

# Edmonton Branch Partnership with Inspired Self-Healing

**Inspired Self Healing** is a health and wellness business that focuses on the whole person: mind, body, and psyche.

With over a decade of experience as a therapist, **Amber Van Elgort** (owner) has grown from offering only massage therapy to the addition of craniosacral therapy, hypnotherapy, and transformational life coaching. Learning about the body, as well as the mind, and how we behave and communicate is fascinating, and it fuels her passion to help people on a number of levels.



Amber's manual therapies are available in person at her office in Spruce Grove, and the coaching and hypnotherapy services can be done virtually. This means that Amber can help people all over the world, as well as those that are local.

The services available to AAP Edmonton Branch members at a **20% discount** include:

Service	Discounted Price (20% off)	Service Description
<b>60-minute massage</b>	<b>\$108.00</b>	Therapeutic massage is the type of massage that gets to the real core issues of your pain. My targeted techniques are designed to remove pain and tension, combined with clear client/therapist communication this creates the best platform for success. I use many elements from my years of training to help you live a pain free life. Anyone who has a high stress job and suffers from chronic and constant workplace or anyplace stress and those who have upper body pain; specifically persistent pain of the back, neck, shoulders, jaw and head could benefit from therapeutic massage.
<b>90-minute massage</b>	<b>\$164.00</b>	
<b>120-minute massage</b>	<b>\$220.00</b>	
<b>60-minute craniosacral therapy</b>	<b>\$108.00</b>	Craniosacral Therapy uses very gentle hands-on manipulation of the bones and membranes of the skull, spine, and sacrum in order to treat a wide range of physical and emotional issues. This wonderful therapy helps bring balance and healing to the body and brain by positively affecting the rhythm and flow of cerebrospinal fluid. This creates an amazingly relaxing experience all while encouraging your body to heal itself from current and past traumas. Those who have ever had surgery or back pain, headaches, migraines or jaw pain or any physical and emotional pain can benefit from the healing of craniosacral therapy. As well, it is helpful for those with learning disabilities, anxiety, ASD and other neuro-divergent qualities.
<b>90-minute craniosacral therapy</b>	<b>\$164.00</b>	
<b>90-minute massage/ craniosacral combo</b>	<b>\$164.00</b>	Benefits of massage and craniosacral therapy as above
<b>120-minute massage/ craniosacral combo</b>	<b>\$220.00</b>	
<b>Intro Hypnotherapy Program</b>	<b>\$540.00</b>	Four 60-minute sessions, 1 per week for 4 weeks   Hypnotherapy is guided therapeutic imagery and is very relaxing. Its purpose is to help calm and heal the mind and body. Trance is a common state that we go in and out of on a regular basis through the day, like a daydream. I will guide you into a calm and wonderful meditation-like state where your subconscious mind gets to shine! Together we will frame your goals in a positive way to help you achieve wonderful things.
<b>Intro Bad Habit Buster Program</b>	<b>\$540.00</b>	Four 60-minute sessions, 1 per week for 4 weeks   Want to quit smoking, drinking, eating... that one thing that is terrible for you, but you can't kick? Using a combination of fast and effective techniques coupled with your truly burning desire for change I will help you achieve your goals.
<b>Inspired Self Breakthrough Program</b>	<b>\$2,500.00</b>	Eight 2-hour sessions, 1 per week for 8 weeks   Feeling off? Restless? If you are wanting more out of life and know in your heart that there must be more out there for you, I'm here to tell you: there is! I will guide you through a series of questions and exercises over a two-month period that can change the entire rest of your life for the better. Wonder how? Book your free 60 min consultation now.



## Inspired Self Healing Ltd.

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