



Choose health first with Health First Massage Therapy



Kira Sanchez, owner of Health First Massage Therapy & Holistics in Parksville.

Kira Sanchez says she has always been an entrepreneur — from the age of 11 when she started a pet care business for the summer, to becoming a cleaning subcontractor in order to finance massage therapy school. Through her experience, energy, vision and purpose, she followed her heart and made the decision to undertake the intensive three-year massage therapy program.

Compassion for others is at the centre of everything she has done. Concurrently, Kira became the owner of the cleaning business, began doing mobile massage, and then opened Health First Massage Therapy & Holistics plus Nutritional Health Coaching in Parksville.

Health First Massage Therapy & Holistics is an integrated wellness center, primarily featuring massage therapy along with various holistic therapies. In order to increase her ability to help people with their health, Kira expanded the clinic to include a number of important modalities using the expertise of a group of health practitioners. “We work as an integrated team addressing the total health of our patients”.

“The first 5 years of business are the most challenging; being patient and enjoying the learning experience have helped me overcome those challenges. Recognizing that life is about balance, and integrating all that is important to

me has worked best,” Kira explains.

She adds that she is also lucky to have been able to work in her chosen career in a clinic prior to setting out on her own. “I learned what worked and what didn’t.”

“I’m young, energetic, passionate and excited to help people along their healing journey by learning about the body and health,” she explains. A student at heart, Kira is continually reading and learning via workshops and courses while maintaining her own personal health. She goes over and above, and also has her Reiki levels I & II, is a Feng Shui practitioner, has her Intro to Osteopathic techniques and prep for major games, to name a few.

Kira believes massage is key for maintaining great health — but it isn’t the only answer, which is why she happily makes referrals to complete the circle.

A regular contributor to community groups, Kira has designated a certain amount of her business profits to go to various charities.

Always learning — and working on a bachelor of health sciences degree — Kira and her seven staff love to help people learn about themselves and feel better.

Discover more about Health First Massage Therapy at the clinic on Memorial Avenue across from the medical clinic in Parksville.

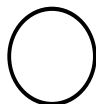
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WOMEN IN BUSINESS - WEEK FOUR
Friday, November 4, 2011

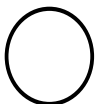
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