

Infant Massage Instruction:

Lighthouse Healing offers the flexibility of four ways to learn infant massage.

Loving Touch 4-Week Series: 2-4 couples or individual parents meet once a week for approximately 90 minutes. This four-week program is a great way for parents to learn infant massage with the guidance of a licensed practitioner.

Private Sessions: This is a perfect option if you and your baby prefer one-on-one attention, or your schedule does not permit you to attend a four-week series. Classes are approximately 75 minutes in length. 2-3 sessions are recommended with 1 follow-up session.

Prenatal Instruction: Be prepared to massage your baby as soon as he or she is born by learning infant massage while your child is in utero. A special massage doll is used to help you learn hands on. Classes are approximately 75 minutes in length. 1-2 sessions are recommended.

Home Group Parties: 3-4 couples or individual parents gather at one of the parent's homes for a single 2-3 hour session. The session consists of learning all of the strokes, or as many as time permits. The host(s) of the party learns for free!

✕ Can't find a babysitter? Older siblings are welcome to attend.

Pre & Post Natal Massage:

Massages for moms and dads are available in 50 or 80 minute sessions. A 10% discount is offered to parents who book back to back sessions on the same day.

Lighthouse Healing



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(212) 560-5521

www.lighthousehealing.com

Infant Massage

Pre & Post Natal Massage Therapy