



Part 2 – check part 1 in the May–June 2014 issue before starting to massage your baby.

Mom Romy and Baby Piya Zowitky

# Rub-a-dub bub

In this feature, we show you a number of techniques to help you massage your baby's head and face, some of **Sister Lilian's** 'magic moves' and a few others your baby will love.

B.O.N Liquid Gold Pure Tissue Oil is safe to use throughout pregnancy and as a massage oil for your baby.

- Spray or shake a little Liquid Gold onto your hands and rub them together to warm them up before massaging Baby.
- The formulation has more than 85% natural ingredients.
- It's suitable for sensitive skin.
- It contains no liquid paraffin, mineral oil, BHT, colourants, retinyl palmitate or animal products.
- Add a few drops to Baby's bathwater to moisturise dry, flaky skin.



## Baby's head and face



Cup baby's head in both hands; stroke backwards towards the base of the skull; part your hands and stroke till your fingers meet at the chin. Repeat a few times.



Place your hands on the sides of baby's face, with your thumbs in the middle of the forehead, just below the hairline; stroke each thumb in a straight line outwards towards the temples. Bring thumbs back to the middle, a little lower this time, and repeat till you reach the eyebrows.



With your hands gently at the sides of baby's head, put your thumbs on the cheekbones and stroke with the thumbs from the middle outwards, and slightly downwards.



Hold the upper curve of baby's ear shell between your thumb and forefinger and gently squeeze and release; continue all the way down to baby's earlobe.

## Sister Lilian's magic mini-massage points

Try these  
for instant  
relaxation!



Place your index finger between Baby's eyebrows and just above the bridge of her nose; massage with gentle circular movement.



Cup Baby's head, place your thumbs on baby's temples and massage gently with circular movements.



Place your index finger midway on an imaginary line joining Baby's nipples, just over her heart and massage gently with circular movements.



Gently rub up-and-down behind the shell of Baby's ear, following the natural curve with your index finger – you can first do one side, or both at the same time.



Hold Baby's foot securely in one hand; grasp Baby's big toe gently and slowly wiggle it around in circles. Repeat on the other foot, and you can even do all toes!

## More amazing moves



Place the palm of your hand on baby's chest, with your fingers cupped over Baby's shoulder; with the fingers of the other hand 'walk' over the navel and up Baby's abdomen a few times.



Place the heel of your outstretched hand over the base of Baby's spine; exert gentle downward and forward pressure for a few seconds. Release and repeat a few times.



For this 'baby stretch', bring Baby's right foot to her left hip, with her knee bent; at the same time grasp her left forearm and bring it over toward her right shoulder. Hold this for a few seconds, release and repeat on the other leg and arm.



Grasp Baby's legs securely just below the knees and slowly but firmly 'ride bicycle', alternately pushing the knees up toward Baby's abdomen.