

# Infant Massage & Holistic Therapy

# Infant Massage & Holistic Therapy

# Caring Touch

My name is Kerry Coleman. I'm a qualified infant massage practitioner and instructor, and holistic therapist based in the Wirral. I specialise in supporting and benefiting parents and their infants through massage and reflexology.

I'm a member of the Federation of Holistic Therapists and have a private practice in Wallasey, but I also run infant massage courses and instruction at various venues throughout the Wirral. I can even come to your home if that is more convenient for you.

I offer a variety of holistic therapies, including Indian Head Massage, Reflexology, and healthy lifestyle advice, as well as showing you how wonderful, special, and beneficial massage for your baby or infant can be.



For a friendly chat, or to book an appointment, please contact me: 07906-816549

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**Kerry Coleman (MIGHT)**  
Qualified Instructor, Practitioner and Therapist



THE NHS DIRECTORY  
OF COMPLEMENTARY AND ALTERNATIVE PRACTITIONERS



**Mobile:** 07906-816549  
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**Web:** [www.infantmassagetherapy.co.uk](http://www.infantmassagetherapy.co.uk)

## Community Group Discounts

If you run an organisation or community group, I offer competitive rates for Infant Massage group demonstrations and instruction classes.

## Caring Touch Infant Massage & Holistic Therapy

24 Denton Drive  
Wallasey  
Wirral  
CH45 7QR



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to share a lifetime, and beyond...

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# About Infant Massage

# Infant Massage

# Holistic Therapy

## Infant & Baby Massage

You and your child are unique, yet we all respond positively to kindness and love expressed through healthy touch and massage.

Massage for your baby or toddler provides the perfect opportunity for you to learn to interpret your child's behaviour through massage. This helps to increase your own self confidence as a parent, decrease stress levels, and strengthen the bond and relationship between you and your new child.

Your child can benefit from massage in many ways. Massage has the potential to stimulate circulation, as well as the nervous, immune, and respiratory systems. For newborns, it may provide greater relaxation, ease discomfort, and promote restful sleep. For toddlers, it further provides the opportunity for you to strengthen communication, understanding, and trust.

For mothers, the increased mental and physical bond may help boost breast milk production and help combat post natal depression.

Infant and baby massage is suitable and beneficial for children of any age and ability, and the instructional sessions will be tailored to your child's individual circumstances and needs.

For more information please visit my website:

[www.infantmassagetherapy.co.uk](http://www.infantmassagetherapy.co.uk)

### One-to-One Home Instruction Session:

Infant massage instruction for both parents and infant in the comfort of your own home, including instruction manual and **FREE** massage oil (approx. 1 hr 30 mins).

### Follow-On Home Session at discounted rates

#### Group Instruction Sessions

If you'd like to learn infant massage techniques with fellow parents, I can teach group sessions for you and your friends in the comfort of one of your homes.

- 2 couples with infants
- 3 couples with infants
- 4 or more couples with infants

Group session prices include instruction manual and **FREE** massage oil for **EACH** couple. Please contact me for details.

### In-Depth Course at discounted rates

For greater depth of knowledge, and additional longterm benefit for you and your child, why not opt for my advanced courses:

- 4 week course
- 6 week course

If you book a course you will not only benefit from discounted bulk booking rates, but you will also receive your **FREE** massage oil and **FREE** £5 voucher to spend against any of my other holistic therapies.



### Reflexology – for feet or hands:

A relaxing therapy based on the principle that reflex points on the feet and hands correspond with organs and areas throughout your body. It works to unblock energy lines and helps the body re-balance, allowing for natural healing to occur. (1 hr 10 mins)

### Metamorphic Technique:

A light, non-invasive yet rhythmical touch to the spinal reflex points located on your feet, hands, back and head. A very relaxing and soothing treatment to promote beneficial change and transformation on a mental and physical level. (1 hr)

### Indian Head Massage:

Flowing massage strokes and sequences to your upper back, shoulders, arms, neck, head and face, which help to reduce feelings of stress and tension. Promotes deep relaxation, boosts energy levels, and helps improve circulation, skin and hair condition. (45 mins)

### Reiki:

Hands are placed on and above the body with the intention to allow Reiki energy to be directed to where it is needed. Very gentle and relaxing treatment that aims to re-balance body and mind. (1 hr)

### Hopi Ear Candles:

Both ears are treated with a hollow, natural candle that is inserted in to your outer ear. When lit, the candle creates a light suction action, which may help to provide temporary relief from tinnitus, sinus problems, and headaches. The treatment is concluded with a gentle and soothing massage to your head and face. (30 mins)

All times and prices correct as of March 2010 but are subject to change without prior notice or warning.