



**HiPP**  
*Baby*  
SANFT

Our loving care  
for sensitive skin.

# Baby massage

# Massage tips

Loving touch strengthens the bond between you and your baby



1

By giving your baby regular massages, you can also support their development. Make sure your fingernails are trimmed and your hands are warm before you start the massage. Using HiPP Baby Oil will make the experience more comfortable and enjoyable for your baby and will also moisturise their skin.



2



3

## Torso

1. In a crisscross pattern, stroke diagonally across their chest from one shoulder to the opposite hip – start with your right hand and then switch.

2. Now place the palms of your hands on their sternum and gently stroke outwards, tracing a heart shape while doing so. Start the movement further down with every repetition.



4

## Legs and arms

3. With your hands grasping their leg at the thigh, stroke down from hip to foot. Use your thumbs to massage the sole of each foot in a circular motion, gently squeezing each toe.

4. With your hands grasping their arm at the shoulder, stroke down from shoulder to hand. Use your thumbs to massage the palm of each hand in a circular motion, gently squeezing each finger.



5

## Back

5. Use both hands to stroke down from the back of their head to their bottom.



For more tips on baby massage and skin care, visit [www.hipp.com.sg/skin-care/](http://www.hipp.com.sg/skin-care/)