



# The Fernandez **Baby** **Spa**

Where every splash is a big step!



**fernandez**

Built for Birthing



# A joyful space for your baby's first milestones and your first memories!

• EXPERT-RECOMMENDED

• PARENT-LOVED

• BABY-APPROVED



At Fernandez, we understand that the early days of parenting can be overwhelming—and beautiful. The Fernandez Baby Spa is a nurturing space that brings calm, comfort, and growth for babies and little toddlers, aged 6 weeks – 9 months.

Our spa blends hydrotherapy and massage in a developmentally enriching experience that supports your baby's body, mind, and bond with you.

This initiative is rooted in the Fernandez Hospital's commitment to holistic maternal and neonatal care.



## What We Ofer?

A **45 min session** which includes infant stimulation, hydrotherapy, and massage tailored to your babies unique needs.

### PRE-SESSION CHECK-UP WITH A PAEDIATRICIAN

### INFANT MILESTONE ASSESSMENT

Duration: **10–15 min**

Age-appropriate sensory, visual, and auditory activities to spark early developmental milestones.

### HYDROTHERAPY IN INDIVIDUAL POOL

Duration: **10–15 min**

Soothing water therapy in UV-sterilised, RO-filtered, temperature-controlled spa pods—customised for newborns and young infants below 9 months.

We offer one-on-one sessions to toddlers in a playful, safe environment that encourages movement, coordination, and water confidence.

### INFANT MASSAGE

Duration: **10–15 min**

Gentle, expert-guided massage using organic, dermatologically safe oils to promote bonding, sleep, and emotional well-being.



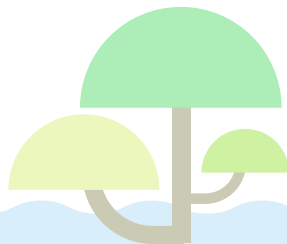
## Who Can Attend?

- Infants: **6 weeks – 9 months**

**Sessions are tailored to meet individual requirements of each baby.**

## What's unique about our Baby Spa?

- Infant hydrotherapy in private spa pods
- Expert-led massage education and parent-baby bonding tips
- Sessions supervised by trained professionals
- Opportunity to discuss developmental milestone and issues like colic, reflux, sleep, and digestion
- Check up with a paediatrician before each session
- Guidance on translating parent-infant bonding activities at home





## Why Parents Love Us?

- Supports physical and neurological development
- Encourages better sleep patterns
- Builds positive water association early
- Helps relieve symptoms of colic and gas
- Aids digestion
- Strengthens parent-infant bonding
- Boosts social and emotional skills



## What Parents Ask?

### 1 Is it safe before immunisations?

Yes! Our spa uses UV-sterilised, RO-filtered, temperature-controlled water. Babies as young as 6 weeks can safely enjoy hydrotherapy under expert supervision.



# What Parents Ask?

## **2 How clean is the spa?**

We follow the highest hygiene standards:

- Individual pods are checked before every session to maintain quality standard
- Fresh, sterilised towels for each baby
- UV and RO systems maintain water purity
- Only organic, baby-safe oils and creams
- Water is routinely tested for quality standards

## **3 Can both parents join the session?**

Of course! We love having both parents involved—these moments are made to be shared.

## **4 What should we bring?**

We provide reuseable swim nappies and floaties sanitised before every service. Personal reusable swim nappies are also available on sale if you prefer.

You just bring:

- A change of baby clothes and a personal towel.
- Your diaper bag with a spare diaper and feeding needs.

## **5 How do I know if my baby is eligible for hydrotherapy?**

All babies go through Paediatric Check-up in their first visit that determines eligibility for hydrotherapy.





## **6 Will my baby be supervised?**

Though our trained physiotherapists guide every session—parents presence and participation is extremely important to develop parent infant bonding.

## **7 What if my baby cries?**

That's perfectly natural! We'll gently adjust the pace and show you soothing techniques to keep your little one relaxed.

## **8 Should I feed the baby before coming to a session?**

Feed your baby 30–45 minutes before the session so they're content but not too full.

## **9 How often should we come?**

- Infants (6 weeks–9 months): Once a week

We'll help you build a schedule that suits your baby best.



## 10 Can I do the massages at home?

Absolutely. We'll show you safe, effective techniques so you can continue the experience at home.




**Come to the Fernandez Baby Spa,**  
Where moms and babies make splashing memories.

BOOK AN APPOINTMENT, CALL

 **1800 419 1397**

Let your baby float, giggle, and grow in a space designed just for them.

 Available at  
**Fernandez Stork Home,  
Banjara Hills**

