



Visiting Wellness Practitioner Claude Simard

Inner Child Bodywork | Remedial Massage | Mind-Body Energy Healing



Claude is an internationally acclaimed Canadian Massage Specialist and Meditation Teacher with over 30 years of experience. He has helped many people from all around the world to recover from different kinds of physical and emotional issues. He specializes in remedial massage to treat physical conditions using his deep awareness of the body. In his signature treatment, Psycho-Energetic Massage, he uses his highly developed sensitivity and intuition to combine therapeutic massage with Inner Child work for a truly holistic experience.

Visit Claude for a complimentary consultation to achieve your personal needs and goals and begin your journey toward well-being

Pain Relief Massage Therapy

Using his psychophysical knowledge gained from 30 years of experience in remedial bodywork, Claude works with specific techniques to address any painful sensations you are experiencing in your body. Please book a complimentary consultation if you would like to discuss your issues and concerns before the treatment.

Deep Therapeutic Massage Treatment

If you want to mobilize a stiff neck, relieve back pain, leg tightness or tense shoulders, this massage can help you. After warming up the muscles Claude uses direct deep pressure, concentrated on chronically tense areas, to break down adhesions and restore normal movement. Deeper layers of muscle and connective tissue are realigned. His deep bodywork techniques, together with the stimulation of specific acupressure points, gives the best results.



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Shiatsu & Acupressure Massage Treatment

This therapy supports and strengthens the body's natural ability to heal and balance itself. Energetic lines and acupressure points are stimulated to tonify your internal organs, loosen joint articulation, relieve muscle stiffness and calm your nervous system. For physical issues this treatment rebalances the body, improving immunity and stimulating circulation. It is also very helpful in aiding detoxification and harmonizing digestion.

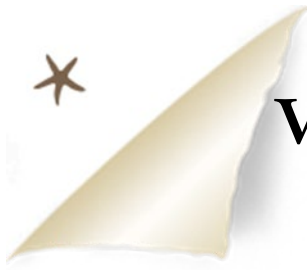
Psycho-Energetic Massage Treatment

This special massage treatment enables you to access the healing power of your deep self, and is an opportunity for profound emotional rebalancing. During the massage Claude guides you to reconnect with your Inner Child, bringing you into contact with lighter, more playful energies, so that you can let go of stress and tension more easily. This treatment can help you to recover more completely from any negative experience that you went through in your life, so that you can feel happier and more in harmony with the universal flow.

Private Inner Child Meditation

Connecting with your Inner Child enhances your self-expression, creativity and happiness. It is possible to work on any emotional or energetic blockages with this therapeutic meditation, as this somatic process progressively releases negative emotions and traumatic memories from the body. Liberating the expression of your Inner Child gives you more freedom to be who you really are so you can create the life that your heart truly desires. Claude can also guide you to understand and meditate with your dreams in order to access powerful messages coming from the personal symbols of your deep unconscious.





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Discover your experiences

- ✦ **Pain Relief Massage Therapy**
60 | 90 minutes \$ 250 | \$300
- ✦ **Deep Therapeutic Massage Treatment**
60 | 90 minutes \$ 250 | \$300
- ✦ **Shiatsu & Acupressure Massage Treatment**
60 | 90 minutes \$ 250 | \$300
- ✦ **Psycho-Energetic Massage Treatment**
60 | 90 minutes \$ 250 | \$300
- ✦ **Private Inner Child Meditation**
60 minutes \$ 250

*Advance reservation is essential please contact your Friday or spa at 5457
Price are quoted in USD dollar are subject to 23.2% service charge and goods and service tax*