



IDA-TALLINNA KESKHAIGLA

AS Ida-Tallinna Keskhaigla  
Ravi 18, 10138 Tallinn  
Rg-kood 10822068  
Tel 666 1900  
E-post info@itk.ee  
www.itk.ee

## Infant massage

**Infant massage has an all-round positive effect on the baby's development. Infant massage strengthens muscles, balances the tone of skeletal muscles and the motor development of the child, improves coordination, increases the elasticity and mobility of muscles and stimulates metabolism and circulation.**

We recommend this massage for muscle spasticity and hypotonia (different muscle tone in different sides of the body), wind pains and X-legs, O-legs or flat-footedness.

We offer massage services for infants between 1 month and 1 year of age.

Duration: depending on how the child is feeling, up to 25 minutes

The service is paid.

### **Appointments can be booked:**

- by phone [666 1900](tel:6661900) Mon-Fri 7:30-18:00
- at the reception