



## *Infant Massage*

### **Top Ten Benefits**

- ✘ The bonding experience between child & parent.
- ✘ Increases sense of love, acceptance, respect, and trust.
- ✘ Increases self esteem for both baby and parent.



- ✘ Facilitates relaxation and stress release for baby and parent.
- ✘ Strengthens & regulates the baby's primary systems (digestive, respiratory, circulatory, etc...)
- ✘ Helps relieve gas, colic, and teething pain.
- ✘ Improves baby's body awareness.
- ✘ Helps baby sleep better.
- ✘ Improves parents' ability to understand baby's verbal & nonverbal cues.
- ✘ It's fun!

## *Pre Natal Massage*

### Benefits Include:

- ✘ Stress reduction & relaxation.
- ✘ Helps prevent prenatal complications.
- ✘ Improved physiological functioning.
- ✘ Facilitates relief from aches and pains.
- ✘ Helps with high-risk pregnancies.
- ✘ Prepares the body for labor.

## *Post Natal Massage*

### Benefits Include:

- ✘ Nurturing & emotional support.
- ✘ Helps restore the body to pre-pregnancy physiology.
- ✘ Alleviates muscle strain & fatigue.
- ✘ Healing from cesarean birth.

## *For the Daddy*

During a time when the physical & emotional changes in the expectant mother are so evident, it's easy for dad to feel left out. He's experiencing his own emotional and physical stress and it's important for him to receive Pre and Post Natal massage too!



### ***About Kara Donovan Guido***

Kara is the founder of Lighthouse Healing. She is a licensed massage therapist who graduated from the Swedish Institute in 2002. Kara is also a certified infant massage instructor having studied with the International Loving Touch Foundation. Her interest in massage began in 1999 when her husband became ill with a gastrointestinal condition called Crohn's Disease. Instinctively, she turned to massage to help him with pain management. In doing so she found her calling.

**Healing begins from within.**

### ***The Lighthouse Philosophy***

Lighthouse Healing was created with the philosophy of teaching parents how to care for their infants as well as themselves. It empowers the parent to take an active role in the well being of their children through infant massage. It also facilitates the well being of the parent through stress reduction using bodywork practices such as Swedish massage, Shiatsu, and Reflexology, helping mom and dad feel good & enjoy the journey of parenthood & life.