

# Independent Shorts

- The St. Marys Snipers Ringette U12 team will get a well-deserved victory ride with the St. Marys Fire Department this Sunday at 2:50 pm. Congratulations to the Snipers for winning the McCarthy Division at the U12 Provincials!
- Congratulations to Splash'N Boots for their recent Juno nomination for Children's Album of the Year with their latest record, "Big Yellow Tunes". Nick Adams grew up in the St. Marys area and forms Splash'N Boots with his wife Taes Leavitt. To learn more about them and watch videos, check out [www.splashnboots.com](http://www.splashnboots.com). Not just for kids, their 2012 classic song "Chantelle the Chicken" is worthy of anyone's playlist, says this paper's publisher.
- With little movement in the NHL standings this week, Peyton Lobb remains on top of the Independent Hockey Pool, followed by Scott Overholt and Tyler Carruthers. Check out the complete standings at [www.stmarysindy.com](http://www.stmarysindy.com)

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## Business of the Week

### Heal A' Peel Lifestyle Centre

By Stewart Grant

Our Business of the Week is Heal A' Peel Lifestyle Centre, which has been helping its local clientele feel better for each of the past 15 years.

Kathleen Moylan, one of four Registered Massage Therapists at Heal A' Peel, purchased the business from the original owner, Rebecca Seigner, in 2008. Along with Kathleen, the Heal A' Peel team includes RMTs Laura Robertson, Melissa Ensinger, and Joe Edey, Reflogist/Reiki Master Jessica Damen, Traditional Chinese Medicine Acupuncturist Noelle Murphy, and receptionist Sharon Grant.

As one of the longest-established massage therapy operations in St. Marys, Heal A' Peel has witnessed a huge increase in demand for these types of services over time. Including the four RMTs at Heal A' Peel, there are now perhaps a dozen or more Registered Massage Therapists that together serve the needs of the community.

Moylan points to increased awareness regarding the benefits of massage therapy as the reason for the upswing in the industry. These health benefits include improved circulation, joint flexibility and range of motion, and decreased stress and muscle tension. "People are being proactive with their health these days rather than reactive. We are doing roughly as much preventative work as we do treatment for injuries or chronic issues," said Moylan.

When asked about what attracts her clients to Heal A' Peel, Kathleen pointed to the relaxing, welcoming atmosphere that is found within the doors of their 28 Peel Street location. "People are initially surprised by the spa-like environment inside...it doesn't have a clinical vibe to it although we do provide therapeutic treatments."

Among the newer treatment methods available at Heal A' Peel is Cold Laser Therapy. This hand-held machine, popularly used by sports teams and their athletes,



helps to decrease inflammation caused by an injury and speeds up the healing process.

Jessica Damen and Noelle Murphy also bring unique skills to round out the services provided by Heal A' Peel. As a reflexologist, Damen's treatment helps prevent and correct imbalance in the body through reflex pressure points in the foot, thus increasing relaxation, improving circulation and reducing pain and stress. Meanwhile, the Traditional Chinese Medicine methods utilized by Murphy provide health benefits to clients through any desired combination of

acupuncture, tuina massage, cupping, heat, Eastern nutrition and lifestyle counselling.

Whatever the method of treatment, or whether the purpose is preventative or therapeutic maintenance, Moylan says, "We love to help people achieve their health goals. It is an awesome feeling to help people feel better."

Heal A' Peel is located just north of the entrance to Tim Hortons on Peel Street in St. Marys.

To book an appointment, call 519-284-0123 or email [info@healapeel.ca](mailto:info@healapeel.ca). For more information, visit their website at [www.healapeel.ca](http://www.healapeel.ca).

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