



**Elizabeth Fougere**  
Registered Massage Therapist

## **10% Discounts on 1 Hour Massage Therapy Treatments**

I'm an Independent Registered Massage Therapist, running my own practice out of the Dartmouth Yoga Centre, and would like to offer Member's of the **Cosmetology Association of Nova Scotia** 10% Discounts on 1 Hour Massage Therapy treatments.

I'm trained in General Swedish Massage, and can apply a variety of techniques to bring health to injured muscle, ligaments and bones. I also have introductory training in Myofascial Release and Craniosacral therapy. As well as certifications in Chronic Pain and Aromatherapy. I treat Acute, Subacute and Chronic conditions, such as Postural Imbalances, Strains, Sprains, Overwork Injuries, Concussions, Motor Vehicle Accident's, Workplace Injury, Athletic Rehabilitation, Anxiety Disorders.

My approach is subtle, I use clinical assessment and evidence based method's in my practice, as well as intuition to guide me in creating treatment plan's. I also provide homecare exercises to encourage client education. Communication and confidentiality are also important to me in my practice.

I can direct bill to Medavie Blue Cross as well as through TelusHealth to all major health insurance companies.

If you have any questions, feel free to contact me through email: [elizabethfougere.rmt@gmail.com](mailto:elizabethfougere.rmt@gmail.com) or telephone: 1(782)882-1518

Website: [elizabethfougerermt.com](http://elizabethfougerermt.com)

Location: Dartmouth Yoga Centre, 122 Portland Street, Dartmouth, NS, B2Y1H8