




**Body
Heart
& Soul Yoga**
with
*Elisabeth
Michielsens*



Classes
Retreats
Workshops
Teacher Training
250-338-4263
www.bodyheartsoul.com



**STARR
DRAWINGS**



Sacred Geometric Designs
250-753-8898
Custom made
for your heart and home!

Tables, Chairs
Oils, Lotions,
Creams
Books, Charts
Hot & Cold Packs
Linens
Music, Video
Essential Oils
Massage Tools
T-shirts
Brochures

**quality
products
great prices**

Thoughtful
advice from
experts



Free catalogues available
Call 1-800-875-9706
or visit www.mtso.ab.ca



MASSAGE THERAPY
SUPPLY OUTLET

Juice Bar

VICTORIA

Booster Juice Joy Wickens #110 - 176 Wilson
St. Westside Village www.boosterjuice.com

Landscape Design - Native

NANAIMO

Heaven to Earth Organic Garden Care
Melissa Sousa 250-753-8898 *ad pg. 6*

Live Blood Analysis

*The examination of a fresh drop of live blood
under a high-power microscope providing the
patient with an overview of their health.*

NANAIMO

Gillian Leverkus, PhD RHP 250-753-5656
ad pg. 21

Live Blood Analysis
By Appointment Only

only \$75

Victoria	Simple Remedies (250) 380-1223	Planet Organic (250) 727-9888
Nanaimo	Island Natural (250) 390-1955	
Courtenay	Rosewall Wellness Center (250) 334-7959	

VICTORIA

**"Let Us Take The Guesswork Out
of WHY You Feel The Way You Do"**

Vye Graves • ProActive Health
Certified Live Blood Analyst & Herbal Nutritionist
858 Cecil Blogg Drive Victoria BC V9C 3H7
250-388-9919 proactivehealth@shaw.ca

Lymphatic Drainage

*A therapy using a range of specialized and
gentle rhythmic pumping techniques to move
the skin in the direction of the lymph flow and
remove waste products.*

NANAIMO/PARKSVILLE

Integrative Health Solutions Lily Dawn
Robertson 250-390-3777, 1-877-741-2443,
250-951-0882 lilydawn@island.net

Magic

NANAIMO

Lobelia's Lair www.lobeliaslair.com #8-321
Wesley St 250-753-5440 *ad pg. 9*

Mangosteen Juice

DUNCAN

Mangosteen Juice

- Super anti-oxidant xanthenes
- anti-inflammatory Tasha
- immune booster **250-715-8325**
- antibiotic

www.mangosteensexperiences.com
www.natasha.natureswellnesssecret.com

Massage

*A systematic, therapeutic stroking and
kneading of the muscles / tissues of the body
to rehabilitate physical injuries and stress.*

**Massage -
Registered Massage Therapists**

CAMPBELL RIVER

The Massage Room Ellen McMann, R.M.T. #6
- 522 South Dogwood V9W 2Y4 250-286-8870

COURTENAY

Dayspring Massage Therapy Marcia Haley,
R.M.T. 551 - 6th St. V9N 1M5 250-338-1252

NANAIMO

kathryn ingrid hill
Registered Massage Therapist

**Craniosacral
Aromatherapy
Massage**



(250) 741-7447
1684 Centenary Drive kathrynih@shaw.ca

Massage - Chair

*Using a specially designed massage chair this
form of massage reduces tension in the back,
neck and shoulders providing deep relaxation.*

NANAIMO

Julie Romanyshyn 250-753-5656 *ad pg. 21*

Massage - Deep Tissue

*Deep tissue massage is usually designed for
working a specific joint, muscle or muscle
group, gently easing deeply into the muscle
to allow more movement and range of motion.*

NANAIMO

Brian Generoux 250-753-5656 *ad pg. 21*