

LDT•RMT

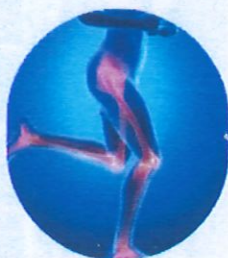
Holistic Health

Wealth & Happiness

Intuitive Healing Massage

Wellness Room

● St. Laurent Post Office



*Are you Experiencing:
Back Pain, Sport Injury,
Soreness, Headaches,
Stiff joints,
Painful muscles, etc???*



Well Come Get Well



Lisa D Tibando RMT

Bioenergetics Intuitive Healing Consultant

YouTube Channel • Lisa Tibando RMT

Lisa Tibando has devoted nearly 30 years to the healing arts, specializing in guiding others through holistic healing and personal transformation by blending ancient wisdom with modern science.

An RMT registered in both Toronto and Manitoba, as well as, a Certified Bioenergetics Facilitator from The Mortar Institute, Lisa uses extensive training to tune into clients' nervous systems, identify areas of constriction and pain, and facilitate the release of these tension stress blockages. Her empathic intuitive sessions are designed to restore homeostasis and promote overall well-being.

Whether seeking relief from chronic pain, acute injury or general stress, clients find a compassionate and supportive space for holistic healing transformation.

To Book Appt.

Wednesdays & Thursdays

Call or text 416-799-7603

1 Hour - \$120 (Covered by Insurance)



Lisa D Tibando RMT

Bioenergetics Intuitive Healing Consultant

Lisa Tibando has devoted nearly 30 years to the healing arts, specializing in guiding others through empowered self-care and personal transformation by blending ancient wisdom with modern science. Her practice blends deep spiritual insight with a highly educated foundation in anatomy and physiology, reflecting an unwavering commitment to holistic health.

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Lisa's journey into the healing arts began with a passion for understanding the human body and spirit. In 2013, after graduating with honours from Toronto's Trillium College Massage Therapy program, Lisa discovered her true calling. This education provided a solid foundation in anatomy and physiology, which she has since combined with intuitive gifts to create a unique approach to wellness.

Rooted in the belief that true healing involves more than just addressing physical symptoms, her practice embraces a holistic approach that considers physical, emotional, mental, and energetic aspects. Personalized sessions incorporate breath-work, embodiment techniques, and bioenergetics to release energy blockages and promote healing on all levels. By reconnecting consciousness with the body, she helps clients raise their vibrational frequency, leading to physical, emotional, and spiritual well-being.

Lisa's dedication to her craft extends beyond personal practice. As an active member of multiple wellness associations, her continuous learning is prioritized, to stay at the forefront of the profession, ensuring clients receive the most current and effective healing modalities available.

Her approach is deeply empathetic and intuitive. Working closely with each client, she creates a tailored healing experience that honours their unique needs and rhythm of healing.

With over a decade in her RMT career, Lisa has helped numerous clients become empowered to reclaim their health and happiness. Her passion for holistic wellness and commitment to personal growth make her a trusted guide for those on the path to self-care, holistic wellness and healing. In every session, clients experience not only relief from ailments but also discover a deeper connection to themselves and their bodies.

By blending ancient wisdom with modern science, Lisa offers a powerful approach to holistic healing, supporting clients in living balanced, vibrant lives. Whether through individual sessions or educational workshops, she continues to share knowledge and skills, helping others navigate their journey toward holistic health and spiritual awakening.