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Pregnancy Massage

Relax, increase your energy, relieve aches and pains with the caring touch of a certified massage therapist! Learn self-care techniques, including focus and breathing techniques to help during labor.

A wonderful way to meet your own "kneads" or to give as a gift to a friend "in knead."

Infant Massage Class

Our new infant massage class will help foster the growing bond with your new baby. Infant massage can help ease baby's discomfort from colic and teething, increase vocalization, enhance deeper sleep, and so much more!

Four 1-hour weekly sessions for babies 3 weeks to 10 months. Includes course materials and massage lotion. Taught by a Certified Infant Massage Instructor. Makes a great gift!

Browse www.WeKneadYou.com for more information on our therapists and range of services.

THERAPEUTIC KNEADS

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