

Face, Head, Neck and Back

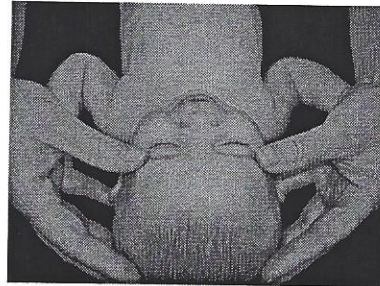
Face

- Relax
- Ask permission
- Powerful birth memories may be stirred when working on the face, for both Mom and Baby

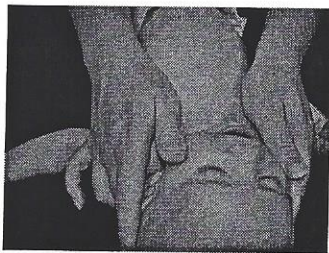
Forehead – with thumbs smooth forehead from center to sides



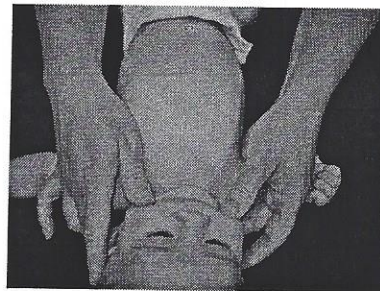
With thumbs, gently stroke outward over closed eyelids



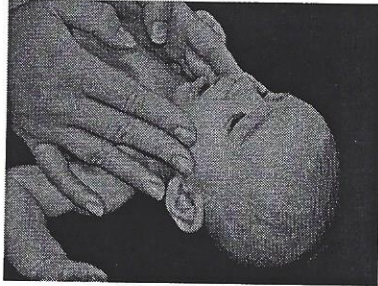
With thumbs, press gently upward on bridge of nose, then glide down sides of nose and outward across cheeks



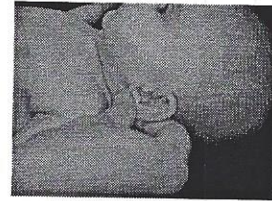
Make smiles with thumbs on upper and lower lips



With fingertips, make small circles
around jaw line



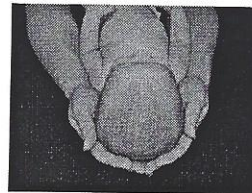
Rub ears between thumb and
forefinger, then run fingertips behind
ears, down under jaw.
Meet and pull up at the chin.



Head

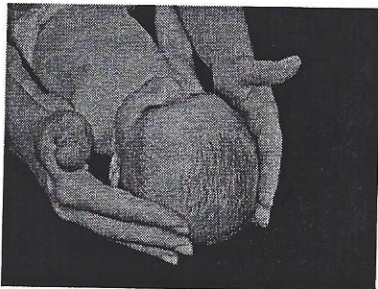
- Ask permission!!
- RELAX, center and balance yourself
- Cup baby's head gently in both hands
- Imagine your tranquility bathing your baby
- Quietly, peacefully, allow your inner wisdom to invite the baby's inner wisdom to return the bones in her head to their most beneficial position

Cup head with both hands, gently



- Then, cupping the head gently with one hand, use flat fingertips to make small circles all around the crown

Cup head and stroke from the back to
the sides

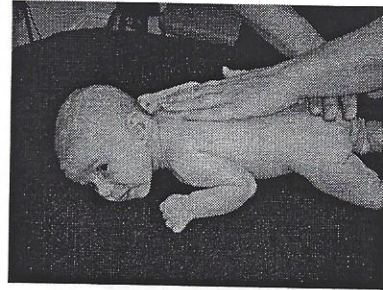


Love & Cuddle Time!!!!

Neck and Back

Ask permission and change position

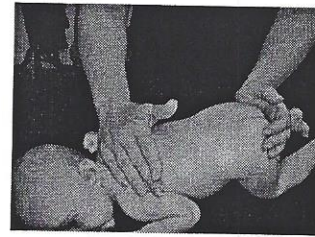
Rub, hand over hand, down the back,
over the spine



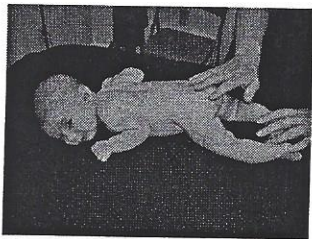
East-West – Move hands in opposite
directions, hands at right angles to
the spine

Back and forth, side to side
from shoulders to bottom

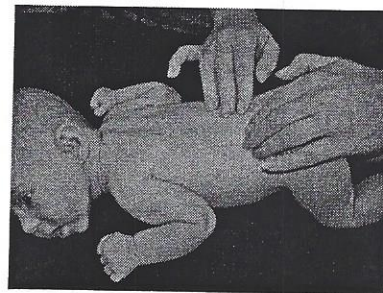
With one hand steadily cupping the
bottom, pull gently down the back,
meeting hands at the bottom



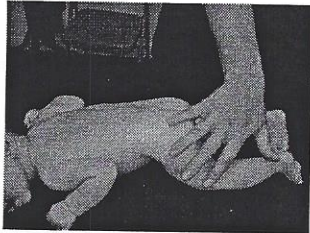
Repeat the motion, while steadying
the baby's ankles – Pull from shoulders
to calves.



Make small circles all around the back,
and larger circles on the bottom



Comb gently, top to bottom, going
from a heavier stroke to a feather light
stroke



Massage is over, time for love and
cuddles!

