



LEISA G. VINCENT JARMAN
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I would like to introduce myself. I am Leisa Jarman, a **Certified Massage Therapist** located in the Fremont area. I am **specializing in Postnatal Massage and Infant Massage**. This is an Ancient East Indian Tradition which has many benefits for the mother who has just delivered a baby, and also for her new infant.

BENEFITS

Mother

- *Strengthens and tones laxed tissue*
- *Relieves fatigued and aching muscles from the birthing process*
- *Promotes more energy to enjoy the new infant*
- *Allows for quality sleep which helps with attitude*
- *Calms the mind, helps relieve postpartum depression*
- *Helps in the prevention of future disease*

Infants

- *Tones and strengthens the body*
- *Relieves aches and pains from birthing process*
- *Helps in the growth of healthy tissue*
- *Relieves fatigue and promotes sleep*
- *Helps the infant feel calm and happy*
- *Reduces colic*

I will be happy to conduct a Free Consultation, over the phone, at a convenient time for the new mother. During the consultation we will create a package that works for their particular situation. I also occasionally run seminars to introduce people to postnatal and infant massage. Should there be any questions, please feel free to contact me.