



Little Lotus Baby

The Baby Massage Experience

Experience

During the Little Lotus Baby Massage Course you will learn through practise & experience. We will cover;

- Relaxation techniques for parents
- Baby massage strokes
- Baby reflexology
- Baby facial
- How to ease wind, colic and constipation through Baby Massage
- How to ease teething pain through Baby Massage
- What cues your baby is giving you and what these mean

Oil

You will receive a bottle of pure sunflower oil that you can use during your Baby Massage workshop.

We will discuss the use of oils and the different types of oils during the workshop so that you can decide which you would like to use at home with your baby.
*Patch testing oil is a necessity

Baby massage guide

After each session you will receive an information guide about what we have covered. This will help you to carry on with your practise at home.

Support

During the course please feel free to contact me with any questions or queries relating to baby massage.

After each massage session we have refreshments and a little topical discussion. If there is something you would like to discuss within the group please let me know in advance and I can research the topic.

Access to Little Lotus Mums Club

Signing up to a Little Lotus Baby course means that you are able to join the Little Lotus Mums Club. Giving you access to a private Facebook support group, videos and you will receive invites to sign up to Mummy and Baby coffee morning sessions at the Little Lotus Studio.