



BABY MASSAGE

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For your bundle of joy massage therapy is an essential tool to strengthen the bones, muscles and ensure that the baby's future mobility is aided. However it is necessary to understand how the massage is to be done. The right approach benefits the baby, where as the wrong may have no effect.

Paras Bliss values that bonding of a mother with her child during a massage. We provide solutions to ensure the best for the mother and the baby. Specialized massage therapy workshops and services are provided.

SPECIALISED BABY MASSAGE WORKSHOP:

This is most beneficial for the new mothers who wish to know the right technique to massage their babies and toddlers.

Paras Bliss and the Specialized Registered Massage Therapists provide a 90 minute workshop to teach the new parents the basics of how to massage their babies from birth to the crawling stage. Taught by a Registered Massage Therapist, you will learn the benefits of massage for baby and care-giver, the power of positive touch and the techniques to give a full body massage.



Benefits of the workshop:

- ▶ Learn the strokes and the direction of the massage strokes
- ▶ Learn why massage is really important for the baby
- ▶ Learn the different types of massage therapies for your baby
- ▶ Learn the importance of Phototherapy along with massage treatment
- ▶ Learn how to bond and communicate with your baby during massage
- ▶ Practice massage therapy steps on baby dolls
- ▶ Interpret crying and time out cues and learn how to cope with the same
- ▶ Learn the effective comforting and bonding techniques
- ▶ Learn the healing process of newborns and how to adapt to different massages
- ▶ Learn how to use and make homemade massage oils
- ▶ Learn the correct ways to lift and hold your baby

During the therapy and workshop, Paras Bliss provides mats, oils and supportive handouts. Mothers are requested to get their baby wraps along. This workshop is designed for pre-mobile babies.

To enroll and know the details of the workshop contact the hospital coordinator. The hospital may schedule you for a personalized or group session.

SPECIALISED BABY MASSAGE SERVICES:

Paras Bliss provides specialized massage therapy for your bundle of joy. The Specialized Registered Massage Therapists use aromatherapy and use specialized oils to nourish and massage your baby. There are unique massage therapies for preterm babies accompanied with Phototherapy.

The Registered Massage Therapists have well developed massage programs for babies with special requirements such as:

- ▶ Babies suffering from colic disease
- ▶ Preterm baby massage therapy
- ▶ Babies suffering from eczema
- ▶ Babies with special needs and adoptive families





BENEFITS OF MASSAGE THERAPY:

There are various benefits of baby massage therapy. Infant massage:

- ▶ Helps the baby sleep better
- ▶ Relaxes and soothes the baby
- ▶ Aids digestion
- ▶ Contributes to the baby development
- ▶ Helps in better bone and muscle development
- ▶ Helps in the mobility in the baby's body
- ▶ Encourages bonding & improves communication

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OUR SPECIALITIES

Obstetrics
Gynaecology
Neonatology
Paediatrics
Fetal Medicine
Cord Cell Preservation
Lap Gynae
Dermatology & Cosmetic Surgery
Infertility Treatment
Adult & Child Dentistry
Women & Adolescent Health
Dietetics & Nutrition
Painless Delivery
Physiotherapy

OUR SPECIAL PROGRAMS

Ante Natal Class
Post Delivery Weight Reduction Program
Lactation Counseling
Baby Care/ Toddler Care
Baby Massage Treatment
Mommy Massage Treatment – Pre Natal & Post Natal
Pal Services
Adolescent Hygiene Program
Stretch Mark Treatment Plan



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