

Sarah Kilfoil, RMT



“My goal is to provide professional services that focus on maintaining a positive impact of both physical and mental wellness by assessing the client with a holistic approach along with considerate care in maintaining the needs of the client.” ~ Sarah Kilfoil, RMT

Sarah is in good standing with the College of Massage Therapists of Ontario as well, a member of the Registered Massage Therapists' Association of Ontario. Though open to a variety of massage techniques, she carries a special interest in massage with

movement, joint play, as well as fascial work.

Sarah is trained in Usui Reiki Level 2 as well, completed her Yoga Teacher Certification with advanced training in alignment based Ashtanga, Hatha, Restorative, and Yin.

She has spent 20 years working in direct client care in a wide variety of settings from long term care, assisted living homes, full service group homes to one on one homecare. These environments have created a solid background of knowledge, understanding, respect and recognition of the multicultural, physical and cognitive differences that many people carry. Sarah provides the utmost confidential and non-judgmental support in her practice and is able to provide equal service with compassion and care.

“The practice of Massage Therapy is the assessment of the soft tissue and joints of the body in the prevention of physical dysfunction and pain of the soft tissue and joints by manipulation to develop, maintain, rehabilitate or augment physical function, or relieve pain.” ~Massage Therapy Act, 1991

