

Massage Therapy at Mayfair Place

Hi my name is Fiona McKenzie & I am happy to be providing massages to residents at Mayfair Place. I have been a Registered Massage Therapist since 2001. I have also been teaching Yoga since 2001. Previous to becoming a Therapist I worked as a Licensed Practical Nurse for 10 plus years.

I chose not to return to nursing so I could spend more time connecting with seniors. It is an honour to give therapeutic touch, time & connection to people in their senior years. I travel to various seniors homes, private residences & hospice care throughout Calgary.

There are many physical benefits to receiving massage when a person is spending so much time in a wheelchair & bed. Increase circulation, reducing swelling to extremities, reduce inflammation to the joints, reduce muscle stiffness, & improve posture.

Beyond the physical benefits gentle massage can help seniors who suffer with depression, anxiety, grief, isolation, & loneliness. Gentle loving touch & company brings a feeling of well being, care, & connection. I am like a companion to your loved one who also offers Massage Therapy.

All massages from the comfort of the residents bed or wheelchair in a side lying position. Massage sessions are done with direct skin contact, for the true benefit of connecting touch.

There are various session times to accommodate budget as well as tolerance levels for receiving a massage. I can accommodate for 30 minute, 45 minute & 60 minute sessions. Most of my clients receive weekly massages, however every person is different. Some people enjoy the benefits of twice a week, bi-weekly, or monthly, that is really up to the resident & family.

My session rates are as follows:

30 minute session is \$65

45 minute session is \$75

60 minute session is \$95

I usually begin with a 30 minute session to start out to gauge the clients tolerance & enjoyment of the massage. All my massages are very gentle in nature adjusted to seniors bodies & conditions they may present with.

I like to chat to families prior to booking the first session to gain information on my client's emotional & physical needs & well being.

I also provide a receipt for each session, if it can be used towards insurance benefits.

If you would like more information or to discuss booking a session for yourself, or family member, please email or contact me. Feel free to also check out my web site www.seniorsmassage.ca

I look forward to connecting with you, or your loved one for a Tender Touch Massage Therapy session soon.

Thank you

Fiona McKenzie RMT

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www.seniorsmassage.ca

Tender Touch Massage Therapy

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