

Baby Foot Massage



Help your baby with light massage using soothing strokes and light pressure. Coupling this with appropriate diluted essential oils can be so helpful to a baby's care. It is also comforting to the parent as well. Consider below the different zones of the foot and how they reflect areas that may need occasional attention on your baby.

Hold the baby's foot in your hands and apply gentle pressure and strokes in the different areas described below for relaxing comfort and benefits to both baby and parent.

Head/Teeth

Sinus area

Upper abdomen

Lower abdomen

Pelvic area



- Gently squeezing individually the tips of the toes and massaging/squeezing the great toe focuses on the head, teeth and sinuses. Consider for congestion or teething.
- Gently pressure squeeze and do vertical strokes along the balls of the feet. This is associated with upper respiratory area but is also a relaxing and a playful help for most babies.
- Do long strokes from the great toe to the heel along the arch area. This is associated with the spine and is also a very relaxing and calming motion for most babies.
- Apply gentle pressure and circular motions on the arch and mid-foot. This is the primary area for digestive discomforts.
- Address the heel areas with gentle thumb pressure from spot to spot. Use this to relax and also for digestive discomforts.