



# NORTH TORONTO RMT CLINIC

RMT Massage & Bodywork Rates

Covered by most extended healthcare plans

THERAPEUTIC MENU	30 Min	45 Min	60 Min	75 Min	90 Min
<i>Registered Massage</i>					
Relax Massage	65	85	100	125	145
Deep / Sport Tissue	70	90	105	130	150
Fascial Stretch	65	85	100	125	145
Hot Stone	70	90	105	130	150
Lymphatic	65	85	100	125	145
Pre / Post Natal	65	85	100	125	145
Reflexology	65	85	100	125	145
Couples Massage	130	170	200	250	290

### Health Benefits Therapeutic Massage

- reduced muscle tension
- improved circulation
- stimulation
- reduction of stress hormones
- relaxation
- increased joint mobility and flexibility
- Boost mental health and wellness
- Manage pain, etc.

PARA MEDICAL Menu	30 Min	45 Min	60 Min
Acupuncture, R.Ac.	65	85	100
Cupping, R.Ac.	50	60	-



► We offer direct billing to 20+ major insurers, covering 85% of privately insured Canadians. Ask for Details



Leonel Raktimis ★★★★★ a month ago

Maggie is excellent in what she does, especially in back pain treatment. I sit for 10 hours a day working and have long time back pain problem and she has helped me a lot. She is also very good at relaxation massage even if there is no pain. I have suggested her to a lot of my friends and they all gave good feedbacks as well. I attached some photos I took last time I was there of the clinic unit, it is always very clean and cozy.

Joseph Bernand ★★★★★ 2 months ago

Very professional clinic, I've been getting treatments from Arron and he is the best! A few of my last visits, I requested the mobile service where Arron came to my home to do a treatment and it was amazing. Another thing to add is [...More](#)

Ismiel Ralu ★★★★★ a month ago

North Toronto RMT Clinic is the best! This place is a lifesaver. Clean with amazing courteous staff. I can't recommend them enough.

Jessie Rey ★★★★★ 3 weeks ago

The only RMT I have visited where I feel that the massage actually improves my condition. Very knowledgeable RMT, location is appropriate size, always clean, scheduling is flexible. Thank you!!!



3050 Yonge St. Suite 203 (SW corner Lawrence Ave W)



<https://northtormt.com>

# NORTH TORONTO RMT CLINIC

YOUR PAIN - OUR MANAGEMENT

RMT Massage Therapy & Bodywork

Covered by most extended healthcare

## Rest, Rejuvenate and Relax...



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- Relax Massage
- Couples Massage
- Deep Sport Tissue
- Pre & Post Natal
- Fascial Stretch
- Hot Stone
- Lymphatic
- Reflexology



416.419.8995

appt@northtormt.com

<https://northtormt.com>

Mon-Fri: 10am-8pm  
Saturday: 11am-8pm  
Sunday: 11am-7pm



3050 Yonge St. Suite 203

SW corner Lawrence Ave West.  
Toronto, ON M4N 2K4

The Registered Massage Therapists' Association of Ontario (RMTAO) Massage therapists are one of the only regulated health professionals required to charge HST/GST.

## GENERAL QUESTIONS & FAQ



### MASSAGE THERAPY + BODYWORK

Voted Toronto's Best RMT  
Massage Therapy Clinic



... Step into a world of tranquility.

**IMAGINE THE STILLNESS.** Welcome to North Toronto RMT Clinic, opened since 2009.

North Toronto RMT Clinic offers both therapeutic relax and bodywork treatment massage therapy programs to revitalize you mentally and heal you physically.

Our staff are licensed professional RMT therapists with extensive knowledge in various modalities of massage.

We are centrally located at 3050 Yonge Street at Lawrence Ave West in the heart of North Toronto, Yonge Lawrence village; just 5 minutes from Canada's largest highway 401, making it accessible to anyone, from anywhere, anytime.

Due to high demands placed on people today both at work and with family, we find many of our patients often stressed-out and/or with work and health ailments for which they have been suffering and seeking alternative treatment to meet their needs.

