What oil is recommended to use for baby massage??? It is very important!!!

NHS guidance recommend not to use any oil until your baby is 4-6 weeks old due to the development of the skin layers.

I know most of you had some baby oil for gift from friends and colleagues. But there is a big NO NO for these kinds of oils.



The main reason behind it is that they are not edible (most babies are putting their hands into their mouth) and not absorbed into the skin as it gets a layer on top of it.

I know there are too many oils out on the market to buy. If you type into google you will see at least 100 different recommendations and different types and list about which ones the best. If you are lost in it just follow the below recommendation what I put together for you as a guideline.

So when you are looking to buy oil to massage your baby at home you should follow a few things what are recommended and came from lot of researches over the years.
The oil should be:
- Edible
- Organic or natural
- Cold pressed
- Organic and cold pressed
- Plant based like rapeseed, sunflower, Candula (Marigold seeds) or coconut
- If you would like to go for the coconut oil please use the fractionated one.

Few years ago, the sunflower oil was the first recommendation to use but it is changed now, and rapeseed oil turned to first on the list and the sunflower one is the last now.

Now you might go to ask why I did not mention Olive oil in the list above. It is a good question. Olive oil has oleic acid which goes under the baby's skin layer and can break down the skin cells.

That is why I use organic rapeseed oil during the classes and never seen any reaction to it. Mums and babies with eczema are OK to use it with no problem too. I used it to massage my son for 5 months as well.

Aromatherapy oils are not recommended for babies under 6 months and should only be added/used/recommended by a qualified aromatherapist.

During my classes a small bottle of oil is available to buy if you are interested in please let me know before you attend.

Hope you found it useful. Feel free to ask and share it with friend. Like the page and follow to not miss any other important information.

Have a lovely day xx

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