



## Acupuncture

This is an ancient Chinese therapy whereby fine needles are inserted into different acupoints in the body. The needles work with the body's natural energy to promote therapeutic and natural healing.

## Balance

Hot stones, ancient salts, and warm aromatic oils rebalance and soothe mind, body and spirit. Energy flow is renewed through key points in the head, hands, and feet. Treatment includes: herbal foot soak, exfoliation, and relaxing foot massage; Indian Head massage with warmed aromatic oils, hot towels and hot stones; Relaxing arm and hand treatment with massage and hot stones.

## Craniosacral Therapy

CranioSacral Therapy is a gentle, light touch method of releasing tensions deep in the body to relieve pain. CST also releases restrictions around the brain and spinal cord to enhance central nervous system performance and allow the body to relax and self-correct.

CranioSacral Therapy is effective in aiding the body's ability to help relieve individuals with pain, illness and dysfunction including: migraine headaches, chronic neck and back pain, and temporomandibular joint syndrome (TMJ).

## Head, Neck, and Scalp Massage

This soothing massage embodies the areas of the shoulders, neck, scalp, and face to relieve symptoms of stress, anxiety, headaches, shoulder tension, and insomnia.

## Raindrop Therapy Massage

Nine different essential oils are slowly and gently dropped onto the skin like raindrops; they are massaged into the tissue to relax and soothe the aching muscles. This massage increases immunity and balances energy.

## Reflexology

A hot and cold foot bath increases circulation to the feet and legs. Different reflex points in the feet are then massaged to revitalize the whole body.

## Reiki

Reiki is an ancient Japanese holistic therapy that uses different hand positions on or above the client's body to re-establish the person's normal energy flow.

## Energy Massage

This modern therapy that combines massage with Reiki to restore overall health. The new treatment reconnects the body, mind, and spirit by releasing the muscle tightness and negative blockages that are embedded in the tissues.



“I've been a returning Inner Balance client for the past 14 years. Lisa is a committed and engaged owner who has developed an incredible culture of caring and expertise among her team. Regardless of who attends to me, I know I will leave feeling relaxed, rejuvenated and energized. I highly recommend Inner Balance - It's sheer bliss.”

- Amanda Bates - Sunday October 1st



## Inner Balance Spa is a Unique Center Offering Natural and Holistic Spa Treatments

Lisa Gossen has always dreamed of owning her own business. In 2003, fifteen years after starting her career as a Registered Massage Therapist, her dream came true when she opened Inner Balance Spa.

After high school, Lisa obtained a Bachelor of Science degree in Biology before taking the 2,200-hour Registered Massage Therapy Program at the West Coast College of Massage Therapy. She furthered her education by completing a Holistic Nutritional Consultant certification program at the Canadian School of Natural Nutrition and a Paramedical Dermal Technician certification with Dr. Danne Montague King and Dr. Elianna Beveridge.

Lisa worked in the field as a massage therapist, public speaker, and educator for several years before, opening her own center. When Inner Balance Spa first opened 14 years ago, the spa

industry was just starting in Canada. Lisa knew she did not want her business to offer the same services that other companies offered. She wanted a place that also focused holistic health care. So, rather than open a business that resembled other companies, Lisa used the knowledge and experience she gained from her education and work to create a natural holistic based spa. She wanted to give her clients a place that offered natural treatments and consultations. Today, Inner Balance Spa is a center that focuses on holistic health through alternative therapies.

Inner Balance Spa continues to stand apart from the other massage centers. Lisa and her highly trained staff of elite professionals provide holistic, alternative therapies that work with the mind, body, and spirit to promote health and wellness. All the treatments and products offered at the clinic promote natural and holistic healing. The treatments offered include:



## Hot Stone Therapy

Basalt and marble stones are used to incorporate hot and cold therapy for a relaxing, deep tissue massage.

## Couples Massage

Two can enjoy their massage treatments in one room for a renewed bonding experience.

## Prenatal Massage

Many pregnancy related discomforts are reduced through massage therapy. Benefits include: decreases muscle tension, reduces stress and anxiety, reduces swelling and pain, increases lymphatic circulation, elevates mood.

## Manual Lymphatic Drainage

This treatment promotes circulation and drainage of the lymphatic system of the body. It has many benefits including pain relief, quicker recovery times, and tension reduction. The lymphatic system can become blocked and cause swelling and discomfort to an area. This treatment helps drain those blockages

## Myofascial Cupping

This updated ancient treatment uses gentle suction and pressure on fascial adhesions to stimulate the body's energy. It relaxes the soft tissues to improve mobility.

## Nutritional Consulting

Teaches the importance of maintaining a natural, nutritional diet for optimal health. Nutrition deficiency may cause and is a factor in fatigue, illness, weight gain, weight loss, allergies, PMS, depression, anxiety, ADHD, and chronic musculoskeletal conditions. By learning proper dietary habits, many ailments can be treated naturally.

“A friend and I went to Inner Balance Spa for facials, and absolutely loved it! The space is lovely, and they provide a very welcoming and relaxing atmosphere. The girls are all amazing (from the front desk staff to the ones performing the treatments) and are super friendly and very good at their jobs. My deep cleansing facial was exactly as promised, and my friends organic facial was incredibly relaxing. I will certainly be returning.”

- Rhiannon Wagner  
- September 30th



Inner Balance Spa also offers organic skin care and body products, a steam room, sauna, and organic herbal teas.

Each therapist works directly with their clients to provide the best service. They first talk to the person to get an idea of what he/she is looking for. Treatments and products are then chosen to meet the person's unique needs. The RMT's review each client's progress regularly, and modify the massages as needed.

Lisa runs a very positive and professional business. Along with her loyal clients, there are 15 staff at the spa; three receptionists, one acupuncturist, and 11 Registered Massage Therapists. From the first day, Lisa has created a positive, open, and inclusive environment for herself and her employees. She does not tolerate negativity or gossip among the group. All relationships are built on mutual respect and professional admiration. Any issues are dealt with immediately and fairly. Everyone values and supports each other. There is a genuine comraderie that is evident to everyone who comes to come to Inner Balance Spa. Each team member has the highest level of training in their profession and continually updates their skills and knowledge with the latest research and treatments. As a true testament to how well the clinic is run, many of the therapists have worked at Inner Balance Spa since it first opened.

Lisa is very proud of the service she provides for her clients. Her clients are very important to Lisa and her staff. They value the feedback that clients offer and encourage their clients to review their services on the various media websites.

Along with running her business, Lisa continues to develop and present seminars on different health related topics for Seminars for Health in Calgary. For over four years, she has volunteered for the Massage Therapy Association of Alberta. She is currently the Secretary/Treasurer.

Inner Balance is a natural, alternative therapies spa focused on philosophies of holistic health to nurture and restore your inner balance.

“My experience at Inner Balance is first rate. My therapist is amazing. Everyone at Inner Balance is respectful, caring, knowledgeable and professional. I look forward to my treatments and enjoy the total experience! I highly recommend Inner Balance!”

- Helen Hildahl  
- Tuesday October 3rd



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