Massage Therapy

Massage Therapy utilizes a wide range of techniques to effectively treat soft tissue injuries and pain. It is an age-old healing art, which can aid in the restorative process of many physical, mental, and emotional ailments. It involves the scientific method of working the body with the hands to restore functionality, release tension, as well as improve digestion, circulation, breathing and overall well-being. Massage therapy and Chiropractic work synergistically for maximized therapeutical effect.

About Our Massage Therapists

Our massage therapists are all registered and have completed the required amount of training as outlined by the Province of Alberta. Our therapists are educated in all aspects of massage therapy including pregnancy massage, massage for athletic injuries, whiplash, performance enhancement or relaxation.

Physical and Mental Benefits of Massage Therapy

- relaxes the whole body
- loosens tight muscles
- relieves tired and aching muscles
- increases flexibility and range of motion
- diminishes chronic pain
- calms the nervous system
- lowers blood pressure
- lowers heart rate
- enhances skin tone
- assists in recovery from injuries and illness
- strengthens the immune system
- reduces tension headaches
- reduces mental stress
- improves concentration
- promotes restful sleep
- aids in mental relaxation

Massage Therapy Prices

- 30 minutes - $53 plus GST
- 45 minutes - $72 plus GST
- 60 minutes - $90 plus GST
- 90 minutes - $127 plus GST

Massage Pre-Payment Discount

For those patients who would like to engage with massage as a regular preventative health option or are on a regular treatment plan, we offer a special massage prepayment discount. When you prepay, you will receive a discount off the posted rate. In the event of a rate change, prices are not “grandfathered” for those who prepay. We reserve the right to adjust or change massage rates at any time.

Cancellation Policy

To better serve our patients we require at least 24 hours notice for any appointment cancellations. We charge a 100% cancellation fee if a massage is cancelled without 24 hours notice.

BOOK YOUR NEXT MASSAGE APPOINTMENT ON-LINE AT www.getbetterfaster.ca

Clinic Hours:

Monday 8:00am - 7:00pm
Tuesday 8:00am - 7:00pm
Wednesday 8:00am - 7:00pm
Thursday 8:00am - 7:00pm
Friday 8:00am - 6:00pm
Saturday 8:00am - 4:00pm
Sunday 10:00am - 5:00pm

Beacon Hill Chiropractic and Massage

Empowering YOU through inspiration, education and compassionate wellness care.

Dr. Michael Schmolke DC
Dr. Sherra Sanders BSc, DC
Dr. Mehrdad Ghailai DC
Dr. Janice Patterson DTCM RAc

Beacon Hill Chiropractic and Massage
11636 Sarcee Trail NW
Calgary, AB
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403-516-1141
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July 2017 Prices In Effect

Dr. Michael Schmolke & Associates
Beacon Hill Chiropractic and Massage
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Calgary, AB
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403-516-1141 (phone)
403-516-1148 (fax)
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To live a full and healthy life, you’ve got to take care of its foundation - your body. At Beacon Hill Chiropractic & Massage, we offer a wide variety of holistic, non-invasive services which focus on facilitating balance between your body and mind. We can develop a whole-body care program based on your individual needs. In addition, we offer massage therapy, nutritional counseling, and prescription orthotics.

Chiropractic - A Tradition of Natural Care
We promote a natural approach to health, healing and the strategies of living well to produce an optimal quality of life. Your spine directly affects your nervous system. An unhealthy spine can often produce pain and symptoms of ill health, and seriously alter brain function and vitality. Chiropractic care helps to prevent risk factors that contribute to suffering. In addition, chiropractic enhances your well-being and athletic performance. By gently using specific techniques (adjustments), chiropractors enable motion and alignment to be restored in your spine and other joints. Many people immediately notice improvement in symptoms associated with misalignment and impaired spinal health such as fewer headaches, improved balance, less muscle tension, less fatigue, better sleep, less neck or back pain, as well as improved digestion, immune and reproductive function.

