



arco
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We are Arcolris, a full-service Health and Wellness Organization offering Massage, Meditation, Reiki as well as consultation and organic products for the symptoms of IBS.

Our services are available in-studio as well as in-home or at your place of business.

Your choice: by the session or by the package.

Ask us about our packaged discounts and our designer packages; let us build the perfect package for you!

Special occasion?

Book us for parties, get-togethers or special events.

Private, Corporate and Group Sessions available.

We are ACAM (Association Can-Américain des Massothérapeutes) and ANQ (Association des Naturothérapeutes du Québec) accredited.

Insurance receipts available upon request.

Senior and student rates

Swedish Massage

Our most popular massage style. Using oil or gel, this technique offers a basic kneading of the full body or specific area to reduce stress and muscle tension.

Chair Massage

A combination of Swedish-Amma techniques are designed to reduce stress in the neck, shoulders, arms, back and head. Increases blood flow and energy, relieves 'knots' and reinvigorates. Can be done during the work day as a quick 'pick-me-up'.

Californian

This 'gentle massage' delivers a fluid and well rounded massage of gliding and evolving strokes over the whole body.

Deep Tissue

Slower, more concentrated movements on an area of tension and pain. Does not use oils and gels. Excellent for anyone with acute injury or chronic pain.

Shiatsu

This very sought after treatment which originated in Japan is administered on a mat on the floor. Shiatsu involves applying pressure to the meridian points of the body and uses stretching and acupressure to relieve stress and pain.

Sports Massage

Recommended for anyone seriously involved in sport. Helps rid muscles of metabolic waste and helps muscles relax and recuperate. Recommended to maintain overall tissue and muscle health.

Pre and Post Natal

The soothing effects of massage carry over from mother to baby; 'good' hormones are stimulated and released. Post Natal Massage is especially effective for those who have had caesarian section; deep tissue massage helps to loosen fibrous scar tissue, reduce pain and help restore normal sensation to the area.

Baby and Toddler

Swedish Massage techniques are used in Baby and Toddler Massage. Parent is always present during the massage. For babies (1-15 months), the child is entirely nude, and the massage is performed on a mat on the floor or large bed. A pure and hypoallergenic oil is used. Baby and Toddler Massage helps to develop the skin's sensitivity, stimulates blood circulation, the respiratory system as well as the gastrointestinal system and can be a great source of relief for upset tummies, gas and constipation. It promotes a more profound sleep and deeper concentration.

Reflexology(Foot)

This therapy is not massage but pressure point treatment that works by applying small precise movements on the feet using the thumb and fingers. Reflexology also works with the body's own subtle energy flow that runs along the feet and corresponds to every area, gland and organ of the body.

Reiki

Reiki is based on the premise that invisible energy flows through the body. Reiki is a hands-on energy therapy that manipulates energy flow around the body to reduce stress and stimulate deep relaxation. Clients express a sense of deep calm after treatment.

Meditation

Meditation is quite simple but sometimes difficult to achieve; It is the ability to quiet your mind and focus inward. Arcolris practitioners have studied Meditation and are happy to pass along these strategies to their clients. We have studied a variety of modalities; some familiar and some quite different.

Stress and Anxiety Management

We offer skills-based therapy using a series of techniques to help the client address specific and non-specific stressors or stress triggers. The appropriate modality will be decided by you and your practitioner and over time, anxiety can be greatly reduced.

Help for IBS

Arcolris can consult with you concerning your specific irritable bowel syndrome (IBS) symptoms and discuss a course of homeopathic treatment designed for your needs. Diet is the main factor in controlling symptoms and treatment can also include soothing abdominal massage. As the exclusive Quebec distributor of Heather's Tummy Care Products, we are happy to offer a line of organic and kosher supplements which are highly effective in reducing the symptoms and discomfort of IBS.

SERVICE	30 minutes	Full hour	90 minutes
Swedish	\$50	\$75	\$99
Californian	\$50	\$75	\$99
Deep Tissue	\$55	\$80	\$107
Shiatsu (as of June 2009)	\$55	\$80	\$107
Sports Massage	\$55	\$80	\$107
Pre and Post-Natal	\$55	\$80	
Baby and Toddler	\$35	\$50	
Reflexology (Foot)	\$45	\$65	
Chair	\$35	15min / \$18	
Reiki	\$40	\$60	
Individual Guided Meditation	\$25	\$40	
Group Meditation/Reiki	As per group		

ASK US ABOUT OUR PACKAGES & SPECIAL RATES

Package of 5 take off 5%

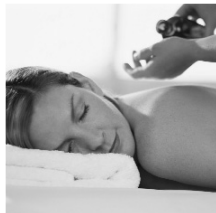
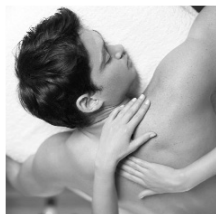
Package of 10 take off 10%

Package of 15 take off 15%

The Designer: Let us help build a package designed especially for you

Seniors' Discount

Student Rate



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