

Lisa's Pet Grooming

Voted #1 Pet Groomer!



Lisa's Pet Grooming
Caring and Professional Grooming
(Located at the Stouffville Veterinary Clinic)

Thank you Readers' Choice Voters!



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Your Natural Stone Headquarters

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Karen Dermody

Karen Dermody believes a sound knowledge of the science of the body and the ability to blend that with compassion and caring is what makes her so successful.

"I'm a caring and listening person," says Karen, a Registered Massage Therapist who won our Reader's Choice Award for Best Massage. "The body knows the best way to heal itself and this is a job where you interact closely with people on many levels. It's important to me to assist people to reach and maintain optimal health."

Massage benefits people of all ages and can be a useful therapy for treating and managing a wide range of conditions, decreases inflammation and can help alleviate muscle pain, stiffness and cramping.

In addition to massage therapy, Karen, whose clinic has been located in her Stouffville home for the past 10 years, specializes in reflexology, cranial sacral therapy and lymphatic drainage massage. Karen is also a Yoga instructor and often instructs patients in specific stretch exercises for self-care.

She is also one of only a few practitioners of the unique Bowen Technique, which utilizes relatively few, gentle 'moves' over muscle and other soft tissues stimulating the body to reset and heal itself. The healing may occur at all levels as needed: physical, chemical, emotional, mental, energetic, etc. "It's an amazingly effective technique," she says.

And working from her home also benefits patients. "It's quiet and serene here, no office sounds or noise to increase the stress levels."

Massage also improves muscle and skin tone, as well as enhancing feelings of calmness and well-being. "It isn't just about getting a massage to feel good," says Karen. Massage brings both physiological and mental benefits. It's one-on-one time with a health provider."

For an appointment, call Karen at 905-642-2600.



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as Best Health Service Person Homeopathic Medicine

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