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September

**"By all these lovely tokens, September days are here, with summer's best of weather and autumn's best of cheer."
— Helen Hunt Jackson**



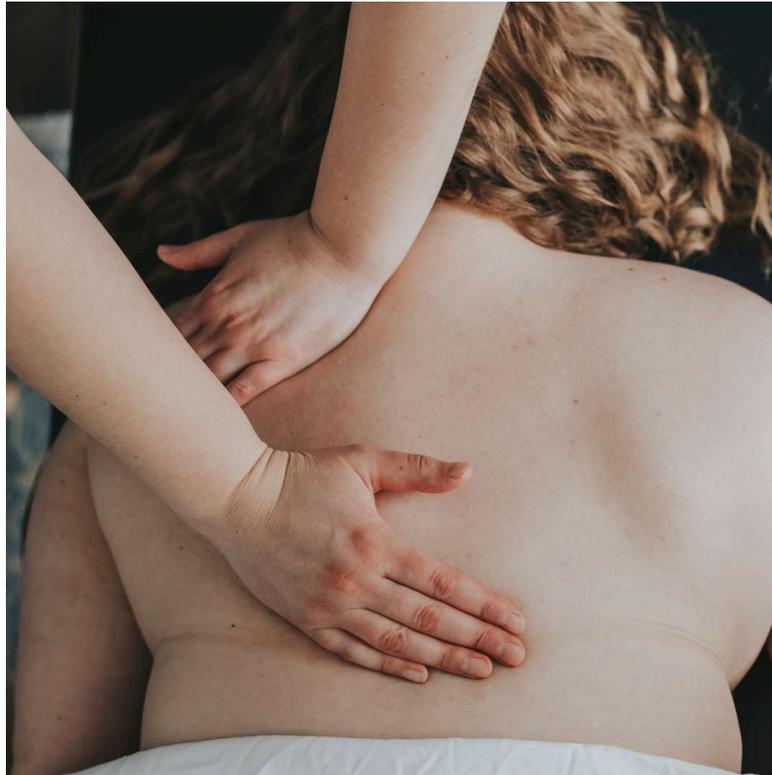
Back to School and Back to Routine!

As the back-to-school season kicks off, busy schedules can quickly take over. We understand how challenging it can be to fit everything in, especially when it comes to taking care of yourself. That's where we come in!

We bring our services directly to you—whether at home or in the office. No need to stress about finding time for that extra appointment or fitting another errand into your already packed day. Let us help you stay on top of your wellness without adding to your to-do list.

We're here to make it easy, convenient, and stress-free to prioritize your health during this hectic time of year.

At Home Massage



Did you know that we provide massage therapy services at your doorstep? You don't have to leave the comfort of your own home - we will come to you, making it easier than ever to relax and take care of your body. No need to venture out during the upcoming chilly months! We offer a variety of massage options tailored to your needs:

- **Deep Tissue Massage:** Target those stubborn knots and muscle tension for lasting relief.
- **Therapeutic Massage:** Focus on specific areas of discomfort to promote healing and relaxation.
- **Cupping Therapy:** Enhance circulation and alleviate pain with this ancient technique.
- **Prenatal Massage:** Experience gentle and nurturing care designed for the unique needs of pregnancy.

Whether you're seeking relief from everyday stress or specialized care, our skilled massage therapists are here to help you feel your best—all in the comfort of your own home.



Elizabeth is our in-home massage therapist in Winnipeg. Here is more about her:

Elizabeth graduated from the Massage Therapy College of Manitoba in 2013 and began working for Wellness Institute medical facility. She had a passion for strength training and in 2014, she pursued her certified personal training certificate through National Strength and Conditioning Association. She loves not only being able to provide focused massage treatment, but also educate her clients on taking their healing into their own hands through specific exercise and nutrition goals. In 2015, she began her own practise working out of South Osborne Physiotherapy where she built a strong, diverse clientele.

The biggest love of Elizabeth's life is being a wife and mother to her 3 daughters age 13, 5 and 19 months. Her never-ending desire to learn about anatomy and physiology has translated into her passion for pregnancy and childbirth. In 2021, she gave birth to her third daughter at home with just her

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Whether her clients need deep tissue treatment for acute or chronic pain, sports injury related pain, or they need to de-stress with a full body relaxation massage, she is ready to work those muscles to get them feeling aligned and at ease.

If you want to book a massage or have any questions about our services feel free to reach out! You can call/text (431) 303-5050 or you can reply to this email!

Thank you to everyone who has left us a 5 star review! We would like to share one of our most recent reviews!



First night that I haven't woken up to take pain killers She worked on all the areas I requested. Massage table was very comfortable We will be having her on a regular basis

Elizabeth was great and very professional. I would say you owe it to yourself to see what she can do to help your health.

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