

Baby Massage Instructor

LESSON 4 – CHOOSING YOUR OIL



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Learning Outcomes

By the end of this session, you will understand :

- What the benefits of a range of massage oils are
- Select the most appropriate oil for your class
- Know how to skin test for oil allergy/reaction



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Massage Oils

- **Cold-pressed oil** - while there is a lack of evidence on its benefits, some parents prefer to use a cold pressed oil, which is manufactured differently to cooking oils and has fewer impurities.
- **Mineral oils or petroleum-based ointments** are an option if your baby has dry or broken skin, as they have been found to be effective and safe for treating skin problems, such as dermatitis and eczema.
- **Mustard oil** can have a toxic effect on the skin barrier, causing irritation and potential damage to delicate baby skin.
- **Olive oil** is not recommended for baby massage because of its high oleic acid content. This can make some layers of a baby's skin dryer.



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Massage Oils

- **Coconut oil** – If using coconut oil make sure you choose extra virgin coconut oil so it is as pure as possible. Coconut oil is especially good to use in the summer months as it has a cooling effect on the body. This oil has other wonderful benefits too, it contains anti-bacterial, anti-viral and anti-fungal properties.
- **Peanut oil** contains proteins that may sensitise a baby to an allergic reaction to peanuts or cause a reaction on a baby's skin.
- **Baby Oil** - highly perfumed and can dry out babies skin

If you're using massage oil, choose one that's edible, unscented, and either a cold-pressed fruit or vegetable oil.



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Skin Test

- Before you use a new oil, always test a little of that oil on a small patch of your baby's skin and leave it for 24 hours to check for any reaction.
- A good place to do this is the thigh area.
- Do not use the oil if there is a reaction. Wipe and wash it off immediately



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Recommendation

- Cold pressed, massage grade Sunflower Carrier Oil



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