



LIGHTSOURCE MASSAGE

Integrative massage with

Kayleigh McGovern, LMT

Available most days and evenings.

Call us or visit us online to book. 908.238.1081

WWW.LIGHTSOURCECHIROPRACTIC.COM

Massage Program Details:

Pre-Massage Consultation

We take a custom tailored approach to massage therapy that addresses your own condition and needs. Each treatment begins with a review of your questionnaire and a general assessment to determine areas of restriction and tightness.

Therapeutic Massage

A customized massage that incorporates a variety of advanced modalities to enhance the body's natural restorative functioning.

60 Minute Massage: \$85

90 Minute Massage: \$130

Pre / Post Natal Massage

A relaxing treatment tailored specifically to alleviate the physical discomfort and fatigue related to the changing bodies of pregnant women. Kayleigh will adjust her techniques to help improve circulation, diminish back and hip pain, relieve headaches, reduce leg cramps and swollen ankles and promote overall relaxation. Only available **after** first trimester of pregnancy.

60 Minute: \$100

90 Minute: \$140

Add Ons:

Reflexology

This eastern technique is based on stimulating specific pressure points on the hands and feet that correspond to other areas and organs of the body. Used to help restore and maintain the body's natural equilibrium by improving circulation, detoxification, and reducing tension.

20 minutes, \$25

Biomat Massage

The **Biomat** is an FDA licensed medical device that combines state of the art Far Infrared light and Negative Ion technology with the healing power of Amethyst crystal. This healing mat delivers professional therapeutic results, enhancing the effectiveness of your massage.

\$30

Young Living Oils Massage

Using Young Living Oils, Kayleigh will incorporate essential wellness into your massage experience.

\$35