

Baby Massage

FREE sessions



Baby Massage provides a special time for you and your baby to share.

Please join us at our free baby massage sessions and you will learn a variety of massage strokes that will help you to develop a strong physical and emotional bond with your baby.

Massage has many benefits for both babies and parents.

- **Massage can help babies to sleep better, cry less and be less stressed**
- **Massage releases the 'feel good' hormone oxytocin in both parent and baby, helping you both to feel calmer and more relaxed**
- **Massage can help with digestive issues such as colic**
- **Massage can provide the baby with relief from minor ailments such as teething pain**

For more information, or to sign up please contact:

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