Chiropractic Services

Adults
Initial Exam: $90.00 ($70.00 for significant other at same address)
Adjustment: $48.00

Children 0-17 Years Old
Initial Exam: $70.00 ($50.00 for family member at same address)
Adjustment: $38.00 ($28.00 if parent is a Practice Member)

Seniors over 60 Years Old
Initial Exam: $70.00 ($50.00 for significant other at same address)
Adjustment: $38.00

Prepay Discount: As a gesture of convenience, we offer the ability for our practice members to prepay for chiropractic services at a discount off the posted rate. Rates are not "grandfathered" for those who choose to prepay. Beacon Hill Chiropractic and Massage reserves the right to adjust or change rates at any time.

Dr. Michael Schmolke has been dedicated to continuous learning and cutting edge delivery of chiropractic care, health coaching, personal growth, and healing throughout his lengthy career. Dr. Michael’s knowledge and experience in athletics, natural lifestyle and teamworks have helped him develop into a passionate clinic director, formerly of Embody Wellness Centre and presently of Beacon Hill Chiropractic and Massage. Having pursued his science undergraduate at University of Saskatchewan and then completing his Doctor of Chiropractic at Canadian Memorial Chiropractic College, Dr. Michael leads a multidisciplinary team of integrated health professionals who share a vision of natural health care for our practice members. "Our team encourages proactive, self-empowering and whole lifestyle strategies for our practice members and their families."

Dr. Sherra Sanders comes from a family of chiropractors. Her great uncle was one of Calgary’s first chiropractors and many of her cousins are also chiropractors! Dr. Sherra pursued her Doctor of Chiropractic at Northwestern Health Sciences University in Minneapolis. Dr. Sherra believes that good health comes from a balanced lifestyle, and on that journey we must all make proactive choices for our mind, body, and spirit. She strives to understand each patient’s motivation to get well so she can get them equipped with all the necessary tools towards reaching their goals. She loves having a holistic family practice, and she aims to always enthusiastically share what she knows with her patients.

Dr. "G" Mehrdad Ghailai, originally a computer science graduate, was inspired to become a chiropractor after a 10-month battle with cancer. Dr. G learned not only to seek new ways to maintain optimum health, but also to help others to achieve the same goal. In 2012, Dr. G graduated from the Canadian Memorial Chiropractic College and has recently joined the team at Beacon Hill. Dr. G focuses on spinal adjustments, strength, balance, flexibility and all the necessary ingredients for increased and improved body function and energy.

Nutrition
To maintain the strength and vitality of your body, you need good nutrition habits that last a lifetime. Individual counseling and nutrition programs are available for all states and stages of life and range from weight management and sports nutrition to chronic conditions such as diabetes and osteoporosis. The doctors of Beacon Hill Chiropractic and Massage have competed over 900 combined hours of continuing education in the field of nutrition. They are experts in nutritional coaching and using nutrition to mitigate the effects of chronic disease, as well as using nutrition for peak performance for the average person and elite athletes. In addition to nutritional counseling, we carry a variety of pharmaceutical grade supplements to enhance general well-being as well as therapeutically treat and provide nutritional support for chronic health conditions. Research has demonstrated that nutritional supplements can help us. Supplements do not replace whole, real foods. Instead, they isolate components of whole and natural foods that evoke specific responses in the body. The supplements carried at Beacon Hill Chiropractic and Massage have been selected on merits of their quality, purity and value to our clients and practice members. The manufacturing companies pride themselves on guaranteed quality and purity.

Orthotics
Orthotics are customized shoe inserts which correct abnormal or irregular foot biomechanics which alter our walking patterns. In a customized and qualified process, your feet are evaluated for complete function to assess their success at supporting your entire body. If necessary, prescription orthotics can be manufactured which will comfortably and precisely alter the angles at which the foot strikes a walking or running surface. The result is that you are better able to stand, walk and run more comfortably and efficiently. We work with The Orthotic Group, giving our practice members a diverse selection of customized orthotics. Please ask our doctors for more details on orthotics.

Customized Orthotics: $450 per pair
$810 for 2 pairs