

Holiday Feet Health Center

Best Massage Therapy Center in Vancouver

About Us

Holiday Feet Wellness Centre provides acupuncture, counseling services, foot reflexology, body massage, Scraping(Gua Sha) and Cupping. Our practitioners are experienced and highly qualified with an extensive training in their areas of expertise. In our integrated service, our staffs provide a wide range of healing programs to the local community.

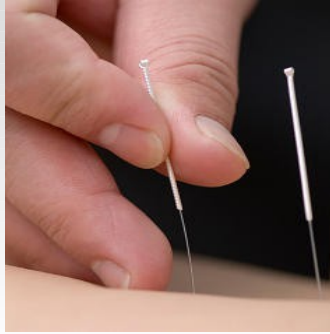
We strive to provide the quality that ensures you will always be happy visiting us. In order to provide the best service, we have packaged our "hardware" and "software" and list it as our principle so that all your needs are under our consideration.

1. Excellent location: in the center of downtown Vancouver, only three minutes walk to Robson street, five minutes walk to the English Bay.
- 2.Private single and double rooms used to protect your privacy and free you from disturbance and noise
- 3.Relaxing environment, including pleasant interior design, air conditioning, soothing background music, fire equipment and detectors and an efficient ventilation system.
- 4.Unlimited wifi connection.
- 5.Clean and spacious washroom.
- 6.Hygienism is our first priority. We promise to provide an neat environment and clean facilities - including newly washed towel, newly cleaned massage beds and chairs.
- 7.A team consists of experienced and professional therapists.
- 8.Modest rates with a variety of promotional package.
- 9.Team spirit for the excellent of customer service - always keep in mind that "customer is always right".
- 10.Never conduct unethical and tasteless behavior.

Our Services



Reflexology



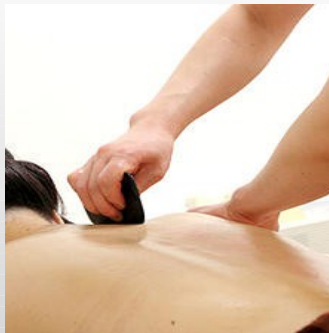
Acupuncture



Deep Tissue Massage



Acupressure



Skin Scraping



Cupping

Foot Reflexology Massage



What is Reflexology?

Reflexology is the application of appropriate pressure to specific points and areas on the feet, hands, or ears. Reflexologists believe that these areas and reflex points correspond to different body organs and systems, and that pressing them has a beneficial effect on the organs and person's general health. For example, reflexology holds that a specific spot in the arch of the foot corresponds to the bladder point. When a reflexology practitioner uses thumbs or fingers to apply appropriate pressure to this area, it affects bladder functioning.

Does Reflexology have to be Painful in order to work?

No! Although there are various techniques and forms of Reflexology that can be extremely painful, it definitely does not have to be painful in order to see results. Most feet may have tender spots or areas of the feet, which by the end of the treatment are either less tender or not tender any longer.

Our Reflexology therapists in Vancouver are master in traditional massage techniques to the foot, upper leg

Acupuncture



What is Acupuncture?

Acupuncture is the use of tiny, sharp needles inserted at precise locations on the body in order to open blocked energy (or Qi) pathways. This process is believed to alter and release the body's energy flow in order to cure various ailments, in much the same way a kinked hose releases to provide life giving water to plants. Some examples of conditions that Acupuncture may remedy include: Depression, anxiety, various types of muscle or joint pain and sports injuries.

How is acupuncture treatment done?

Acupuncture generally involves several weekly or fortnightly treatments. Most courses consist of up to 12 sessions. Most sessions last about 30 minutes. The patient will be asked to lie down, either face-up, face-down or on his/her side, depending on where the needles are inserted. The acupuncturist should use single-use disposable sterile needles. As each needle is inserted the patient should feel them, but initially without pain. However, when the needle reaches the right depth there should be a deep aching sensation. Sometimes the needles are heated or stimulated with

Deep Tissue Massage



What is the benefit of Deep Tissue Massage?

