

## Some Heather History

One of the most common questions I am asked is why I decided to become a massage therapist. The basic answer is that I wanted to help people plus the working conditions are great! There is a little more to it, however. A childhood friend of mine opened an herbal store and I would stop by to be supportive of her venture. Little by little, I started collecting information that sparked my interest in alternative health care. Then one day she worked on my feet with the eraser end of a pencil. "Reflex points" as she called them. I was sceptical. The only people I knew that were interested in stuff like that were rather odd birds.

I became more curious about reflexology and this ultimately led to a whole new appreciation for my own physical wellbeing. I really did not have a clue as to how to take care of myself. Eventually, I started noticing connections between what I ate and how I felt, my activity level versus how I slept and so on.

Then it happened. I had my first real massage. Looking back, it was really a glorified rub down, but it was life changing for me. I had no idea the amount of tension I carried in my body. With this woman's super light touch, I noticed that every body part ached! I thought I just had really bulky shoulders but found out they were full of concrete-like knots! By the time the therapist was done, I found myself in an altered state like no other.

When I walked outside, everything looked greener, brighter and I felt an inch taller. I took a deep breath and the thought dawned on me, "*I could make other people feel like this!*" So, that is how my journey in the wellness industry began, with a friend sharing something she was passionate about and a Swedish massage on vacation.

Based on this bit of background, the experience I try to create for my clients is a reconnection with your body; to be more in tune to the messages your body is sending. My therapies can give you a thermometer to help gauge stress and pain levels *before* they become severe. Most of the time we just don't even know what we are truly putting ourselves through! The education I provide is about being proactive with your own healthcare and having the tools necessary to prevent and deal with aches, pains and your daily demands.

To all my wonderful clients: I hope I have helped you as much as you have helped me keep my commitment to live a balanced and healthy life!