North Toronto RMT Clinic believes that by providing a tranquil and relaxing atmosphere, our clients can find relief to better manage their seemingly never-ending work demands and hectic lifestyle.

The cornerstone philosophies we subscribe are based on a holistic approach in an attempt to treat both the mind and the body.



#### **Does my health care plan at work cover Massage Therapy?**

Registered Therapists are recognized under provincial health legislation, and as a result, are covered by most extended healthcare plans. Many health care plans offer full or partial massage therapy coverage. Depending on the benefits package, you may have up to \$1000 per year of RMT coverage. You can also be covered under your spouse or common-law partner's insurance policy.



Occasionally a physician's referral may be required. Check with your Human Resource Department at work for extended health care benefits available to you.

Massage therapy is a regulated health profession in Ontario and as such, massage therapy should be performed by a Registered Massage Therapist. (RMT or MT).

#### **What is a Registered Massage Therapist?**

A Registered Massage Therapist is an individual who has:

- Completed competency-based education at educational institutions recognized by the Government of Ontario;
- Studied anatomy, physiology, pathology, physical assessment, neurology, treatments, and other subjects;
- Completed a minimum of 150 clinical hours;
- Successfully completed examinations from and have been "registered" by the College of Massage Therapists of Ontario (the College) in accordance with the Regulated Health Professions Act and the Massage Therapy Act.

#### **Do you need a physician's referral?**

To see a Registered Massage Therapist you do not need a doctor's referral, however, some insurance companies do require one in order to be covered by your extended health care benefits.

#### **What is fascial stretch therapy?**

Fascial stretch therapy improves the mobility of your nerves & the flexibility of your muscles and fascia by focusing on the fascial lines that connect through and wrap around muscle, nerves, organs, and just about everything else in your body.

#### **What is massage therapy?**

Massage therapy benefits people of all ages. While it benefits the injured, the ill and the stressed, the strength of massage therapy in preventing illness and conditions before they develop cannot be overlooked. Massage therapy can be used in the treatment of both acute and chronic stages of conditions.

#### **What should I expect on my first visit?**

On your first visit, you will be asked to complete a confidential health history form which will be reviewed in the privacy of the treatment room. In order to develop a safe and effective treatment plan, the initial process may involve some assessment, palpation and testing.

Your Registered Massage Therapists will also describe the treatments to be provided to ensure that you are comfortable with them. Your consent is sought before treatment is provided. If you are uncomfortable, your RMT wants you to let them know immediately, whether that discomfort involves the treatment, draping or any pain you may experience.

Your privacy will be respected at all times. The therapist will leave the room so that you may disrobe and cover yourself on the table. You may remove as little of your clothing as you are comfortable with. During the treatment, you will be draped so that only the part of your body being treated is uncovered.

#### **Do I have to remove all of my clothing?**

Massage Therapists can provide important treatment whether you elect to remove any, some, or all of your clothing. All RMTs are trained in proper draping procedures to ensure that your privacy is completely respected at all times during treatment. Your comfort and ability to relax is paramount to effective treatment.

#### **Does cupping remove toxins?**

Yes, you do have organs that remove toxins from your blood. Cupping gives your body a boost in releasing those toxins. Focused blood flow helps your body by flushing built-up toxins through the lymphatic system. (Your lymphatic system is responsible for eliminating your body's toxins and waste.)

#### **Is cupping better than massage?**

Cupping can also be used in conjunction with deep tissue massage. While massage relaxes muscles by using direct pressure to release the tension, cupping uses negative pressure to lift the muscle fibers. Cupping is gaining popularity for the use of pain relief.

#### **What is reflexology?**

Reflexology is a type of massage that involves applying different amounts of pressure to the feet, hands, and ears. It's based on a theory that these body parts are connected to certain organs and body systems. People who practice this technique are called reflexologists.

► We offer Direct Billing for Canadians with private group healthcare plans. **Ask for Details**

