



*Tera Knapp*  
*Registered Massage Therapist*

Tera has experience with acute and chronic soft tissue injuries, deep connective tissue work, trigger point therapy, prenatal massage, and aromatherapy treatments. Since obtaining her provincial registration, Tera has completed the Hot Stone therapy course, as well as Myofascial Release therapy. Tera is currently enrolled in the Ontario College of Reflexology, and is working towards her Foot Reflexology certificate.

By listening closely with each client, Tera works to develop a focused treatment plan in an effort to restore their ability to live a pain free and healthy life.

Tera strongly believes in the healing power of Massage Therapy, and is committed to helping others achieve their health and wellness goals, while bringing joyful enthusiasm and great compassion to every client she treats.

