



About Erica

Horses have been a part of my life since childhood, and this passion has grown continuously since then. I participated for several years in the Dressage and Eventing circuit and have been involved in the Hanoverian breeding industry. My family owns and breeds Hanoverians on our beautiful 97-acre farm east of Ottawa, Ontario.

Working alongside veterinarians, graduating from Guelph University's Equine Studies program, and becoming a Certified Equine Massage Therapist as well as being an active equine breeder, rider and owner, have allowed me to gain a deep understanding of equine movement and behaviour.

I believe very strongly that understanding our horses' "equine language" and providing suitable therapies plays a major role in their well-being. I have full confidence that the equine massage and holistic treatments I offer help to promote better health and freedom of movement.



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Harmony



EQUINE THERAPY

*Comfort, health and freedom
of movement achieved through
alternative therapy*



Erica Mageau-Engelhardt

CERTIFIED EQUINE MASSAGE THERAPIST

Why Use Equine Massage?

THERAPEUTIC HANDS-ON EQUINE MASSAGE:

- improves blood and lymphatic circulation,
- enhances muscle tone,
- increases range of motion,
- relaxes muscle spasms, and
- relieves tension.

With homeopathic and natural remedies becoming the choice for prevention and treatment of injuries, massage has emerged as a leading therapy because its benefits to the horse are immediate and profound. The difference can be observed right away as the horse will begin to move more easily.

Massage therapy contributes to the overall well-being of the body and to its ability to function efficiently. By improving circulation, massage therapy increases the supply of nutrients to the muscle groups. The use of therapeutic massage as well as aromatherapy help to relax the nervous system and relieve stress, promoting a healthy state of body and mind.

These techniques will benefit any equine athlete and companion through improved muscle function and can aid in digestion, respiration and elimination. The result will be a happier, healthier horse, free to move in perfect harmony.

Services

Harmony Equine Therapy provides therapeutic hands-on equine massage to increase blood and lymphatic circulation, equine bodywork, reconditioning, and holistic remedial therapy.

MASSAGES OFFERED:

- Therapeutic Massage
- Bodyworks Massage
- Swelling Reduction Massage
- Conformation Adjustment Massage
- Deep Fascia Release Massage
- Cerebral Spinal Fluid Movement
- Origin and Insertion Massage
- Increased Range of Motion Massage
- Scar Tissue Reduction Massage
- Hoof Heat Reduction
- Behavioural Issues and Physical Relation

HOLISTIC REMEDIES:

- Aromatherapy

ADDITIONAL SERVICES:

- Colic Relief
- Saddle Fitting
- Riding, Diagnostic Assessment
- Reconditioning Plan

Pricing

Initial massage, approx. 2 hours in length: \$120.00 CDN, includes full assessment and health check document

Each **additional massage session** (follow-up treatment within a three-month period from initial visit), 1-2 hours in length: \$85.00 CDN., includes updated health check document at every visit

Aromatherapy treatment, approx. 1 hour in length: \$45 CDN

Saddle Fitting: \$5 CDN

Riding/Diagnostic Assessment: \$15 CDN

Reconditioning Plan: \$40 CDN

- *Harmony Equine Therapy* will be pleased to work in collaboration with the horse owner's veterinarian to achieve the horse's optimum health and performance.
- Emergency calls for colic relief treatments or swelling reduction are subject to an additional \$25 CDN fee.
- \$0.45 CDN per kilometre travel charges will apply after the first 50 km from Lefaivre, Ontario.
- Ask about a special rate for combined treatments.
- Three or more horses on the same day at the same location will receive a group discount (does not apply to initial visit).