

Baby



Reflexology

For minor illnesses such as colic, reflux, constipation, tummy upsets, teething, ear ache.....



Workshops available on Tuesdays

3 x 1 hour sessions for parents/carers and babies from 4 weeks upwards

£20.00 per workshop book in blocks of 3

Individual sessions available please ask.

What is **baby reflex**?

Baby reflex is a gentle and effective method of Reflexology that carers can give to their own babies from the age of 4 weeks onwards

Baby reflex helps to calm & relax the baby and improves their sleep patterns.

Baby reflex techniques are ideally given by parents to their own baby's feet. Babies naturally love touching and having their own feet touched.

Baby reflex complements the natural bonding between mother and baby when **baby reflex** is given, all in all it makes for a very contented mother and baby.

Please contact reception for more information or to book your place on the next series of workshops

For questions on the workshops please call Linda 07764 151599 (no answer phone)

the **self** centre

be yourself

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