

My name is Dolores, and I am the owner of **Your Body Therapist**. I have recently collaborated with **The Training Depot** to enhance our services. I strive to bring a sense of calm to this high-energy environment. **Our goal is to provide our clients with a comprehensive full-body experience.**

When you enter our studio, your body will engage in a workout. Next, you will experience muscle and mental relaxation in our infrared sauna. **When you reach the treatment room, your body will be ready to receive healing.** I will reintroduce calm and positive energy throughout your body.

I focus on assessing whether the human body needs relaxation therapy or deep tissue therapy. **My goal is to restore balance to your everyday life before you leave the treatment room.**

My techniques are unique; **I read the flow of your circulatory system and move in harmony with your muscles**, releasing tension and restoring muscle balance. This will leave you feeling more energized, refreshed, and connected.

My favourite treatment is sauna therapy. It consists of a 30-minute sauna session followed by 50 minutes of relaxation. This treatment usually puts my clients to sleep within the first 10 minutes.

I am excited to see you on your journey to **discover the healing benefits of your body.**

