

Prepare - lights, music, oil/lotion



Massage both sides together:



1. Head x5

2. Shoulders to hands x5;

3. Trunk to legs to feet x5

4. Massage LEFT arm and hand x 10



5. Massage LEFT hand 1-2 minutes



6. Massage baby's LEFT side x 10



P.T.O.

7. **Massage LEFT leg x 10**



8. **Massage LEFT foot 1 -2 minutes**



To finish massage both sides together again as in step 2:

9. **Head x 5**



10. **Shoulders to hands x 5**



11. **Trunk to legs to feet x 5:**

