

The LadyBug

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A WORD FROM THE LADYBUG...

In the fall of 2009, we at the clinic were delighted to receive the award for Best in Wellness through the Northumberland News for their Reader's Choice Awards. Thank you to everyone who nominated our clinic. This award, and the one I received personally for Best Registered Massage Therapist from Northumberland Today for the People's Choice Awards, shows such positive recognition from our clients, family and friends. Thank you!

This spring marks a very special anniversary for The LadyBug. We are celebrating five years in our location! It seems hard to believe as the time has gone so quickly. Many thanks to our clients, new and long term, for your support and business. As we go forward we will continue to grow, hiring more therapists and expanding the variety of treatments offered.

Elke and I would like to welcome Colleen Thompson, who comes to us from the Belleville area, to The LadyBug. She has a background in energetic healing such as Reiki and Therapeutic Touch and the fitness training industry. Colleen completed her Craniosacral Therapy (CST) training with the Cranial Therapy Centre in Toronto in of this year. She uses a blend of techniques to treat a great number of conditions suffered by anyone from infants to the elderly. She will be taking bookings on Thursdays at LadyBug Massage Therapy.

Jessica



Clinic Hours

Door open by chance or appointment.

Jessica

Monday-Thursday 12-8 pm
Friday 12-6 pm

Elke

Tuesday & Thursday 10am-8pm
Saturday 9am-6pm

Colleen

Thursday variable hours

Holidays

The clinic will be closed
on the following days:

Monday, May 24 - Victoria Day
Thursday July 1 - Canada Day
Monday, August 2 - Civic Holiday
Monday, September 6 - Labour Day

Jessica will be on holidays: May 21, July 2
Elke will be on Holidays: April 17, May 29

What is Craniosacral Therapy?

Craniosacral Therapy is becoming a treatment of choice in areas of pain, rehabilitation and neurology. Also called CST, or cranial osteopathy, it is a gentle, non-invasive, hands-on technique, developed by an American osteopathic physician almost one hundred years ago.

CST theory and practice is based on understanding the continuous subtle movements of the cranial bones, which result in a rhythm of approximately six to twelve cycles per minute. This rhythm is understood as a response to cerebrospinal fluid (CSF) fluctuations within the spinal cord and brain environment. This subtle movement extends outward to the entire body, in response to the fluid pressure changes around the Central Nervous System.

A therapist gently works with the spine and the skull, and its cranial sutures (fibrous bands of tissue that connect the bones of the skull), diaphragms, and fascia (a layer of fibrous tissue that permeates the human body). Craniosacral Therapists are able to detect subtle disturbances in this rhythm to help them identify areas of dysfunction, such as cranial, sutural, membrane and other soft tissue restrictions in the body.

How a treatment works:

- helps restore full cranial motion
- releases abnormal myofascial restrictions and tensions in the body
- eases restrictions of nerves
- optimizes cerebrospinal fluid movement through the spinal cord
- helps restore misaligned bones to their proper positions

Craniosacral Therapy is beneficial for:

- birth traumas and other perinatal challenges
- infant latching and feeding difficulties
- recurrent ear infections
- facial asymmetries and eye motor problems
- learning disabilities, A.D.D., A.D.H.D
- gross and fine motor problems
- developmental delays, autism
- headaches, tinnitus, TMJ syndrome
- stress disorders and insomnia
- muscle and joint pain or injury
- many neurological conditions and pain syndromes

ON THE ROAD AGAIN...

As always we have been making appearances around town with our tables. March 26th we attended a Ladies Night event in Alderville. You can find Jessica doing chair massage on April 12th at Cobourg Home Hardware for Ladies Night. Next up you can spot all of us in Victoria Park, in Cobourg, April 25th massaging at the Waumer Walk in support of Lou Gehrig's Disease and A.L.S. research. Come out from 10 am to 2 pm and enjoy the fun of the day with such events as the 5 km walk, a barbeque and of course, our massages! We hope to see you there.

From the Retail Cupboard

With spring just around the corner many are starting to think about getting out and getting going. LadyBug offers a variety of solutions for the person who in their enthusiasm might over do it. For those sore and tight muscles try out our Traumeel or Anti-Flamme creams and rub away the pain. How about a soak in a nice bath of epsom salts or lying around with a hot or cold pack? And if that isn't enough a treatment is a sure bet to help too!

You Asked...

Who makes the beautiful quilts on display in your clinic?

All of the quilted wall hangings on display in both our reception area and the hallway are the work of Maria Becker, talented local seamstress, clinic client, and Elke's Mom. Mrs. Becker has been quilting for almost 20 years now, and as with many who take up this hobby she finds it totally engrossing, spending many hours every week at her sewing machine; fortunately these hours are balanced out with frequent massages! We try to change the quilts often to reflect the changing seasons or holiday themes. Maria has no shortage of selections to offer us! In answer to another common query, she does not sell her quilts; they are simply a labour of love done for the joy of it.

My Treatment File...

When a person starts to receive massage therapy from a Registered Massage Therapist, one of the forms they fill out is a health history form. This document and the information contained on it are confidential and protected by the Personal Health Information and Protection Act (PHIPA). Each time a person receives treatment from an RMT, the details of the treatment are recorded on a form that is kept in their file with the original health history information.

Over the years a client may receive massage therapy from more than one therapist at a clinic or even at more than one clinic. You may wonder what happens to your file if a therapist leaves a clinic where you are receiving treatment, or if you change clinics. The information in your file remains your property at all times and you ultimately choose where a copy of it 'lives'.

A client, whose therapist leaves their clinic, may choose to continue treatment at their current clinic and do so with another therapist. Their file would then stay onsite at that clinic and no disruption in treatment would occur.

The same client may choose to continue treatment with their current therapist. In this case the treating therapist must obtain the client's consent to release their file from the original clinic to that therapist.

If a client leaves a clinic and chooses another clinic, the new clinic can request, on behalf of the client, that their file be transferred to the new clinic.

If a therapist leaves and doesn't provide a forwarding address, the client can access a search engine on-line through www.cmto.com, to find their therapist. A therapist has up to 14 days to report to the College of Massage Therapists of Ontario (CMTO) what their new business address is.

If your therapist should retire or leave the area, they are responsible to inform you where your file is located and ensure you have access to it.

The clinic is responsible to ensure that the client's privacy is maintained at all times. To this end no information is released without the client's permission and every effort is made by the clinic to ensure that all standards and regulations put forth by the CMTO are adhered to.

HST and Your Massage...

As many of you know on July 1, 2010, the provincial government will be changing our taxes from GST (5%) and PST (8%) to HST (13%). In a situation where both taxes are already being charged the general public should see no change in pricing. However, massage therapy prices are currently only affected by GST. Once the HST is implemented we are required by law to charge, collect and remit this tax to the provincial government. As a result our prices will be increasing to comply with this new tax. This increase in price is supported by the Ontario Massage Therapist Association.

As of July 1, 2010 our new clinic prices will be:

Rates for Massage Therapy & Aromatherapy:

30 minutes - \$55.00 45 minutes - \$65.00

60 minutes - \$80.00 90 minutes - \$110.00

Rate for Reflexology: 60 minutes - \$80.00

Rates for Hot Stone Therapy: 60 minutes - \$90.00 90 minutes - \$120.00

Rates for Craniosacral Therapy: 45 minutes - \$50 60 minutes - \$65

Clients over 60 will receive a \$5.00 discount on all treatments. We continue to accept Interac, Visa, MasterCard, cash and cheque as methods of payment. Direct billing is available for treatments done by Registered Massage Therapists.