



Baby Bears M A S S A G E

MASSAGE COURSES

Suitable from 6 weeks to crawling.

We run a variety of courses including an introduction to baby massage, group courses over 5 weeks and recap sessions. One on one sessions can also be arranged. Our classes are all baby led.

Massage has many added benefits for your baby, including improving weight gain, aiding digestion, improving circulation, and easing teething pain. Massage is a great way to bond with your baby.

Oil and towels are provided in the classes.

Please contact us to find out when the next course is running.



@babybearsmessage

**Discover the
benefits of
massaging your
baby**

**Bonding and
attachment**

**Aiding
digestion,
improved
circulation**

**Help with colic
and sleep
routines**

**And many more
benefits for you
and your baby**

**BABY BEARS
MESSAGE**

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