



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 Offer?

A 45-minute session which includes infant milestone assessment, hydrotherapy, and massage tailored to your babies unique needs.

PRE-SESSION CHECK-UP WITH A PAEDIATRICIAN



INFANT MILESTONE ASSESSMENT



10–15 minutes

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

HYDROTHERAPY IN INDIVIDUAL POOL



10–15 minutes

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



10–15 minutes

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,
5th Floor, Banjara Hills**

