

Infant Massage Class

嬰幼兒按摩班



Gleneagles Hospital

HONG KONG

港怡醫院

Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).

港怡醫院為市民提供免費專車服務往來港鐵黃竹坑站 (A出口) 及醫院 (正門)。



Free Shuttle Schedule
免費專車服務時間表

MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).

您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



Hospital address
1 Nam Fung Path,
Wong Chuk Hang, Hong Kong

醫院地址
香港黃竹坑南風徑1號

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www.gleneagles.hk

 港怡醫院
Gleneagles Hospital Hong Kong

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Infant massage, originating from an ancient culture with thousand years of history, is believed to have numerous benefits for both baby and the family. In our infant massage classes, we will blend in Indian Massage, Swedish Massage and Reflexology to promote infants' well-being.

More than just a massage routine, the moment when you fully devote with loving touch in you baby brings irreplaceable intimacy. Scientific researches show that infant massage bring multiples positive effects for baby's growth and help promote harmony in the family. Many infants show improvement in growth, development, and sleep, immune systems strength and reduction of colic.

Come to join our class and extend this wonderful experience to home. This experience will imprint in both you and your baby's growth journey.

嬰兒按摩源於數千年前遠古文化，傳統相信嬰兒按摩為嬰兒及家庭帶來多種好處。我們的嬰兒按摩班揉合印度、瑞典手法及足底按摩，旨在推廣全人健康。

試想像一下，當您透過用心的按摩，全神貫注於您和寶寶之間的連繫、您倆之間的眼神接觸，再細微觀察寶寶的表情反應，那種親密連繫是無可取代的。有研究指出嬰兒按摩為寶寶和整個家庭均帶來各種好處，包括促進寶寶的成長及發育、改善睡眠、強化免疫系統，及減低腸絞痛等等。

誠邀您參與課程並將這體驗帶回家，延續與寶寶的連繫。這將為您和寶寶的成長路上帶來難忘體驗。

Class details 按摩班詳情

Programme 課程

Run by IAIM certified Infant Massage Instructor, the class is under IAIM course syllabus
由國際嬰兒按摩協會(IAIM)已認證的導師指導，並為IAIM旗下課程

Target group 對象

Parents and infant from birth to 1-year-old
父母及初生嬰兒至1歲小童

Duration 課程時間

60-90 minutes per session for 5 consecutive sessions
每堂60-90分鐘，連續五堂

Venue 地點

3/F, Tower B, Gleneagles Hospital Hong Kong
港怡醫院B座大樓三樓

