

REBOUND TOTAL  
HEALTH

# STARTING MASSAGE THERAPY



BOOK NOW

[www.reboundtotalhealth.ca](http://www.reboundtotalhealth.ca)





### **WELCOME ABOARD!**

Hello Wellness Adventurer!  
Welcome to Rebound Total Health – your new haven for exceptional massage therapy! Here, we believe in the power of touch and personalized care to rejuvenate not just your body, but also your spirit and mind. Ready to start your journey with us? Let's dive in!

### **MASSAGE THERAPY UNWRAPPED!**

Massage therapy is more than just a luxurious escape; it's a path to better health and well-being. At Rebound, we offer:

- Swedish Massage: Perfect for relaxation and stress relief.
- Deep Tissue Massage: Targets deep muscle layers for those pesky knots.
- Pregnancy Massage: Offers comfort during your miraculous journey.
- Sports Massage: Keeps athletes and active individuals in top shape.

And many more modalities to support you!



## YOUR FIRST ADVENTURE BEGINS HERE!

Your first visit? How exciting!  
Here's what you need to know:

- Arrive Comfy: Wear loose-fitting clothes. You'll be asked to undress to your comfort level.
- Early Bird Gets the Calm: Arrive 10-15 minutes early to relax and settle in before your appointment!
- Chat with Nicole: Our expert therapist, Nicole, will discuss your health history and goals to tailor the session just for you. Your first appointment will involve a detailed chat and less table time. Future appointments will involve a quick check in to start!

## TAILOR-MADE JUST FOR YOU!

Your massage, your rules! Here's how you can tailor your experience:

- Speak Up: Prefer softer music or dimmer lights? Want the table warmer on or off? Prefer a different technique? Let us know!
- Pressure Preference: From gentle to firm, we adjust to your liking. We'll check in as we go, but please let us know your preference! The more feedback, the better.



## AFTER THE MAGIC: POST-MASSAGE PRO TIPS

After your session, remember to:

- Hydrate: Drink lots of water to flush out toxins.
- Feedback is Fab: Share your thoughts through our survey or ratings so we can make your next appointment even better.

## YOUR MASSAGE JOURNEY: TIPS FOR THE LONG ROAD

To truly benefit:

- Routine Rocks: Consider regular sessions for ongoing benefits.
- Book in a Blink: Use our online system for hassle-free bookings. Can't find a time? Put yourself on the waitlist to get exclusive notifications when we get an opening!

See You Soon!

Any questions? We're just a call or click away. Let's get you booked and on the path to wellness! We can't wait to see you at Rebound Total Health!

**BOOK YOUR NEXT MASSAGE HERE:**

**[Book Massage](#)**



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