

STEP 1 SET THE MOOD

Create an optimal massage environment.

- Wash your hands, remove jewelry, and trim long nails.
- Pick a comfortable, quiet location with a soft rug or baby mat.
- Turn on relaxing music, dim the lights, and make sure room is warm.
- If baby is easily distracted, give baby a toy to hold. A small floor mirror is a great tool for back massage.
- Elevate baby's head on a rolled towel and keep a blanket nearby if baby gets cold.

STEP 2 CONNECT & CALM YOURSELF

Center & calm yourself. When we are calm, baby feels our energy and reflects that back to us.

- Reserve enough time. Do not rush the massage.
- Place your hand over your heart and take a few slow, deep breaths.
- Choose a mantra to repeat:

1. "I am open to the lessons my baby will teach me."
2. "I give myself permission to slow down to connect with my baby."
3. "I choose calm over anxiety."
4. "I will release control and let baby guide the massage process."

STEP 3 CONNECT WITH BABY

Baby massage is about learning your baby's cues and likes/dislikes so you can gain a greater understanding of each other.

- Make sure baby is in a quiet alert state.
- Ask baby's permission. Ask if he/she would like a massage. If they look alert, make eye contact and/or smile, they are ready. If they are irritable, tense up and look away, pick another time to massage.
- Use a gentle, quiet voice or sing to your baby while massaging.

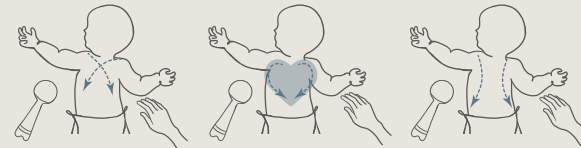
READY, SET, NURTURE

Introducing your baby to the Kahlmi massage wand:

- 1 Turn on your Kahlmi wand.
- 2 Select the appropriate setting for your baby's stage.
1st setting: 0 - 6 months
2nd setting: 6 months - 1 year
3rd setting: 1 - 3 year
- 3 Attach your desired Kahlmi massage head.
DAILY SOOTHE: Soothing relaxing massage
ACU-TOUCH: More stimulating, therapeutic experience
BATHTIME BLISS: Bathtime and gentle head massage
- 4 Gently place wand on baby's arm or legs to get them used to the sensation.
- 5 Let older babies touch or hold the Kahlmi to become more familiar. They love the sensation of holding the wand and the vibration will soothe them.

THE KAHLMI DAILY MASSAGE

CHEST MASSAGE (congestion, colds, immunity)



1. Butterfly Stroke

Use Kahlmi and your hand to stroke down from shoulder to opposite side right above belly. Switch positions every three strokes.

2. Heart Stroke

Use Kahlmi and your hand to trace a heart on baby's chest. Switch hands after three strokes.

3. Golden Arches

Use Kahlmi and your hand to trace an arch from top of the shoulders to ribcage. Switch hands after three strokes.

TUMMY MASSAGE (relieves constipation, gas, helps with colic)



1. Moon and Stars

Use your hand and Kahlmi to draw clockwise circles around the belly. Always stroke clockwise when massaging belly to follow the digestive tract.

2. The Paddle

Alternate with the Kahlmi wand and your hand to paddle baby's tummy. Do this for a minute or longer if baby enjoys it.

LEG MASSAGE (muscle tone, relaxation, circulation)



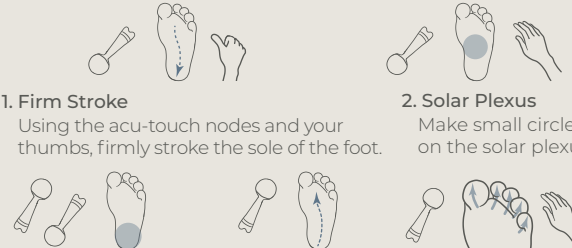
1. The Long Glide

Hold one leg loosely with one hand while gliding the Kahlmi wand down the leg to the foot. Repeat on side, center, and inside of leg.

2. Circle Time

Using the acu-touch nodes on the bottom of your Kahlmi wand, draw little circles with your wand as you move down to the foot.

FOOT MASSAGE (teething, constipation, gas, sinuses, colds)



1. Firm Stroke

Using the acu-touch nodes and your thumbs, firmly stroke the sole of the foot.

2. Solar Plexus

Make small circles on the solar plexus.

3. Heel Stroke

Massage the heel with the acu-nodes and the head of the Kahlmi.

4. Heel to Toe Glide

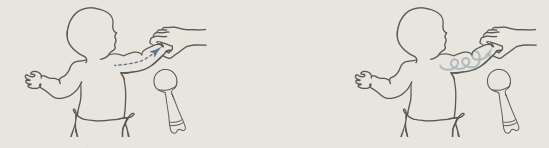
Glide the head of the Kahlmi wand from the heel towards the toes.

5. Toe Massage

To finish, gently squeeze each toe in an upward direction.

Follow these instructions for a calming daily massage. Alternate between using your hands and the Kahlmi wand as shown in these illustrations.

ARM MASSAGE (circulation, muscle tone development)



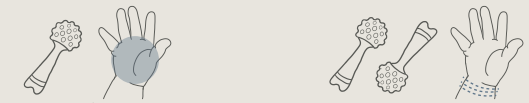
1. The Long Glide

Hold baby's hand loosely with one hand while gliding the Kahlmi wand from the shoulders down to the hands. Repeat the glide until you have covered all of the front, side, and back of each arm.

2. Shoulder Circle

Use your Kahlmi wand and make circles around the shoulder area. Continue to make circles down the arm to the hand.

HAND MASSAGE (teething, constipation, relaxation)



1. Palm Spirals

Use the acu-touch nodes and Acu-Touch massage head to make gentle circles on baby's palms. Gently open up the palm with your fingers if baby is clutching fists.

2. Bracelet Stroke

Using the acu-touch nodes and Acu-Touch massage head, massage baby's wrists, making circles around the wrist.

BACK MASSAGE (muscle tone, tension relief, congestion)



1. The Long Glide

Use medium pressure and glide your Kahlmi along baby's back, avoiding placing any pressure on the spinal column.

2. Zig Zag Stroke

Move your hand and the Kahlmi wand in opposite directions, going down the back to the buttocks, then up to the shoulders, and down again.

FACE MASSAGE (teething, congestion, sleep, relaxation)



1. Face Frame

Start at the top of baby's forehead. Use two fingers on one side and the Kahlmi wand on the other side to glide down to the chin. Switch sides.

2. Cheek Circles

Using the acu-touch nodes on one side and two fingers on the other side, trace circles from baby's ears down their jaw. Switch sides.



3. Forehead Glide

Glide the Kahlmi wand from the top of baby's forehead to the eyebrows.

4. Brow Calmer

Use two fingers and the Kahlmi Daily Soothe head to gently glide over baby's brows from the inside of the nose bridge to the ears.

5. Gum Soother

Use the acu-touch nodes to trace circles around the mouth.