

Baby Massage

- Q. **My baby isn't yet 3 months, can they still join the class?**
A. *It is not out of the question, however it will be only by prior discussion with me. There are just a couple of areas to discuss, and if you are happy then we will be fine to proceed with the class.*
- Q. **I have a group of friends, and we'd all like to do the class together, is this possible?**
A. *Yes, very much so. The class isn't just for your baby, it is a chance to chat and swap stories with others in the class, so a group of friends together is perfect.*
- Q. **My baby doesn't like their clothes being taken off, will I be able to join your class?**
A. *I hear this quite a bit from many parents, and the baby's are usually still quite young. As their skin is so sensitive to everything the mere task of having their clothes taken off can be quite unnerving for them. However, once they get to about 3-4 months, then they are usually more able to cope with this task. I would say that once they have had a couple of massages, the baby will be settled enough to enjoy the class too!*
- Q. **My baby cries quite a bit and seems unsettled, can I join the class?**
A. *Of course, just because a baby is crying doesn't mean they are sent out of the class! Anybody is welcome to join, and in many cases the massage class soothes the baby from their woes. As massage can help soothe ailments you may find a massage the baby particularly enjoys!*
- Q. **My baby has sensitive skin, which oils do you use?**
A. *I use a vegetable oil, such as grape seed oil as it has hypoallergenic properties. I have not yet found a baby or adult who has had a reaction to this oil; however different oils and their suitability are covered in the classes.*
- Q. **I am a little bit nervous about joining a group, can I book a one-to-one session?**
A. *Yes of course, single sessions are not a problem and this can be booked by prior discussion with me.*