

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



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:

