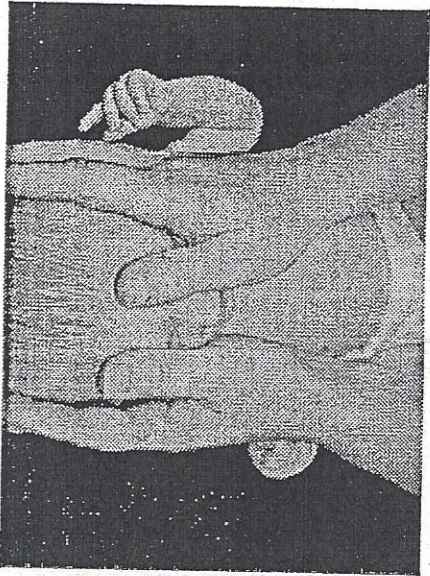


## Face, Head, Neck and Back

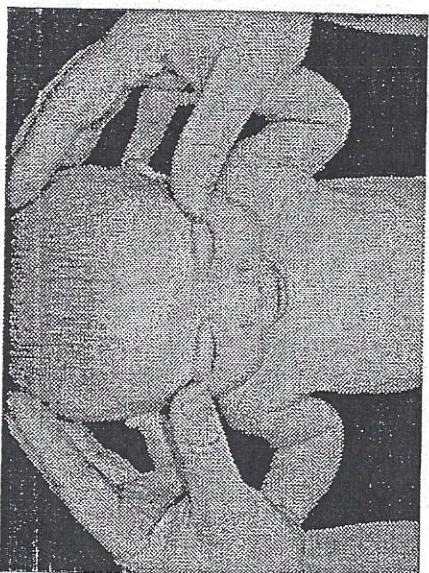
## Face

- 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

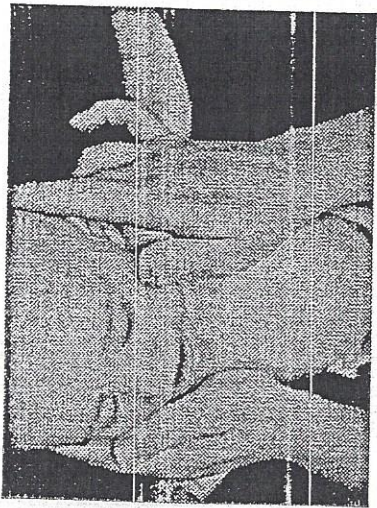


With thumbs, gently stroke outward  
over closed eyelids

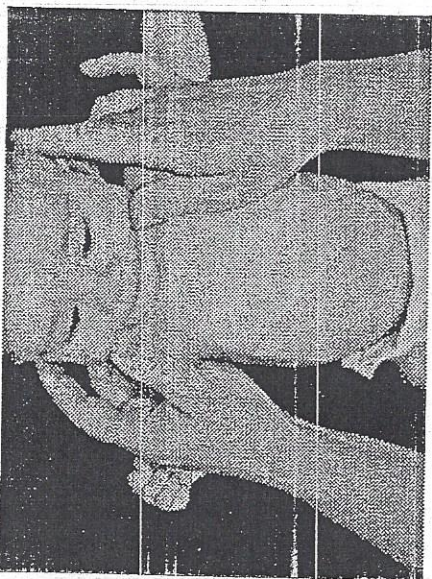




With thumbs, press gently upward on  
bridge of nose, then glide down sides  
of nose and outward across cheeks



Make smiles with thumbs on upper  
and lower lips

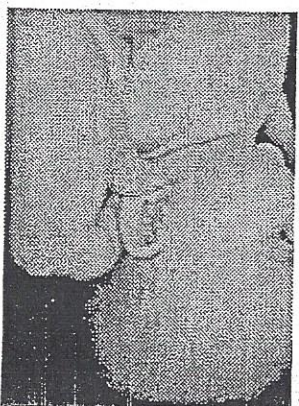




With fingertips, make small circles  
around jaw line



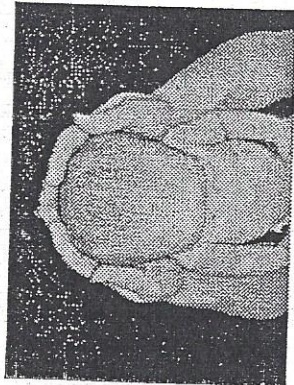
Rub ears between thumb and  
forefinger, then run fingertips behind  
ears, down under jaw.  
Meet and pull up at the chin.



