)

Hot Stone Massage

Reflexology

Block Therapy Instructor

Group Fitness Instructor

Personal Trainer Specialist

Holistic Weight Coach

Inquire About

*My Online/In Person Coaching, Classes
Total Health & Fitness Programs*



Meet your Instructor
& Therapist

Victoria Goodman



Victoria Holistic Day Spa

506-800-0141

TREATMENTS

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

FAST EFFECTIVE PAIN RELIEF

River Place Professional Centre

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

appointments@victoriasholisticdayspa.ca
www.VictoriasHolisticDaySpa.ca



What is Bowen Therapy

Hands-on tissue technique the loosens tight strings, tightens loose strings for fast effective pain relief.

Bowen Therapy for Pain/Injury Relief

Half Treatment	30 M	\$ 50	3 pack	\$130
Full Treatment	60 M	\$ 90	3 pack	\$240
BT Lymphatic Drainage Treatment	60 M	\$80		
BT Bunion Treatment	45 M	\$60		
BT Planter Fasciitis Treatment	45 M	\$60		

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 your office

Indian Head Massage for Chronic Tension

Mini Indian Head Massage	30 M	\$50		
Mini Indian Head Massage	30 M 5 x Series	\$200		
Indian Head Massage	60 M	\$75		
Indian Head Massage	60 M 5 x Series	\$300		

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

Add Hair Conditioning Oil To Above IHM

Moringa oil base with essential oils added.

Short Hair	\$10
Long Hair Shoulder Length	\$20
Extra Long Hair	\$30

MSTR-McLoughlin Scar Tissue Release for Scar and Pain Relief

Flattens, diminishes scar tissue and releases pain associated with the scar. Both physically & emotionally

MSTR Treatment	30 M	\$50	3 pack	\$130
MSTR Treatment	60 M	\$80	3 pack	\$210

*Treatment Certificates
make a Great Gift*

www.VictoriasHolisticDaySpa.ca

What is Aromatherapy

Relaxing Lymphatic Drainage Massage using essential oils to target your main issues. Customized and recommended for sluggish lymph, chronic pain, and uplifting the mind.

Aromatherapy Lymphatic Drainage Massage

Aromatherapy Back Treatment	30 M	\$50
Aromatherapy Body Treatment	60 M	\$80
Aromatherapy Body Treatment	90 M	\$120

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. *Provides deep relaxation.*

Reflexology

Reflexology for Hand or Feet	30 M	\$50
Treatment on the Hands or Feet for stress.		
Reflexology for Hands & Feet	60 M	\$70
Relaxing, good for pain & circulation		
Add Massage For Legs	30 M	\$50
15 minutes each leg		
Add Massage For Legs	60 M	\$80
30 minutes each leg		
ADD to any Treatment		
Nail Trim and File	20 M	\$20
Ala Carte		\$25

House Calls STARTING AT \$20 For Miramichi Area

Hot Stone Massage

Hot Stone Back Treatment	30 M	\$60
Hot Stone Full Body Treatment	60 M	\$100
Hot Stone Full Body Treatment	90 M	\$140

Prices Subject To Change Without Notice

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	30 M	\$60
Kansa Foot, Back and Face	60 M	\$100
Kansa Full Body Experience	120 M	\$160

Victoria's 5 in 1 Signature Treatment

Includes Body Assessment, Bowen Therapy, Indian Head Massage, Kansa Wand, Aromatherapy and Reflexology Treatments.

Victoria's Signature Treatment 120 min

\$160.00

What is Block Therapy

Lying on a block to decompress connective tissues, allowing blood and oxygen to nourish cells properly. The Block Buddy tool is used in specific positions to unblock the body from pain and restrictions.

Blocking daily slows the aging process!

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	\$60
Block Realignment Treatment	60 M	\$100
Block 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 **\$180**
Aids in straighten the spine, improving posture and gait.

Wellness Packages

Includes 75 minutes Treatment Time
30 min+ 30 min + OME 15 min.

Oxygen Massage Exerciser

10,000 Steps in 15 minutes lying down.
Experience the OME CHI Wave!

#1 Aromatherapy + Reflexology +	OME \$99
#2 Indian Head Massage + Reflexology +	OME \$99
#3 MSTR-Scar Tissue Release + Reflexology +	OME \$99

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!