



Planet
BOTANIX

THE GARDEN OF HEALING.

301 BANK STREET, OTTAWA, ON | 613-567-4444 | WWW.PLANETBOTANIX.COM



Practitioner



Brigitte Chartier

BC BodyWork

Brigitte is dedicated to improving the overall wellness of her clients through her holistic approaches

Services:

- Facial Thai Hot Stem Treatment: A blend of European skin care, Swedish Massage, Chinese Acupressure, Chinese Facial Reflexology, and hot thai herbal compresses.
- Thai Hot Stem Massage: A combination of thai massage, acupressure, lomi lomi, and hot thai herbal compresses.
- Traditional Thai Massage: Often referred to as "yoga for lazy people", it incorporates elements of mindfulness, gentle rocking, deep stretching, and rhythmic compression.

www.bcbodywork.com

Schedule: Wednesdays 10-6