



All the therapists listed below have studied with Footsteps and carry public, professional liability and malpractice insurance and are certified reflexologists. Some of them are also members of professional associations and their designation is Registered Reflexology Therapist.

Ontario

Susan Baird

Naturally Inspired Massage & Wellness Clinic
2740 Bur Oak
Markham
susan@naturallyinspiredmarkham.com

Foot and Hand Reflexology
Indian Head Massage
Reiki
Therapeutic Touch

Ynes Blake

146 Betty Ann Drive
North York
N2N 1X4
416 224 0820
cotton_64@yahoo.com

Foot Reflexology

Kerry Ann Bourgeois

Apple Tree Health & Wellness
409 Charlton Avenue West
Hamilton, On
L8P 2E6
905 527 6337
m.appletreehamilton.com
info@appletr ehailton.com

Foot Reflexology

Judith Campbell

416 388 5001
noteforjudith@gmail.com
info@kindredsoles.ca
www.kindredsoles.ca
mobile in Toronto

Foot & Hand Reflexology
Reflexology Lymph Drainage

Georgina Antoinette Christofi

The Reflexology & Wellness Clinic Ltd
416 558 3987
info@reflexandwellnessclinic.com
www.reflexandwellnessclinic.com
Markham, Scarborough, Vaughan
Mobile and home service
Mon-Fri 10 – 2
Tues/Thur 5.30 – 8
FB reflexandwellnessclinic

Foot Reflexology
RMT
Raindrop technique
Chakra massage

Brianne Crawford

Epiphany Spa & Boutique
1525 Cornwall Rd, Unit 20
Oakville
905 815 1772
relax@epiphanyspa.ca
www.epiphanyspa.ca

Foot & Hand Reflexology
Chair Massage
Registered Massage Therapist

Nedy Crossland, RN

Reflexology by Nedy
Keele St & Wilson Ave
North York
M6L 1Y5
416 843 4487
piedini50@gmail.com
Home visits in North York, west of
Yorkdale mall/subway/Weston

Foot Reflexology
Indian Head Massage
Ion Foot detox baths

Virginia Doukas

Sole to Soul Healing
Vaughan & surrounding area
416 455 6704
detox_40@yahoo.ca
www.soletosoulhealing.org

Foot & Hand Reflexology
Indian Head Massage
Reiki

Megan Evans

Therapy Lounge
2245 Queen ST East, 2nd Floor
Toronto, M4E 1G1
416 916 7122
www.therapylounge.ca
Mon, Wed 9 – 3
Tues,Thurs 2 - 8

Registered Massage Therapist
Foot Reflexology

Alex Hdalevich

The Centre for Physiotherapy
Yonge & Eglinton
Mon, Thur
Enerhealth Centre
Yonge & College
Tues, Wed, Fri
Mobile appointments
647 838 6046
algd@rogers.com

Foot Reflexology
Remedial, Swedish, deep tissue massage

Joanne Lowery

Sarnia
N7T 2Z5
519 491 7690
jmlowery2004@yahoo.ca

Foot Reflexology

Theodora Noumtinis

Reflexology Healthcare
751 Pape Avenue
Toronto
M4K 3T1
416 778 9526
Theodora.reflexologyhealthcare@gmail.com
www.papefootcarespecialist.com

Foot Reflexology
Acupuncture techniques
Tuina, Cupping, Moxa

Peggy Quirion

Mobile in Peterborough area
705 917 2401
peggy.quirion@gmail.com

Foot & Hand Reflexology

Karyn Rowe

Pure Health
10 Lawton Blvd
Toronto
416 923 6663
cell: 647 520 1969
karyndrowe@gmail.com
www.pure-health.ca
M/T/W 9 – 7pm
Sat 9-4 pm

Foot Reflexology
Registered Massage Therapist

Romy Saebelfeld

Romy's Studio
905 334 6126
www.reikireflex.info

Foot & Hand Reflexology
Indian Head Massage
Hot Stone massage
Reiki

Hamilton and surrounding area
Mon/Wed/Thur 10 – 6
Fri 10 – 5, Sat 10 – 4
Mobile also available

Harvinder Singh

Soothing Hands Reflexology
647 617 2518
Brampton area

Foot & Hand Reflexology

Hideki Takahashi

Massage Health Centre
65 Bellwoods Ave
Toronto M6J 3N4
647 208 6159
info@massagehealthcare.com
www.massagehealthcare.com

Foot Reflexology
Registered Massage Therapist
Shiatsu
Thai Massage

Sayuri Takatsuki

Donvale Massage Therapy Clinic
597 Parliament St
2014 (Wellesley/Parliament)
416 966 2410
sayuri.takatsuki@gmail.com
donvalemassage.net
Tues to Fri 10 – 7
Sat 10 - 4
mobile by appointment

Foot & Hand Reflexology
RMT
Indie Head Massage
Lymph drainage massage
Shiatsu therapy

Daniela Tripodi

What the Foot! Reflexology
whatthefootreflexology@gmail.com
(647) 860-1007
Location: Etobicoke area (Royal York & Eglinton)
Mobile appointments available within certain areas.

