



# Postnatal Baby Massage

**R800**  
for the  
4 sessions

Bond. Relax. Connect.



All sessions are  
done in 1 day



Will be done in the  
comfort of your home  
**on your own baby**

## Benefits of Baby Massage



Strengthens  
bonding



Promotes  
better sleep



Relieves  
discomfort



Supports  
development



Boosts  
immunity



Encourages  
relaxation

## ★ 4-SESSION COURSE ★

Practical guidance • Gentle techniques • Lasting benefits

### Session 1



#### Hands & Feet

Learn gentle strokes  
to relax and stimulate  
your baby's hands  
and feet.

### Session 2



#### Tummy & Chest

Soothing techniques  
to support digestion  
and ease colic and  
discomfort.

### Session 3



#### Arms & Hands

Nurturing massage  
to release tension  
and encourage  
muscle development.

### Session 4



#### Face & Back

Calming strokes for  
relaxation, improved  
sleep, and overall  
well-being.



Suitable for babies  
**from 6 weeks**



Personalised guidance  
in the comfort of your home



Take-home tips to continue  
the practice with confidence

★ — *Invest in connection. Invest in your baby.* — ★  
**Book your session today and give your baby the gift of touch.**