

## Services

### At the Spa or at my home studio

30 min	\$45
60 min	\$80
90 min	\$110
120 min	\$140

### Chair massage, on location

\$1/minute

### Corporate & event massage

\$70/hour, 2-hour min.

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10% of all profits goes to  
Doctors Without Borders  
[www.msf.ca](http://www.msf.ca)

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Payment due at time of treatment; I can  
help you claim insurance refunds after.

24-hour cancellation required,  
or missed appts. charged at 50%

Cash and cheque accepted.

## *Jonah Winters*

[jonahwinters@gmail.com](mailto:jonahwinters@gmail.com)

text or cell 289-668-9728

[www.wintersbodyworks.com](http://www.wintersbodyworks.com)

RMT on location at

*The Spiritual Spa*

4394 Queen Street

Niagara Falls, ON

905-358-HEAL

[healing@thespiritualspa.ca](mailto:healing@thespiritualspa.ca)



[www.thespiritualspa.ca](http://www.thespiritualspa.ca)

# *Jonah Winters*

RMT, MA

*registered massage therapist  
certified spa therapist*



[wintersbodyworks.com](http://wintersbodyworks.com)

## What is Massage Therapy

Massage therapy is the assessment of the soft tissue and joints of the body and the treatment and prevention of physical dysfunction and pain of the soft tissues and joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain (Massage Therapy Act, 1991).

This can be different from relaxation massage. Massage therapists are trained more to treat and alleviate specific physical conditions, whereas “spa therapy” focuses more on routines for relaxation. I am certified in both styles.

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## What to expect

Most treatments are done on a massage table or seated in a chair. *Relaxation massage* is best done using oil on skin, undressed with appropriate draping, in 30, 60 or 90-minute sessions. It can relieve pain and relax tight muscles.

*Myofascial massage* can be done with clothing that can be undraped, like swim trunks and a sports bra, and can be done in 60 or 90-minute sessions. It can treat chronic pain, overuse injuries, postural imbalances, and tight or athletically-conditioned muscles.

## Styles and Techniques

When people think *massage* they may picture Swedish or spa massage, the traditional method of rubbing the skin for increased circulation, muscle tone, and relaxation. My spa style is like Esalen, or “deep flow.” It emphasizes whole-body integration through breath, long strokes to slow the heart, and gentle stretches.

Relaxation techniques can include aromatherapy (essential oils from flowers and plants to balance energy, promote healing, or simply for a sensory experience), hot stone (the heated tones melt tight muscles like butter), Trager (rocking “joint release”), and Shiatsu (pressure points).

But this is just one of many different types of bodywork, some of which don’t look anything like traditional massage. My therapeutic work is structural massage, also called “deep tissue” or “myo-fascial release.” It uses less oil and slower strokes to reach deeper layers of tissue. It can help prevent and heal injury and improve posture by stretching muscles and fascia. (Fascia is the network of collagen fibers in and between the muscles which gives structure to the body.)

*see brochure “What is myofascial massage”  
at [wintersbodyworks.com/fascial](http://wintersbodyworks.com/fascial)*

## Bio & qualifications

I’m a graduate of Vancouver School of Bodywork and Massage (spa therapy) and Ontario College of Health & Technology (massage therapy).



I was licensed by the City of Vancouver to practice mobile therapeutic massage, and now work in various locations around Niagara and St Catharines, including *The Spiritual Spa*. My approach is evidence-based, meaning I study and follow the science of massage and healing.

My past training includes Buddhist philosophy, music history, Islamic and Baha’i studies, and internet technologies. After short-lived careers in restaurant work and teaching religious studies, I began my life-long project: building a large online library for my field, [bahai-library.com](http://bahai-library.com). In my next career I began designing and programming websites at [winterswebworks.com](http://winterswebworks.com). Now my main focus is massage therapy practice and research.

*see more at [wintersbodyworks.com/about](http://wintersbodyworks.com/about)*