



Invest in You.



NIA'S

Nervous System Reset

by Face Massage

(NOT A FACIAL)



Calm the mind. Release tension. Reset your nervous system.

A restorative 60-minute face massage experience designed to calm the nervous system, release tension, and promote deep relaxation—helping you feel lighter, calmer, and more energized.



BENEFITS

- ✓ Calms and regulates the nervous system
- ✓ Reduces stress, anxiety, and mental fatigue
- ✓ Releases facial tension and jaw tightness
- ✓ Improves circulation and lymphatic flow
- ✓ Supports better sleep and overall relaxation
- ✓ Promotes a natural feeling of balance and well-being

TECHNIQUES MAY INCLUDE

- Face Reflexology
- Acupressure
- Gua Sha
- Kobido-inspired Japanese techniques
- Nia's specialized methods

60-MINUTE SESSION



\$125

A focused, results-driven session to help you reset, rebalance, and restore.



DESIGNED TO HELP YOU:

- Calm the nervous system
- Promote relaxation
- Reduce facial tension
- Encourage energy flow
- Feel refreshed and re-energized



A HOLISTIC APPROACH THAT COMBINES ANCIENT WISDOM WITH MODERN WELLNESS.
YOU DESERVE TO FEEL YOUR BEST—INSIDE AND OUT.



TO BOOK YOUR SESSION
973-317-8477



VISIT OUR WEBSITE
niasbiomagnetism.com



LOCATIONS
Verona • Princeton • New Brunswick