## 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

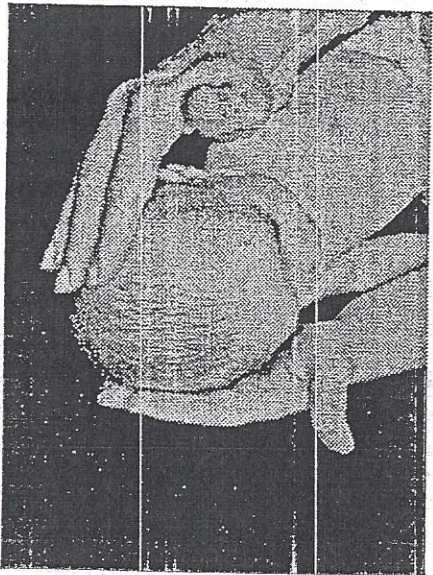
## Cup head with both hands, gently



- 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

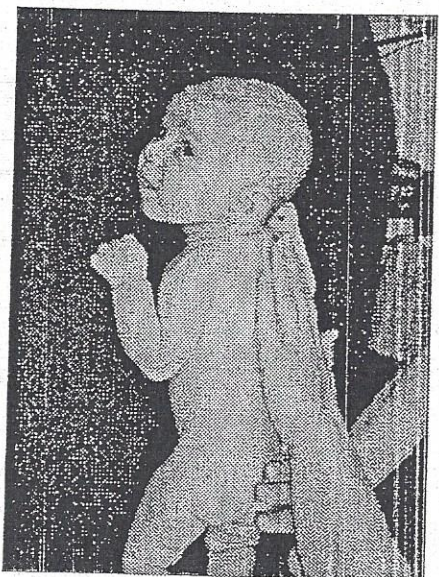


Love & Cuddle Time!!!!

## 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

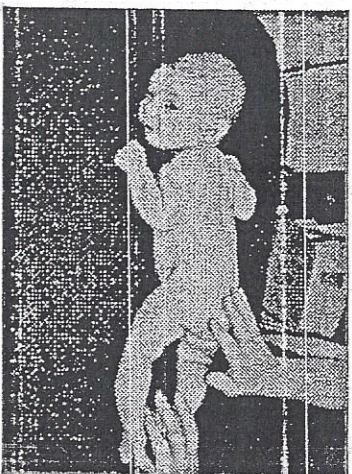
Back and forth, side to side  
from shoulders to bottom

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

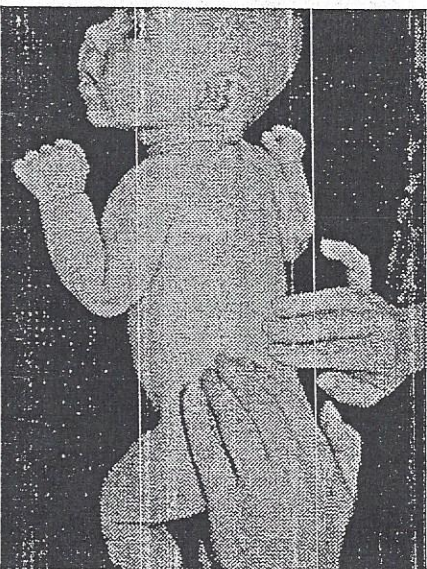




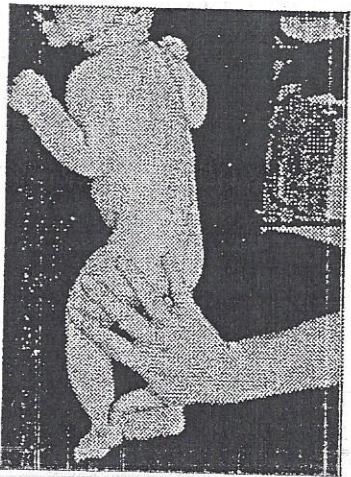
Repeat the motion, while steadying  
the baby's ankles – Pull from shoulders  
to calves.



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!

