



baby bubble
Baby Spa & Swim Gym™



ABOUT US

Baby Bubble was started by Tindall who is a mom and a qualified Biokineticist. She completed her Masters Degree in Adapted Physical Activity in Belgium & Norway. She is a qualified IAIM (International Association of Infant Massage) Instructor, Baby Reflex Instructor and has done a Baby & Toddler Swimming course through the Professional Association of Baby Swimming. She is a part-time lecturer at the University of Pretoria, Department of Physiology, Faculty of Health Sciences.

She utilised hydrotherapy for treatment and management of patients with Cardiovascular Diseases, Alzheimer's Disease, Cerebral Palsy, Parkinson's Disease, Spinal Cord Injuries, Multiple Sclerosis, Orthopaedic Injuries and more.

Baby Bubble specializes in offering aquatic programmes for babies 2 weeks old to 2 years of age in a hygienic setting, guided by methodology of general medical practices, and implementation globally preferred techniques for swim safety.



BABY SPA BENEFITS



The mechanisms and benefits of hydrotherapy are very well researched. It comes down to the medium of water that has unique properties which cannot be replicated in air.

We use a specially designed device called a 'Floatie'. The floatie utilised is a US patented float developed by the Founder of Float Baby who has serviced over 6000 babies. A baby who weighs 5kg weighs less than 500g in the water due to the effect of buoyancy. The floatie works on the same principle as a pool noodle. A pool noodle rests on the pubic bones, and the floatie rests on the chin & occipital bone. It does not hurt as bubs is weightless. It allows your pumpkin to move their arms and legs in all planes of motion as well as gain from the wonderful benefits of deep water immersion.

Benefits Include:

- Facilitation of Milestone Achievement
- Relieves digestive discomfort
- Enhances respiratory & cardiovascular function
- Stimulates the vestibular system
- Strengthening of the muscles
- Supports mental development
- Promotion of parent-child bonding
- Enhances body awareness
- Early introduction to aquatics

PAY AS YOU BOOK

R519 SINGLE BABY SPA SESSION

Ideal for a day out with your sweet pea or to book as you feel fit. It consists of:

- hydrotherapy &
- massage instruction
- complimentary use of towels
- complimentary swim diapers

It is suitable to give the baby spa a try first, before committing to a package. Session duration is 40 - 45 minute depending on your baby's threshold for stimulation on the day.

R399 FLOAT ONLY

This is a maximum of 25 minutes all dependent on your baby's threshold for stimulation on the day. A Float Only option may be more suitable for moms who have completed baby massage courses previously or for babies who get overstimulated quite quickly.



SENSITIVE SKIN?

The pods water gets cleaned with Ozone Purification which is gentle on your pumpkin's delicate skin.

The hydrostatic pressure of the water can in actual fact assist in offering symptomatic relief of eczema by reducing inflammation and swelling.

We use *Eli & You* baby oil, a proudly South African product. All the ingredients are 100% natural which will have no adverse effects on baba's skin



BABY SPA PACKAGES

R 1199 STARTER PACK - SAVE 23%

The starter pack* is a very popular package where you get 20% off your sweet pea's first three sessions following the trial session. Most floaters love hydrotherapy the first time, but some do need a session or two to become adjusted. The starter pack allows your pumpkin time to build up their tolerance to hydrotherapy & massage without burning a hole in your pocket. Time-slots booked are 30minutes in duration. Your baby will determine what activities will be performed. We will always start with a float, this will then be followed by massage if your butter cheeks floats less than 25 minutes. Sessions are valid for 4 weeks from the date of the first session. Sessions not utilised in this period will be forfeit

*The starter pack is a once-off package only. Please arrive 15minutes earlier to ensure bubs gets a sufficient feed prior to the session.

R999 FLOAT ONLY - SAVE 17%

This is ideal if you would just like to pop in for a quick float on a weekly basis without the frills of massage. It is also ideal if you have completed a baby massage course previously or if your baba doesn't enjoy the massage component that much. It consists of 3 floats (max duration 25min) valid over a 4 week period from the date of the first session.



BABY SPA MEMBERSHIPS

R1449 1 MONTH BABY SPA - SAVE 30% MONTHLY MEMBERSHIP

Experiences directly shapes your baby's brain development and architecture. Regular sessions strengthens neuronal connections, supporting both cognitive and physical development, setting your little one up for a bright future and adequately preparing your baby to continue with baby swimming.

Baby Spa Memberships consists of 4 sessions spread over a 4 week period at time-slots specified upon registration. It is renewed on a monthly basis as you see fit. Time slots are 30 minutes in duration. The activities performed will depend on your baby. We will always start with a float. If bubs floats less than 25 minutes, massage will commence for the remainder of the time slot allocated.

It is regrettably only applicable for bookings performed on weekdays (Tuesday - Friday).

Please arrive 15 minutes prior to the time slot allocated to feed/wake/prepare baby so that your munchkin can enter the water at the allocated time.



GOT TWINS?

Preparing for and having a baby is expensive already.

We don't think ethically it is fair of us to charge double for twins or triplets as we can make a plan to accommodate both in the same session. Why must your pocket suffer when you have been offered more blessings?

If you are in this exact position, add only 25% for each sibling to the baby spa prices listed and that is your special fee.

Please do keep in mind that according to the IAIM (International Association of Infant Massage) we are not allowed to massage your baby. Therefore, we recommend bringing your partner, friend, family member or nanny along to full baby spa sessions if possible.



BABY SPA PRICE-LIST OVERVIEW

Baby Spa Options	Investment	SAVE!	Tues - Fri	Sat	Comments	Slot Duration
Single / First Session	R519	-	Yes	Yes	Slower pace, incl. orientation for first timers	40 - 45 min
Float Only	R399	-	Yes	Yes	-	12 - 25 min*
Monthly Membership	R1449	30%	Yes	No	4 sessions over 4 weeks at agreed upon times	30 min*
Once-Off Starter Pack	R1199	20%	Yes	Yes	3 sessions over 4 weeks	30 min*
Float Package	R999	17%	Yes	Yes	3 sessions over 4 weeks	12 - 25 min*

All payments are made in advance to secure timeslot/s upon confirmation of booking/s.

*Please arrive 15min prior to your allocated timeslot for feeding/waking/changing to occur PRIOR to your session so that your munchkin can get the most out of the allocated timeslot.

Refer to our website for Ts & Cs including our cancellation pol