

## TREATS FOR TOTS

*Being a kid is stressful work. How about a relaxing R&R at a spa that specially caters to the tiny one's needs?*

*By Stephanie Sharon Koh.*

**S**urely it is not easy being North West. With celebrities Kanye West and Kim Kardashian as parents, masses of camera bulbs constantly going off on her, and prying eyes on the roam to check out her latest outfit, the stress is insurmountable. Top that off with the stress of being unable to express what she needs and feels – forming a coherent sentence is still a work in progress, after all – a baby spa is exactly what she needs. So imagine what all that bliss would do for your little superstar, who is also subject to her fair share of Insta-shots and style conundrums.

Similar to the adult variety which leaves us feeling relaxed, baby spas are becoming increasingly popular, thanks to its ability to cuddle babies and lull infants to sleep. At these baby spas, babes aged between two weeks to eight months (certain places even accept toddlers) can experience the soothing benefits of floating around in water (using special doughnut-shaped flotation devices which support their heads and necks) followed by a massage. Bobbing around in the water not only mimics the calming sensation of being in the womb, it also has several benefits such as strengthening of muscles, ligaments, heart, and lungs; development of motor control, agility, coordination, and balance; and enhancement of the senses and the immune system. Infant massages after the “swim” session works to promote sleep, relieve wind and colic, and can even reduce anxiety. Here is the good news: When it comes to pampering your precious little one, you don't need to have an entourage like North West's to do so, at *BAZAAR*'s pick of baby spas.



Bath time for babies



Relaxed babies are happy babies

### KUALA LUMPUR

#### HIPPOPO BABY SPA & WELLNESS

The first baby spa in Malaysia, Hippopo recruits trained and certified nurses and physiotherapists to attend to the needs of your babies and toddlers. Understanding the importance of your baby's health and well-being, Hippopo pampers them through swim and baby massage sessions.

**Price:** Packages are available, but a single session with a duration of 30 minutes each is priced as follows – RM48 for a swim; RM38 for a massage using grapeseed oil. *F30, First Floor, Centrepoint Bandar Utama, 3 Lebuh Bandar Utama, Petaling Jaya, Selangor. Tel: 03-7728 1889*

#### GIGGLING JELLYFISH BABY SPA

This establishment offers baby swimming, baby massages, and family bonding sessions where parents get to swim with their babies. Trained and experienced therapists are on hand to supervise the swimming sessions and only the best organic massage oils are used on your little ones. **Price:** RM78 for baby swimming and massage; RM118 for the family room. *A-3A-10 Ativo Plaza, Persiaran Perdana, Bandar Sri Damansara, Kuala Lumpur. Tel: 03-6262 6762*

#### LITTLE SPA KINGDOM

Set up by parents looking to pamper their kids in fun and healthy ways, Little Spa Kingdom's personalised services include baby swim, baby yoga, baby massage, hairstyling, manicures, and pedicures. All services are done by professionally trained and certified staff within their respective fields. **Price:** RM59.90 for a baby swim; RM59.90 for baby yoga and massage; RM19.90 for a hair trim; RM19.90 each for a manicure and a pedicure. Packages available. *A4-1-1, Publika Solaris Dutamas, 1, Jalan Dutamas 1, Kuala Lumpur. Tel: 03-6211 7758*



Wonder Pool Baby Spa & Wellness



## DIY BABY MASSAGE

Giving your baby a relaxing massage can be a daily bonding ritual. Mayo Clinic shares these basic infant massage techniques: Using a soft touch, gently stroke and knead your baby's body starting from the stomach and then moving the rubbing motions to the baby's head, neck, shoulders, upper back, waist, thighs, feet, and hands for one minute each. Next, flip your baby on his or her back and extend and flex the arms and legs for about a minute. Then, repeat rubbing motions for another five minutes with baby either on his or her stomach or back. If your baby enjoys the massage, you will be rewarded with jiggling arms and a happy smile. Make sure to only give massages 45 minutes after a feed to keep chucks at bay.

