

Homemade Mama & Baby Massage Oil

Written by Irene on March 6, 2020

Selecting the best products and ingredients for skincare can be daunting, and baby's skin is even more delicate and sensitive than our own. The lists of ingredients on baby care products are often a mile-long and contain hard-to-read and unrecognizable ingredient names. Many commercial baby care products even include chemicals that may have harmful side effects. No thanks! Luckily, there are plenty of natural baby care offerings available these days, and many baby basics are easy enough for even a busy parent to make—like this simple massage oil recipe!

This soothing and gentle massage oil is perfect for nurturing mama's and baby's sensitive skin. Massage into baby's skin after bath time to reduce dryness, stimulate healthful circulation, and activate developing muscles—or use it to help rejuvenate postpartum skin and give tired mom-muscles some much needed stress relief! You can also pour a small amount into bathwater for a luxurious pampering soak.

Flower-Infused Oil for Baby Massage

Ingredients

- Gentle carrier oil of choice (favorites for baby include organic sunflower oil, organic sesame oil, sweet almond oil, and organic fractionated MCT coconut oil)
- 2 parts organic lavender flowers
- 2 parts organic calendula flowers
- 1 part organic rose petals or buds
- 1 part organic chamomile flowers
- 1 part organic comfrey leaf
- Non-GMO Project Verified vitamin E oil

Directions

1. Fill a glass jar half full with herbal blend above.
2. Pour oil over herbs to fill remainder of jar.
3. Screw a tight-fitting lid onto the jar, shake well, and place in a warm windowsill to infuse for 4 to 6 weeks, shaking jar daily.
4. After 4 to 6 weeks, strain the herbs out using cheesecloth or muslin.
5. Add vitamin E oil to the infusion (I use about a teaspoon for a pint jar of oil) and stir to combine.
6. Store in a cool, dark place 6 months to a year (depending on the shelf life of the oil used).