

## Linda Hilash Brings her Teknique to Massage Therapy

by

Brian Campbell

It's been a very interesting path that has brought Linda Hilash to her current place in life. Born in England, she came to Canada when she was four. After getting her social work degree at the University of Manitoba in 1991, she and her husband decided to backpack around the world, travelling through the South Pacific to Australia, New Zealand and Asia; stopping to work in London, England for a year. Then they continued on to the Mediterranean before finally returning to Winnipeg.

Once home, Linda settled into her career as a social worker. But a little over 10 years ago, she felt the desire to do something more. "I wanted a bit of a change, something more physical," she says. "I thought about physical therapy and occupational therapy, before finally deciding on massage therapy."

Linda enrolled in a three year program in massage therapy at the Wellington College of Manitoba in 2005, graduating in 2008. "The good thing about the Wellington College program is that you are able to do general massage after the first year," she says. "As such, I was able to start seeing people in their homes with a mobile table in 2006 and begin building a clientele."

Linda officially opened Teknique Massage Therapy in her Tuxedo home in 2009. "The unique spelling of the company name was to ensure a name that was not already registered as a website," Linda says, "As well, there are many different styles of massage therapy, or 'tekniques'."

As a registered massage therapist, her work is covered by most insurance plans. Massage therapy was just recognized by the Province of Manitoba as a Registered Health Cared Profession, similar to chiropractic and physical therapy. Teknique Massage Therapy offers a variety of massage therapies. "There is general therapeutic massage, treatment massage, sports massage and hot stone massage," Linda says.

Most of Linda's clientele has come as a result of word of mouth, although she has done a little advertising. "Once I did a flyer drop in the Tuxedo area and that got me some long term clients who also referred people to me," she says. "I see a lot of

people who live in Tuxedo, most of my neighbours are clients. Many people like coming to an 'in-home' clinic environment as opposed to a more public environment, they find it more personal.”

Of course, Linda still has her career as a social worker, so Teknique Massage Therapy has to work around that. “I work as a social worker at Riverview Health Centre Tuesday, Wednesday, Thursday,” Linda says. “And I do massage Monday, Friday and Saturday.”

Over the years, Linda has volunteered her services as a massage therapist at the Manitoba Marathon and the MS Walk. She says, “It is a good way to give back to the community.”

There are a number reasons that people have for getting a massage, she explains: “I have a few clients with muscle and joint pain, who get relief from massage, particularly the hot stone massage, In addition, I have some professional athletes in my clientele, and then there are those who just come for relaxation and stress release massage.”

The age range varies as well. “I see girls who are heavily involved in gymnastics, boys in hockey and soccer, kids in competitive swimming,” Linda says. “The youngest person I’ve seen is eight and the oldest are in their eighties.”

Some people enjoy the fact that Linda has a steam shower that they can utilize to relax their muscles before their massage. She will also do a special event in your home. She says, “If someone is hosting a get together with their girlfriends and wants to have a massage therapist there, I can bring out my portable table.”

Linda is also qualified in a very specific type of massage. “I do Temporomandibular Joint (TMJ) massage,” she says. “I do intraoral massage using gloves, as such, dentists often refer people to me.” This type of massage benefits people who wear night guards, grind their teeth, or have a jaw that clicks.

Linda has no plans to expand her business at this time. “The nice thing about this is the flexibility of making my own schedule, and having time for my family,” she says.

If you are looking for a massage therapist in the Tuxedo area, you can find Teknique Massage Therapy through the Massage Therapy Association of Manitoba website, at [tekniquemassage.com](http://tekniquemassage.com) or check out her ad here in Neighbours of Tuxedo.