MUST-TRY PRODUCTS



Kiehl's  
Nurturing  
Baby Cream  
for Face  
& Body,  
RM84.80

### JOHOR BABY SPA

Services include baby swim and spa, massages and haircuts. Understanding that babies and kids tend to fidget and be scared of haircuts, Baby Spa creates a family-friendly environment to promote comfort which will ease the haircutting process and make it a less daunting experience. **Price:** RM56 for baby swim and spa; RM96 for baby swim, spa and massage. *L4-022, Level 4, Multi-Storey Block Sutera Mall, 1, Jalan Sutera Tanjung 8/4, Taman Sutera Utama, Skudai, Johor.* *Tel: 07-562 8562*

### SEREMBAN

#### WONDER POOL BABY SPA & WELLNESS

Believing that mental and physical development should begin during the infant stages, Wonder Pool's baby spa program nurtures brain development, respiratory strength, and motor skills enhancement. **Price:** RM88 for a baby spa trial package; RM48 for a baby swim trial session. *55, Jalan S2 D36, Seremban 2, Seremban, Negeri Sembilan.* *Tel: 06-601 3857*

### PENANG

#### BUBBLY BABY SPA

With staff professionally trained and certified by the International Association of Infant Massage, Bubbly Baby Spa is the place to bring your babies for hydrotherapy, baby yoga, and massage sessions. **Price:** RM48 for a baby swim; RM40 for a baby massage. Packages available. *B-1-9, Vantage Desiran Tanjung, Jalan Tanjung Tokong, 10470 Tanjung Tokong Pulau Pinang.* *Tel: 04-898 2099*

### KOTA KINABALU

#### LITTLE PENYU BABY SWIM SPA

The mission at Little Penyu is to bring parents and their babies closer together through their baby swim spa system (a warm water-based method of strengthening and stimulating babies to improve their physical growth and mental development) and infant massage. They are also a proud supporter of WWF-Malaysia, so on top of pampering their kids, parents are also encouraged to adopt a turtle under their baby's name for a small fee. **Price:** RM48 for a baby swim; RM65 for a kids spa. Packages available. *J-1-5, First Floor, Block J, Lorong Metro Town, Jalan Bunga Ulam Raja, Kota Kinabalu, Sabah.* *Tel: 088-383 639*

### SINGAPORE

#### BABYSPA

Similar to hydrotherapy, the BabySpa system helps improve lung capacity and strengthens arms, hands, fingers, legs, feet, and toes. BabySpa offers water training, baby massage, and baby haircuts. Its

website also features an online store where you can shop for playpens, baby toys, and other accessories. **Price:** S\$26 for a baby massage; S\$49 for water training; S\$50 for first hair cut. Memberships available. *04-34, 3 Gateway Dr, Westgate, Jurong East, Singapore.* *Tel: +65-6465 9459*

### HOUSTON FLOAT BABY

First of its kind in the States, the Float Baby program allows your infants to move their bodies any direction they like to help improve muscle tone, provide relief for constipation, promote water familiarity, and assist in early left brain/right brain development. Combine this with its neonatal massage and watch your baby sleep better and eat more after a single session. **Price:** \$65 for a single group session of water flotation and gentle massage classes. *6516 Del Monte Dr, Houston, TX 77057.* *Tel: +1 832-819-8380*

### LONDON

#### BABY SPA BY LAURA SEVENUS

This spa is powered by an expert support staff of neonatal and paediatric nurses. Baby Spa also utilises the Bubby, a patented flotation device that promises maximum support and comfort. Gentle exercises during the massage session will help build your baby's flexibility and strength. Visits to this baby spa are intended for babies who are two days to six months old. **Price:** Contact [info@yourbabyspa.com](mailto:info@yourbabyspa.com) for details. *6 Lancer Square, London W8 4EH.* *Tel: +44 020-7937 3747*

### SYDNEY

#### TINY TOUCH BABY MASSAGE

Professionally trained and certified infant massage instructor and paediatric massage consultant, Marilyn Wilson provides baby massage courses to parents and other caregivers. A baby whisperer, Wilson knows the importance of touch and the benefits baby massage gives. Not only will it help create a special bond between you and your baby, it'll leave the little one settled, calm, content, and thriving. **Price:** A\$220 for a one-on-one full baby massage course (two sessions). *5 Finch Pl, Davidson, NSW 2085, Australia.* *Tel: +61 0411 143 582*

### BALI

#### ROI & REINE

A premium salon spa for babies, mums, and kids, Roi & Reine focuses on treatments such as organic massage, baby hydrotherapy, and manicure and pedicure. Their "wellness through health" approach works to eliminate your precious tots' stress and gives them a sense of comfort and well-being. **Price:** Contact [roi.n.reine@gmail.com](mailto:roi.n.reine@gmail.com) for details. *20G, Jl Raya Puputan Renon, Kota Denpasar, Bali.* *Tel: +62 0361 261133*

*PSST ... It is best to wait for babies to possess some form of trunk and head control before sending them to baby spas. At this time, they are also less likely to catch infections from other babies as their immune systems would have strengthened.*