



RECOMMENDED OILS FOR BABY MASSAGE

Here are seven oils that you can use for massaging your baby. Each has its own benefits and properties and can be used on different parts of the body and in concert with essential oils. Look for oils that are pure, cold pressed, unprocessed, organic, and non GMO, if possible. Make sure to store the oils in a cool, dark place.

Carrier Oils	Benefits	Ideal Season
Castor Oil Can be greasy	<ul style="list-style-type: none"> • Skin & Hair Health • Constipation and Digestive Systems • Improves circulation • Enhances immunity • Great for hair growth! 	Winter
Almond Oil Non greasy; Hypoallergenic	<ul style="list-style-type: none"> • Vitamin E • Helps with Skin regeneration • Antioxidant 	Fall/Winter
Jojoba Oil Closest to natural oil secretions of our skin; Great for the face	<ul style="list-style-type: none"> • Anti-fungal • Protects from sunburn • Helps with Diaper rash 	Summer
Olive Oil Look for unrefined	<ul style="list-style-type: none"> • Anti-inflammatory • Helps with Dry skin and hair 	Winter
Coconut Oil Fractionated is great	<ul style="list-style-type: none"> • Nourishes hair and skin • Anti-fungal • Anti-inflammatory • Anti-bacterial 	Summer
Moringa Oil Light; emollient	<ul style="list-style-type: none"> • Beneficial for eczema, psoriasis, and rosacea • Anti-inflammatory • Accelerates healing of wounds 	Fall/Winter
Sunflower Oil Without a strong scent	<ul style="list-style-type: none"> • Extremely high in vitamin E • Helps fight acne • High in omega-6 fatty acids • Rich in beta carotene 	All

ESSENTIAL OILS

Here are the top seven essential oils that can help various conditions in baby or parents. Dilute 1 or 2 drops in a carrier oil or apply to the bottom of baby's feet for the benefit of the whole body.

Essential Oils	Applications
Lavender	<ul style="list-style-type: none"> • Sleeplessness, cuts, bug bites, sunburn, infant reflux, earache, growing pains, fever, dry skin, runny nose, teething pain, thrush
Lemon	<ul style="list-style-type: none"> • Stuffy nose, jaundice, runny nose, thrush
Ginger	<ul style="list-style-type: none"> • Digestion, earache, growing pains, stomach flu, vomiting
Fennel	<ul style="list-style-type: none"> • Digestion, earache, hiccups, thrush
Geranium	<ul style="list-style-type: none"> • Eczema, cradle cap, thrush
Melaleuca	<ul style="list-style-type: none"> • Baby acne, earache, diaper rash, common cold/flu, cradle cap, hand-foot-mouth, thrush
Frankincense	<ul style="list-style-type: none"> • Diaper rash, cradle cap, cuts, jaundice, sunburn, teething pain