

I am Kyly Macdiarmid, the owner of the massage therapy business 'Kyly Macdiarmid Therapies' within Spa Therapeutics.

Just a little bit about myself: I was born and raised in Moose Jaw, Saskatchewan and moved to Medicine Hat, AB with my family when I was 12. Growing up I always knew I wanted to be in a profession that I would be able to help people in some way and I decided that massage therapy would be a great way to achieve that goal. I graduated from the Medicine Hat College Massage Therapy 2200 hour diploma program in June 2014 and began practicing straight out of college. I have the honor of working with Dr. Wardell who is a pain specialist at Santé Surgi Centre. He has inspired me to make an even bigger difference in people's lives, especially those who suffer from chronic pain. I love the career path I have chosen, as well as the experience and knowledge I gain on a daily basis and will continue to learn throughout my career.

What is Massage Therapy?

Massage therapy is manual manipulation of soft body tissues (muscle, connective tissue, tendons and ligaments) to enhance a person's health and well-being. There are dozens of types of massage therapy methods.

Benefits of Massage Therapy:

- Reducing or eliminating pain
- Improving joint mobility
- Improving circulation
- Improving lymphatic drainage
- Reducing muscular tension

Types of Treatments Offered:

Relaxation:

Helps de-stress and loosen up your body and is great for those who have had a hard working week or feel like treating themselves to some TLC! The treatment consists of flowing strokes, kneading and gentle manipulations of the muscles performed at your chosen pressure.

Therapeutic:

Targets specific areas that are causing pain or problems by using a series of therapeutic techniques (METS, IC, CS, TF and trigger point therapy) to alleviate pain and discomfort. I work within the pain tolerance of the client so that the massage itself is never to uncomfortable for the client to handle.

Myofacial:

A manipulative treatment that attempts to release tension in the fascia due to trauma, posture, or inflammation. Connective tissues called fascia surround the muscles, bones, nerves, and organs of the body. Again always working within the tolerance of the client so as to attain the best outcome possible.

Cranial Sacral:

A holistic healing practice that uses very light touching to balance the craniosacral system in the body, which includes the bones, nerves, fluids, and connective tissues of the cranium and spinal area.

Lymphatic Drainage:

A type of gentle massage which is intended to encourage the natural drainage of the lymphatic fluid, which carries waste products away from the tissues back toward the heart. This is extremely effective in areas of the body that are acutely injured and have begun to swell, as well as regions of the body that retain fluid and stay swollen chronically as well.

Kinesio Taping: (Certified in 2013)

gives support and stability to your joints and muscles without affecting circulation and range of motion. It is also used for Preventive Maintenance, Edema, and to treat pain. Kinesio Taping is a technique based on the body's own natural healing process.

Prices:

30 minutes- \$40

60 minutes- \$70

90 minutes- \$105

(Tax not included)

Hours:

Mon: 9:00 am-5:00 pm

Tue: 10:00 am-7:00 pm

Wed: 9:00 am-5:00 pm

Thu: 11:00 am-7:00 pm

Fri: 9:00 am-5:00 pm

Customer Loyalty/Referral Program:

With my client referral program you can get up to ***80%*** in savings!!

The 1st client you refer- you receive 10% off your next massage!
The 2nd client you refer - you receive 20% off your next massage!
The 3rd client you refer you receive 50% off your next massage!

And then the process starts all over again!

As always all new clients receive 10% off their first treatment as well!

Specials and Promos:

Check out and like my Facebook Page to see updated Specials and Promotions!!

www.facebook.com/kylymacdtherapies

Pain Free Friday:

I offer discounted services for patients on AISH, WCB or Disability whom do not have coverage for Massage Therapy !

Receive a 30 minute treatment for \$25!
Relax and take a break from the pain!

\$5 from every treatment will be donated to the Pain Society of Alberta

Proof of Group/Claim required

Direct Billing via TelusHealth:

Chamber of Commerce Group Insurance
Cowan
Desjardins Insurance
Great-West Life
Industrial Alliance
Johnson Inc.
Manulife Financial
Maximum Benefit or Johnston Group
Standard Life
Sun Life Financial