Do you suffer from sore chronic tension; stiff, nagging muscles; limited mobility and headaches?

Everyday we exert effort. We lift, carry, twist, bend and turn. Over time, we over-exert muscles and this can lead to strain and injury. Deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (the protective layer surrounding muscles, bones and joints).

Why Deep Tissue Massage is so Effective:

Deep tissue massage is such a powerful therapeutic technique because it goes deeper than the typical relaxation massage. The focus is almost solely on the less superficial layers of muscles, making it a popular choice of therapy for rehabilitating soft tissue dysfunctions that are a result of sports-related injuries, and muscle aches and strains caused by everyday activities such as working, lifting and gardening.

We are proud to introduce some of the best practitioners for [Deep Tissue Massage in Vancouver](#).

Hurry up and book an appointment now to get the best

Acupressure



What is Acupressure?

Acupressure derives from the words acupuncture and pressure to form acupressure. Using the knowledge base provided by acupuncture, the acupressure practitioner accesses meridian energy centers or the acupressure points on the body, to apply different pressure techniques to correct energy flow, blood circulation and muscle flexibility.

Benefits of Acupressure Massage

- >Relieves physical tension and emotional stress by increasing energy levels and relaxing mind and body
- >Increases blood circulation and oxygen content, thus strengthening the immune system
- >Helps organs, muscles and tissues cleanse themselves of toxic wastes, thus increasing your sense of well-being
- >Alleviates headaches, neck pain and shoulder pain
- >Helps heal injuries, and is great for recovery programs
- >Decreases labor pains and the discomfort of pregnancy

Skin Scraping



What is Skin Scraping?

Skin Scraping (Gua Sha) is a healing technique used in traditional medicine, which literally means literally “to scrape away fever” . The skin is pressed with a piece of jade, and repeated strokes over lubricated skin with a smooth edge that results in stimulation and the appearance of small red patches

Benefits of Skin Scraping?

- >stimulates the immune system, detoxifies and de-acidifies, promotes good circulation
- >regulates functions and organs
- >has a quick effect on pain from head, neck, shoulder, joint and back pain to RSI, fibromyalgia, sciatica and other nerve pain, migraine, PMS, osteoporosis, rheumatism.
- >revitalizes and regenerates, diminishes stress, fatigue and burnout, rebalances emotions, relaxes and promotes clarity of mind
- >improves countless chronic disorders and complaints

Cupping



What is Cupping?

Cupping is one of the oldest methods of traditional Chinese medicine. The earliest recorded use of cupping dates to the early fourth century, when the noted herbalist Ge Hong wrote about a form of cupping in A Handbook of Prescriptions. Later books written during the Tang and Qing dynasties described cupping in great detail; one textbook included an entire chapter on “fire jar qi,” a type of cupping that could alleviate headaches, dizziness and abdominal pain.

How is cupping being performed?

In a typical cupping session, glass cups are warmed using a cotton ball or other flammable substance, which is soaked in alcohol, let, then placed inside the cup. Burning a substance inside the cup removes all the oxygen, which creates a vacuum.

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Body Massage Therapy



Deep Tissue Massage Therapy



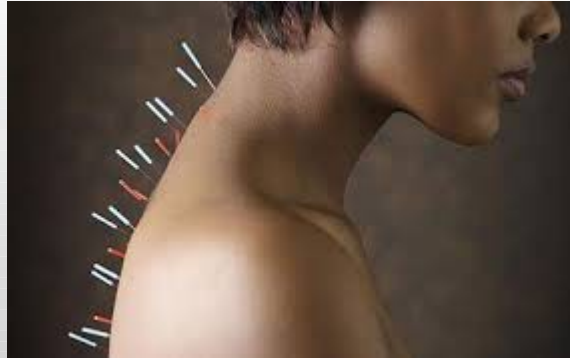
Foot Massage Therapy



Reflexology Massage Therapy



Acupuncture Treatment



Acupressure Massage



Our Infrastrucuter



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