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Choosing the Right Massage

Which massage should you choose?

- Swedish or deep tissue: relaxation, tension and postural pain.
- Therapeutic and specialty techniques: prenatal, hot stone, lymphatic, reflexology and other approaches depending on the therapist.
- Ayurvedic Abhyanga: available with the appropriate practitioner.

Current fees

Swedish or deep tissue: $90 / 45 min; $110 / 60 min; $140 / 75 min; $170 / 90 min; $210 / 120 min.

Therapeutic and specialty techniques: $110 / 45 min; $125 / 60 min; $150 / 75 min; $180 / 90 min; $225 / 120 min.

Reflexology: $110 to $225. Ayurvedic Abhyanga: $135 / 60 min; $150 / 75 min; $165 / 90 min.

Insurance

An official receipt is issued on site according to the therapist's professional association. SAAQ and CNESST files are not accepted.

Prices verified September 6, 2026. Prices in Canadian dollars, before GST and QST. Current list: rehabital.ca/tarifs.