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## COURSE OPTIONS

### Individual Class:

This is a one hour class that will introduce the benefits of infant massage, various massage techniques for the front of the baby's body & colic-gas routine. Includes handout & organic massage oil.

### Full Course:

This program consists of 3 one hour sessions. Parents & caregivers learn the benefits of infant massage, comforting touch techniques, full baby massage, gas & colic routines, baby exercises, adaptation for growing older and natural skin care techniques.



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# Learn the Art of Baby Massage

## EarthlyEssentials



Health & Wellness

*The Power of Touch...*



*Healthy touch is essential for growth &  
development, healthy state of mind,  
bonding, trust and love*

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## LEARN THE ART OF BABY MASSAGE

*Your Baby is precious & totally dependant upon you for warmth, nourishment and touch.*

Throughout history, mothers from all countries have massaged their babies. The natural therapeutic value of baby massage is a part of many age-old cultures & traditions. The benefits are scientifically proven through research and on going study.

In India and Hawaii, baby massage is believed to make the baby's face more beautiful, it makes the baby's bones strong (Nepal), eases tummy pains (Bali), and is taught by doctors to help develop the infant's nervous system (Russia).

The Ayurvedic Tradition of Abhyanga, a warm sesame oil massage each morning soothes both the nervous system and endocrine systems. It rejuvenates the skin, tones muscles, eliminates impurities and allows the day to start relaxed and rejuvenated.

In societies where babies are held, rocked, massaged, breastfed and carried, infants are happier, more secure, trusting and able to better handle the stresses of the environment outside of the womb.

## BENEFITS OF INFANT MASSAGE Stimulation, Relaxation, Relief, In- teraction

Through massage, natural sensory *stimulation* speeds myelination of the brain, enhancing neurological development. Also massage stimulates the respiratory, circulatory & gastrointestinal systems .



ACTH (adrenocorticotopic hormone) is produced by the pituitary gland in order to deal with the stress of being born. After birth, “down” time is essential for the newborn. The ACTH is no longer needed to be produced and *relaxation* is essential to prevent colic, upset and distress. Through regular touch & massage, nursing, rocking, cradling and cuddling baby, the stress threshold is raised and baby is able to respond with relaxation.

Massage will provide *relief* for uncomfortable gas pains. It will aid in toning the digestive tract, and promote peristalsis. Parents will learn the *Touch Relaxation* technique.

Bonding between parents & baby is enhanced through loving, caring and constant *interaction*. As visual, audio and sensory cues are recognized and understood, the parent/ baby communication is enhanced health development naturally follows.

## BABY MASSAGE COURSE

Courses facilitate parents &/or caregiver to massage baby using traditional Indian, Swedish and Ayurvedic massage techniques.

Please bring: two blankets, 2 pillows, & baby's needs.

Handouts and organic massage oil will be provided.

## AGES FOR MASSAGE

Ideally, the Baby Massage Course begins for newborns up to six months of age.

Both parents and/or grandparents, caregivers are warmly recommended to participate.

Courses can also be conducted for: Premies, special needs, older babies, toddlers, children, youth and adults.