**Baby Massage Sessions Available**

**Introductory Baby Massage Course**

This class teaches parents and carers the brief basics of Baby massage so they can get started at home.

**Included in this course:**

* Permission sequence
* Which Oils to Use
* When is the best time to massage your baby
* Contraindications (when not to massage)
* Basic massage techniques for:
  + Legs
  + Abdomen
  + Chest
  + Back

**Duration:**45-60 minutes

**Cost:** Group booking – $30 per person (minimum of 3 parents and babies)

Private lesson – $75

Bring change mat and towel.

**Colic relief course**

This session is designed to focus on relief of colic, wind, constipation and reflux. The strokes used for relief will be discussed and demonstrated, as well as general information about Baby massage and the use of appropriate oils.

**Duration:** 45-60 minutes

**Cost:** Group booking- $30 per person (minimum of 3 parents and babies)

Private lesson- $75

Bring change mat and towel

**Ante Natal Session**

Basic massage techniques are demonstrated and practised on dolls provided, so that you can start to massage your baby as soon as he/she is born.

**Duration:** 60 minutes

**Cost:** Group booking- $30 per person

Private lesson $75

**Advanced Baby Massage (3 one-hour sessions)**

*Session 1*

This session covers, oils, permission sequence, contraindications for massage, massage strokes for legs, feet and buttocks. When to massage and for how long

*Session 2*

This session covers baby’s daily cycle, benefits, body cues, strokes for abdominal and chest massage, and touch relaxation.

*Session 3*

Face, arms and back. Lymphatic drainage. Review of strokes

**Cost:** $90 for 3 sessions (as part of a group session)

$150 for 2 private sessions

(All the above courses include a small bottle of massage oil)