

Perinatal East

Infant Massage



Our baby massage courses offer a wonderful opportunity for you to learn how to communicate with your baby through nurturing touch and massage in a relaxed and welcoming environment.

This class consists of a small group (3/4) for 5 weeks (currently on Thursday's) and is led by our senior crèche worker, and qualified infant massage instructor, Mandy. You will go through a series of strokes and techniques to support these early weeks and months.

On the course you will learn; Massage strokes, colic routine, gentle movements and touch relaxation, what massage oils to use, how to adapt your strokes for the needs of a growing child.