Hand & Foot Reflexology

Kit Watkins

647 686 7524
Kwatkins70@yahoo.ca
www.glowspa.ca
Mobile – Mon, wed,thur,fri,sat
Tuesdays – Glow Spa
1675 Bayview Avenue,
Toronto M4G 3C1

Foot & Hand Reflexology
Reflexology Lymph Drainage
Indian Head Massage

Janet Williams

Footsteps Reflexology
East York/Riverdale, Toronto
416 788 5970
info@footstepsreflexologyschool.com
www.footstepsreflexologyschool.com
FB Footsteps Reflexology

Foot & Hand Reflexology
Therapeutic massage
Indian Head massage
Reflexology Lymph Drainage
Acupressure

Sharon Young

Oshawa
Hours by appointment
647 973 3331
sharon.cocoaheaven@gmail.com

Foot Reflexology
Therapeutic massage
Aromatherapy massage
Reiki Master
Indian Head Massage

Newfoundland**Sandra Abbott**

Sole Wellness
Kippens,
709 721 0270
sabbott72@gmail.com
www.solewellness.com

Foot & Hand Reflexology
Reflexology Lymph Drainage
Indian Head Massage
Aroma Massage
Aromatherapy
Mom & Baby Reflexology Workshops
Reiki

Nicole Benoit

Nicole's Heart and Sole
143 Main St
2nd Floor, Suite 1
Stephenville,
A2N 3N4
709 649 5928
nbenoit71@icloud.com
Hours – 9am – 5pm Mon – Fri

Foot & Hand Reflexology
Reflexology Lymph Drainage
Indian Head Massage

Joan Dohey

Time to Heal
31 Morris Avenue
St John's
A1C 5E6
joandohey@gmail.com
timetohealnl@gmail.com
FB: Time to Heal
Mon, Wed, Sat by appointment

Foot & Hand Reflexology
Indian Head Massage
Bowen therapy
Reiki
Rahanni
Raindrop technique
Life Coach

Justine Finlay

Head-to-Toe Healing
709 683 3717
reikireflexandrelax@gmail.com
In & around Mobile, NL

Foot & Hand Reflexology
Reiki
Indian Head Massage

Amanda Hulan

Balanced Body Massage Therapy Clinic
Corner Brook, NL
709 634 2022
Amanda.rmt@balancedbodymassage.ca
www.balancedbodymassage.ca
Mon & Wed 12 – 8pm
Tues, Thurs, Fri 8.30 – 4.30

Foot & Hand Reflexology
Reiki
RMT
Indian Head Massage
Aromatherapy
Cupping therapy

Keesha Lingard

Chiropractic wellness clinic
30 Harcy Avenue
Grand Falls-Windsor
709 489 8148
chirowellnessclinic@nl.rogers.com

RMT
Hand reflexology
Indian head massage

Nova Scotia**Joanne Z Clouston**

Reflexology Journey
Mahone Bay, NS
B0J 2E0
902 624 0730
reflexologyjourney@gmail.com
FB Reflexology journey
Home visits – Lunenburg & Queens Co.

Foot & Hand Reflexology

Susan Dekker Inkpen

28 Kinclaven Drive
Fall River
902 440 1689
beaessentials@live.ca

Foot & Hand Reflexology
Aromatherapy massage
Hot Stone massage
Reiki

Annette George
Rewind Massage Therapy
953 King St
Bridgewater, NS
B4V 7R6
902 329 1444
georgeannette44@gmail.com

Foot Reflexology
Registered Massage Therapist

Lisa Gilbert
54 Hwy 326
Tatamagouche, NS
902 657 0384

Foot Reflexology
Reiki
Ear Candling

Jeanette Gormley Reflexology
Elysium Esthetics
36 Wentworth Lane
Pictou
902 754 0508
gormleyreflexology.vpweb.ca
FB gormleyreflexology

Foot & Hand Reflexology
Indian Head Massage
Raindrop technique

Ren Gundlack
Ren's Reflexology
902 951 0213
Mobile service in Cape Breton:
St Peter's, L'ardoise, Arichat, Port Hawkesbury
Louisdale
FB Ren'sreflexology

Foot & Hand Reflexology
Reiki

Clare Harding
Clare Harding Reflexology
1302 Chebogue Road
Yarmouth, NS
902 740 5260
charding222@gmail.com

Foot Reflexology

Ginny Lewis
902 827 1020
ginsky67@gmail.com
Halifax/Bedford/E Shore – home visits

Foot & Hand Reflexology

Deborah Monaghan
Sydney, NS
902 322 1605
debmonaghan@hotmail.com
Mobile visits

Foot Reflexology

Gillian Scott

Active Approach Health & Wellness Centre
B210-5855 Spring Valley Road
Halifax, NS
B3H 4S2
902 429 2225
www.activeapproach.ca

Foot Reflexology
RMT

Kim Young-Ward

The Gold Tan
New Minas
902 681 8090
Mobile treatments available
jkyoung@xcountry.tv
FB Kim Young-Ward Reflexology

Foot & Hand Reflexology
Indian Head Massage
Reiki
Ear Candling

PEI**Lois Livingston**

Livingwell Reflexology
46 Rosebank Road
Stratford, PEI
C1B 1G2
902 628 5366
FB Healingwithreflexology

Foot & Hand Reflexology
Indian Head Massage