

Baby Spa is as simple and pure as its name suggests: a tranquil haven where babies enjoy a deeply satisfying experience.

Each 75-minute spa session includes water flotation and infant massage, promoting a range of physical and emotional benefits in babies as young as 2 days.

**Book a Baby Spa Session**

For more information, or to book a session, please contact us on

t: 020 7937 3747

e: [info@yourbabyspa.com](mailto:info@yourbabyspa.com)

or visit [www.yourbabyspa.com](http://www.yourbabyspa.com)

6 Lancer Square, Kensington Church Street  
London W8 4EH



## Baby Spa Sessions



### Water flotation

Each session begins with a 10-20 minute 'float' in a neonatal tub filled with pleasantly warm, purified water. Your little one is safely supported by a BUBBY™ and so is able to move around effortlessly throughout.

If you are concerned about bathing and handling your baby in water at home, do not worry. We can show you how to make the experience pleasurable for you both.

### Benefits

The sensation of floating in warm water puts babies completely at ease and promotes a number of key benefits:

Muscular and skeletal strength is increased through the water's gentle resistance.

- Movement through the water has a positive effect on the digestive and circulatory systems, which reduces meconium levels and lowers risk of jaundice three or four days after birth.
- Subtle water pressure on the chest increases lung capacity by strengthening intercostal muscles and the respiratory system.
- Regular sessions benefit the cardiovascular system, improving return of blood flow to the heart.



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### Baby massage

Once out of the water, babies are treated to a gentle, professional infant massage which stimulates every sense. As a parent you will also learn these massage techniques, which you can then use on a regular basis.

### Benefits

Neonatal Massage is a wonderful way for you as a Mum (or Dad) to connect with your newborn in a safe and tranquil environment. It's also helps you better understand your baby's non-verbal communication and increases your confidence in dealing with it.

### What can a Baby Spa session do for your baby?

- Develop mind-awareness and co-ordination
- Reduce discomfort from colic, wind and constipation
- Promote relaxation and improve sleep quality
- Ease irritation caused by teething
- Stimulate digestive, respiratory, circulatory and nervous systems
- Innate swimming reflexes are stimulated and developed, as babies learn to control their movements and direction

Weight and development is recorded during each session.

Laura Sevenus is the author of 'Practically Swimming', a specialist publication on the subject, and has over 40 years' experience in providing a safe, beneficial water-based environment for your baby.