



DIFFERENT
MEDIUMS OF
MATERIALS FOR
BABY MASSAGE



WHY IS A MEDIUM USED FOR BABY MASSAGE?

- Ease of glide/to avoid friction
- To moisturize baby's skin
- For its added benefits/nutritional values

CHOOSE YOUR MEDIUM DEPENDING ON YOUR BABY'S SKIN CONDITION. FOLLOWING ARE SOME COMMONLY USED MEDIUMS FOR BABY MASSAGE & OUR TAKE ON THEM:

VEGETABLE BASED OILS

High quality, unscented, preferably organic, edible (food grade) vegetable oils are optimum for baby massage. Avoid essential oils/herbs for the first few months.

MINERAL OIL

Commonly referred to as "baby oil." Not the most ideal for baby massage as it has no nutritional value, may have added scent/additives, and can clog skin pores.

For more info, reach out to www.thefirstparents.com

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LOTIONS & CREAMS

Not the most ideal mediums, as many of them contain potentially irritating/harmful ingredients. Use for massage if prescribed by a pediatrician for your baby's skin condition (eg. eczema).

GHEE

High in oleic acid, massaging with ghee can, over time, leave baby's skin drier & more sensitive. In that case, discontinue & substitute with another alternative that suits your baby more.

PETROLEUM JELLY

Used to treat diaper rash or skin conditions, but not ideal for baby massage.

UBTANS/LOI

Made with fresh cream / flour/ turmeric /raw milk etc. Used traditionally in India, may not be a good idea as there is a risk of irritation/ infections/abrasions/unstandardized purity & potency of ingredients/overwhelming a baby's delicate skin and system in the first few months.

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