

Sanctuary: A healing refuge connecting us to profound inner beauty and receptive quietude.

Geha Gonthier



I have always been compelled to make a difference. From early childhood I held a vision of a better, more harmonious world. Living in various places around the world, I had the good fortune to study with wonderful teachers and be exposed to different cultures and their indigenous healing methods. This has contributed greatly to deepening my understanding of the beautiful complexity of the Human Being.

A few years ago an inner voice propelled me to come from Maui to Edmonton and settle down. Here, somehow, all these threads of experience came together and it became clear that it was time to share all that I've had the privilege of learning about wellness and healing. Every day I am grateful for the challenges I had to face that helped me see the relevance of my vision – to create sanctuary within and help others connect to that sacred place within themselves.

Wellness on Whyte has been open for a little more than a year, and it's been a marvellous journey! Growing up in Vienna, I am deeply influenced by the European concept of whole body wellness. That in combination with my background in Oriental Medicine, made it paramount for me to integrate ancient healing wisdom from east and west into a contemporary setting. The common principles within both cultures suggest that preventative rejuvenation is the most important key to optimum health! Our highly skilled team offers a unique variety of treatment options, making it possible to design customized wellness solutions.

Many of our treatments integrate subtle yet powerful vibrational healing through Reiki, Essential Oils, and Tuning Forks.

It continues to be a privilege to serve and offer a full spectrum of holistic wellness. We believe that healing encompasses the whole human being – physically, mentally, emotionally and spiritually. We create outer sanctuary to inspire connection to our inner sanctuary, encouraging wellness and healing on all levels.

Ayurveda: Rooted in the most ancient healing system, the treatments provide deeply nourishing stress relief and promote mental alertness.

Thai: improves mobility and increases energy levels.

Acupuncture: effective in pain management, hormonal imbalances, and everything else that no one seems to have an answer for.

Massage and Reflexology: encourages relaxation and accelerates injury recovery

Aesthetic services: boosts radiance through unique facials and body treatments, which melt away the visible stress, detoxify through bio-drainage, rejuvenate, and lift from within.

Flower essences: effective in addressing emotional challenges - like stress, anxiety, depression.

Nutrition: designed for your specific life style, promoting weight control, more energy, and greater fitness.



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