

Elements of Balance

A massage therapy and wellness clinic

At Elements of Balance, you learn that there is much more to massage therapy than you thought. After graduating from the West Coast College of Massage Therapy in 2002, owners and Registered Massage Therapists, Leah Radatzke and Viva Schurch worked in the spa industry. They soon realized a need for an integrated form of therapy that mixed the comfort of a spa with the therapeutic results of registered massage therapy that clinics offered. **The result is a wellness clinic that provides multiple wellness therapies in a soothing atmosphere.**

Joining Viva and Leah is Jessika Greysen, also a Registered Massage Therapist. The three of them are highly trained not only in massage therapy, which is great for treating so many common ailments, but also in **Holistic Manual Therapy**. They are all qualified in Visceral Manipulation which targets the internal organs and can help such dysfunctions as bloating, constipation, or acid reflux as well as others. They are also able to apply Cranial Sacral Therapy which can benefit those with migraines, depression, or anxiety.

Another important key in the goal to bring you well-rounded treatments is Joni Littlejohn. A qualified pilates instructor, Joni gives another dimension to your treatment. **With its roots in rehabilitation, pilates is the perfect addition to the wellness clinic.** Ask Joni about Gyrokenisis.

At Elements of Balance, you can rejuvenate and heal in a professional yet friendly atmosphere. Give them a call to make an appointment to bring balanced well-being into your life.

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