

Sessions [\(details at milesOfSmiles.ca/sessions\)](http://milesOfSmiles.ca/sessions)

60 minute *Intuitive Reflexology Session* - \$60

75 minute *Consultation and Intuitive Reflexology Session* - \$75

60 minute *Intuitive Hand Reflexology Session with Tuning Forks* - \$60

60 minute *Intuitive Hand and Foot Reflexology Session* - \$60

75 minute *Paraffin Wax Treatment and Intuitive Foot Reflexology* - \$75

60 minute *Paraffin Wax Treatment and Hand Reflexology* - \$60

60 minute *Crystal Energy Healing Session* - \$60

90 minute *Intuitive Hand and Foot Reflexology with Hot Stones* - \$90

90 minute *R&R Session* - \$90

[See full descriptions at milesOfSmiles.ca/sessions](http://milesOfSmiles.ca/sessions)

Testimonials

"I had a 90 minute treatment from Laura, it included reflexology of my hands and feet, along with smudging, crystal healing and Reiki. Laura always gives me amazing spot on insight and guidance. I always leave my appointments feeling peacefully elated and refocused. I recommend all my friends and family! The ones that listen are amazed with the benefits of reflexology and energy healing. I love including our sessions as part of my self love regime!" — *Nina*

Testimonials

"My first experience with reflexology was a positive one. Laura was skillful with her technique and was quite adept in identifying the areas in my body where I was experiencing problems. The treatment was amazing and left me feeling very light and relaxed. I will definitely be returning!" — *Terry*

"I went to Laura for a reflexology treatment and felt incredible. I was so relaxed and refreshed after and even better in the days that followed. She is very knowledgeable about our bodies and their energy. She also took the time to explain everything as she worked on my feet, and I especially liked the crystal grid she had done for me that was used in my session. I cannot wait until my next session! Thank you Laura for all that you put into your work!" — *Holly*

"I love the Reiki and reflexology, I always feel cleansed, balanced and in touch. Such a great way to relax and rejuvenate! I highly recommend these services to everyone!" — *Kayla*

"Your name is fitting because that is how I'm greeted every time I walk in the door: with Miles of Smiles! It only took one session for me to become hooked. I enjoy everything, from the warm inviting atmosphere to the courteous professional sessions. You explain everything in a way that I comprehend. The fact that you are in tune with every little thing amazes me every single time. It is also a bonus that you offer gift certificates because that's a perfect way to introduce my friends and family into the world of reflexology and Reiki. I can honestly say that I have enjoyed each and every session and always leave feeling amazing. In a busy world where sometimes it's hard to balance all that life has to throw at you, there's nothing like a relaxing reflexology/Reiki session to help your inner balance, which will in return help with your overall balance. I look forward to introducing more friends to you." — *Tami*

[see many more at milesOfSmiles.ca/testimonials](http://milesOfSmiles.ca/testimonials)

Miles of Smiles Alternative Solutions

owner Laura Canal

*Reflexologist
&
Reiki Master*

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What Is Reflexology?

Reflexology is a massage technique of focused pressure directed to the feet. It is based on the theory that there are zones, or “reflexes,” on the foot which correspond to and are relative to all the body’s parts, glands, and organs, so stimulating specific locations on the feet provides the equivalent of a full-body massage.

When the reflexes are stimulated, the body’s natural electrical energy works along with the nervous and muscular systems to clear any blockages in the corresponding zones. Manipulating specific reflexes removes stress, activating a parasympathetic response to enable the blockages to be released by a physiological change in the body. With stress removed and circulation enhanced, the body is allowed to return to a state of homeostasis. Homeostasis is the automatic process that the body incorporates to bring it back to the “normal” state.

Reflexology has ancient origins and was found in many cultures, from China and India in the East to Egypt in the West. Dr. William Fitzgerald is credited with being the father of modern reflexology, which he termed “zone therapy.”

Reflexology sessions are for all ages, from newborns to the elderly. This form of foot massage can be applied in a relaxation style for a general tune-up, in a therapeutic style for a chronically ill body, or anything in between.

Benefits of a Reflexology session

- ~ Removes stress and tension
- ~ Enhances circulation, lowers blood pressure
- ~ Prevents or eliminates migraines
- ~ Promotes restful sleep
- ~ Complements cancer treatments
- ~ Boosts the immune system

- ~ Pain reduction
- ~ Relieves anxiety and depression
- ~ Assists the body to normalize metabolism naturally
- ~ Beneficial for post-operative recovery
- ~ Reduces or eliminates digestive problems
- ~ Decreases the duration and intensity of menstrual pain
- ~ Assists birth delivery & post-partum recovery
- ~ Improves overall wellness and mental health

What is Reiki?

Reiki, an ancient form of energy healing, has been part of the wisdom in many cultures for thousands of years. The word comes from the roots *Rei*, meaning “Universal,” and *Qi* or *Chi*, meaning “Life Force Energy”. We are alive because *chi* flows through and around us. This can be blocked by the way we collect, filter, and transmit information on a mental, emotional, physical, and spiritual level. Reiki heals by flowing through the energy field and charging it with positive energy. It can be applied either by a light touch on the body, or above-the-body energy technique. A session increases one’s life force energy to bring the body back into balance, promoting a healthier lifestyle.

What to expect during a session

During a Reiki session you will lay on your back for optimal relaxation, your eyes closed, breathing deep. Life force energy will work within the aura along each of the energy centres to assist your body in releasing blockages, cleansing negative energy, and balancing the chakras. Reiki energy will be channeled with the focused intention to support and activate the body’s natural ability to heal itself. It is one of the subtlest methods of healing. Balancing the body’s energies promotes peace and harmony!

Treatment sessions are designed for individual client’s specific needs. Techniques and tools include smudging, tuning forks and crystals for chakra balancing and auric cleansing, essential oils, and soothing music, along with the Reflexology and Reiki Energy Healing.

sessions available

Tuesday through Friday 10am – 8pm
Saturday 11am – 3pm

store hours of The Spiritual Spa

Wednesday through Friday 11am – 5pm

*I offer discounts for students and seniors.
For others I offer monthly Promo Days.*

Laura Canal

I have long been aware of the importance of our feet for overall health. For years I worked in an industry where I was constantly on my feet. I noticed that high and low energies in my body correlated to when my feet felt great versus when they were sore and tired. What did this all mean? Curious about how the condition of the feet can affect other systems of the body, and with a background in medicine, I began giving relaxation foot massages. Now I also facilitate workshops and give lectures to teach others about the importance of foot care.

Skills and Certifications

Certified Reflexologist with Ontario College of Reflexology, practicing since 2002

Reiki Master

Medical Records Technician