

"Best Massages in Ottawa"

Created by: Cityseeker

 3 Locations Bookmarked



 by Unique Hotels Group 

Holtz Spa

"Unwind Zone"

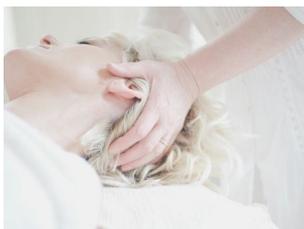
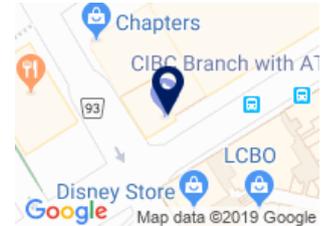
Holtz Spa, conveniently located across the Fairmont Chateau Laurier and the Westin Hotel, is a treat for the stressed out soul. The spa's ambiance calms your senses. The spa incorporates ancient Eastern healing therapies in its treatments. A variety of massages are available to relax those worked up muscles. Special skincare and body treatments pamper and rejuvenate your senses. The spa offers several packages for couples and brides alike. Chiropractic therapy is also offered. A hair studio on the spa's premise is an added facility.

 +1 613 241 7770

 ottawa.holtzspa.com/

 info@holtzspa.com

 45 Rideau Street, Ottawa ON



 by Public Domain 

Renu Massage Therapy and Spa

"Therapeutic Massage Specialist"

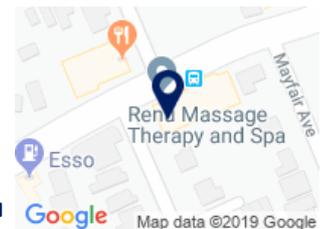
Renu Massage Therapy and Spa specializes in both remedial and therapeutic massages, covering a wide spectrum of physical problems. With a professional Registered Massage Therapist (RMT) team, this spa administers clinical massage techniques, ideal for back pain, carpal tunnel syndrome, migraines, whiplash, insomnia or even graver physical injuries, fibromyalgia, musculo-skeletal disorders, arthritis and minor neurological issues. Besides, there is also a menu for relaxation massages that ranges from Swedish Massage, Deep Tissue Massage and Hot Stone Massage to Trigger Point therapy and Pre-natal massages. Renu Massage Therapy and Spa is also equal parts a salon, taking care of various grooming needs such as manicures, skin treatments, hair removal and others.

 +1 613 722 2929

 www.renusp.ca/

 info@renusp.ca

 1432 Wellington Street West, Ottawa ON



 by Lubyanka 

Align Massage Therapy

"Clinical & Relaxation Massage Specialist"

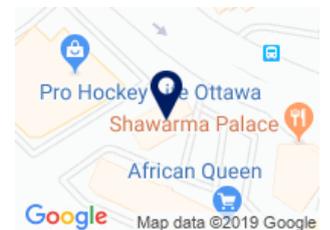
Providing alignment and remedial massage services, Align Massage Therapy has five centers across Ottawa. Its Centretown outpost, like its other locations, is equipped with a team of Registered Massage Therapists (RMTs) who help alleviate pain and stress through a combination of techniques. An array of services ensures the best of massage therapies in the city, including techniques like Osteopathy, Bowen Therapy, Thermal Palms Massage, Indian Head Massage, Craniosacral Therapy and Prenatal Massage. Besides clinical therapies, Align also offers relaxation treatments such as Hot Stone Massages and Thai Yoga Massage. Other treatments include Reiki, Reflexology, Acupuncture and Acupressure.

 +1 613 733 5656

 www.alignyourbody.com/

 info@alignyourbody.com

 2430 Bank Street, Unit 201, Ottawa ON



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