



Body Balance Therapy

Therapeutic Massage, Acupuncture & Cold Laser Treatments

Lesley Wiggins - RMT, MOT

- 3 years experience as a Registered Massage Therapist.
- Graduated in 2018 from 2200-hr program at the Western College of Massage Therapy in Regina, Saskatchewan.
- Specialties: Deep Tissue, Therapeutic, Relaxation, Joint Mobilization, Manual Lymphatic Drainage, Myofascial Therapy, Pregnancy, Hydrotherapy, Hot Stone Therapy, Reiki and Manual Osteopathic Therapy.
- Graduated in October as a qualified MOT therapist with specialties: Osteoarticulations, Myofascial Remodeling, Cranial Osteopathy, Manual Lymphatic Drainage & Visceral Manipulations.
- Goals are to continue to build knowledge of health care practices to provide quality treatment for clients in a natural, holistic manner.
- Lesley is passionate about helping others, growing as an individual, staying physically active and being creative.
- Interests: music, exploring nature, creativity and knowledge and spending time with family and friends.



Lesley