

A woman with dark hair, wearing a beige textured sweater, is sitting on a white shaggy rug. She is gently massaging the back of a baby who is lying on its stomach on a light-colored, oval-shaped cushion. The baby is looking directly at the camera with a calm expression. To the left of the baby, a small white bottle of massage oil is visible on the rug. The background is a simple, light-colored wall.

私も
我が家のペースで、
続けてる。
一番大切なことが
『ココ』にあるって
教えてくれたから。

フランス式
ベビーマッサージ