



Body Balance Therapy

Therapeutic Massage, Acupuncture & Cold Laser Treatments

SERINA COTE - RMT

- Serina has 15+ years of experience as a registered massage therapist
- She does extensive work with deep tissue massage, prenatal and TMJ
- Serina enjoys working with clients to achieve their optimal health goals.
- She also regularly takes continuing education courses to enhance skills.
- When Sara is not working, she enjoys spin & barre classes and travelling to see family and camping.



Serina