



Destiny Beach Resort

Presents

A Touch of Heaven

Pause, Relax, Breathe

Mike Antoniak a long term resident of Osoyoos is a Certified Raynor Therapist. After the founder of Brandon Raynor School of Natural Therapies, the Raynor style of massage is a fusion of Eastern and Western philosophies. Culminating deep tissue, acupressure, shiatsu and trigger point release - massage treatments are effective as a whole body wellness treatment. Mike also has studied and practices the works of Stuart Taws (British Sports Therapy) a renowned instructor of Soft Tissue Release (STR). STR is effective in treating such chronic conditions such as lower back pain, sciatica, and “frozen” shoulder.

Massage Services:

Chair Massage - \$40 / 30 minutes

A quick way to get relief. Chair massage for those with limited time but feeling the effects of sore neck, shoulders and back.

Relaxation - Swedish Style Massage \$80 /60 minutes

A full body massage that focuses on increased circulation and the release of built up tension. This is a pampering session based on long strokes and gentle kneading.

Deep Tissue - Therapeutic Massage \$80 /60 minutes

A full body massage that incorporates Eastern influences of Acupressure and Shiatsu. Reaching the depths of your inner muscle groups, helps to release the chronic patterns of deep muscular tension in the body and to restore structural alignment & balance. This tension inhibits postural ease & movement and may be the result of injury, bad posture or stress. Deep tissue massage can help break down adhesions & loosen connective tissue. The benefits of deep tissue include relief of long term pain, tension or muscles spasms, and it can improve posture.

Sports Massage - \$80/60 minutes

Needs of the client will determine the variety of massage techniques used. These techniques include: classic Swedish strokes, cross-fiber friction, pressure point work & joint mobilization. Specific strengthening and stretching techniques and pressure therapy will allow the restoration of muscle integrity & range of motion.

It is highly recommended that you pre-reserve your massage before your arrival.

**All massages are performed onsite at The Destiny Beach Resort
in the massage tent located lakeside.**

Contact us TODAY at 250.495.7592 to book your appointment.