



Oil for Baby Massage

Use about a teaspoon of oil in the palm of your hand and rub hands together to warm the oil prior to starting the massage. Only reapply oil to prevent friction and take care not to overdo it. Too much oil may make your baby very slippery and difficult to pick up when massage is finished.



Oils to Use

The best oils for baby massage are organic, cold-pressed vegetable oils. These are natural and will not harm your baby if ingested during the massage.

- Sunflower: closest to the oil in the human skin and has excellent moisturising properties
- Grape seed: a stable oil and less likely to go rancid
- Fractionated coconut: good for a baby with suppressed immune system or allergies (can be found in health food shops)

Oils to Avoid

- Emollients: These should be applied in the direction of hair growth and can cause infections in the hair follicle if used with massage
- Nut and wheat germ: may cause an allergic reaction
- Olive: research indicates a potential damaging effect in adults with undamaged skin
- Mustard: research indicates a potential damaging effect in adults with undamaged skin
- Mineral: stops the skin from breathing and can dry skin out if used often
- Essential oils: they mask the smell of the parent which is important for bonding. There is no research to prove that use with baby massage is safe

Patch Test Oil

Before using any oil it is good practice to test a small area of skin, usually the inside of the wrist, to ensure there is no allergic reaction. Do this for yourself and your baby and leave for 15 minutes. If there is no reaction continue with massage. If there is a reaction, wash the area with warm water and gently pat dry. Try another oil, such as fractionated coconut oil, but patch test again as above.

Storage of Oil

Keep oil in a cool, dark cupboard or fridge and discard if you suspect the oil has gone rancid.

