

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 **RIGHT** arm and hand x10



5. Massage **RIGHT** hand 1-2 minutes



6. Massage baby's **RIGHT** side x10



7. Massage **RIGHT** leg x10



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



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

9. Head x5



10. Shoulders to hands x5



11. Trunk to legs to feet x5:



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