

## **Baby Oils**

Written by Administrator

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Baby oil massage is believe to be beneficial for children. Below a few recipes for you to use.

### **Almond and Lavender Oil**

#### **Ingredients:**

- 1/4 Cup Cooking Grade Almond oil
- 10-15 drops lavender essential oil

#### **Instructions:**

Pour ingredients into bottle. Shake to blend the oils.

### **Lavender Oil**

#### **Ingredients:**

- 1/2 cup of olive oil
- 10 drops Lavender Essential Oil
- 5 drops Mandarin Essential Oil

#### **Instructions:**

Pour ingredients into bottle. Shake to blend the oils.

These five natural baby oil and recipes should be used for baby body massage everyday before bath. Give him bath after few minutes of the massage. Each oil mentioned above has aroma therapy properties as well.

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- **Almond Oil** – One of the best natural baby oils is almond oil. This oil nourishes the skin and also protects sensitive skin against the harsh climate.

- **Calendula Oil** – in 8 ounce of olive oil soak 4 ounce of calendula flowers. Heat the oil with the calendula flowers for 4 hours. Then let the oil cool off and strain it through a cotton cloth. Then add 5 drops each of orange and lavender oil. Baby body massage with this natural baby oil smoothens the skin and also has a healing property.

- **Primrose oil** - Primrose oil massage is very beneficial to cure baby rashes. It is also very useful for inflammation and dry skin. It helps keeping the skin smooth and healthy. Primrose oil is very helpful during winters.

- **Vitamin E Oil** – Vitamin E oil is essential treatment for skin irritation and chapped skin. The natural baby oil recipe rich in vitamin E is, mix 25ml of macadamia oil, 25 ml of almond oil and 2ml of wheat germ oil. Give your baby a body massage with this oil for healthy skin and body. Vitamin E oil massage on the head also initiates hair growth.

To Cure **Colic and Bloating** – Colic and bloating is a common baby stomach disorder, which usually happens due to indigestion. Oil massage also helps in curing such disorders. To cure Colic, mix 2 spoons of almond oil, St.John's wort oil, ginger oil and chamomile oil. This oil should be preserved in dark bottle. Shake it well before use. Massage your baby with this oil and he will soon be relieved of the stomach disorder symptoms.