

ABOUT OIL

Special healthcare considerations

Unscented, natural, cold-pressed, organic, fruit or vegetable oils are recommended for infant massage.

All oils put on the skin are absorbed and then move through the capillaries into the blood stream. An infant's skin is still developing, and can absorb more than an adult's, so it is important to choose oil that is most suitable for baby's skin.

When choosing oil for infant massage, look for something that has been cold-pressed or expeller-pressed, as they last longer and have more organic properties. Do not store oil in heat or under direct light. The best method of storing oil is to keep in a cool dark place. Before using any stored oil, smell, and if necessary, taste the oil. Oil that has spoiled, or become rancid, will have an unusual smell and taste bitter. If unsure, throw the oil away, and purchase more. It's always best to proceed on the safer side when it comes to massage oil for baby.

What is cold-pressing?

Cold-pressing is a method of extracting the oil without changing the chemical makeup of the oil molecule. Heat based extraction methods chemically change the makeup of the oil molecule, and can in some cases be poisonous.

Petroleum based products

Petroleum is an odorless, tasteless, greasy substance obtained as the residue after the more volatile components of oil have been boiled off. The purified residue is obtained in the form of a yellowish semisolid, known as petroleum jelly, or by various trademark names, such as Vaseline.

The clear liquid form of petroleum is mineral oil, and when fragrance is added is also known as baby oil. Mineral oil, or liquid petrolatum, is a by-product in the distillation of petroleum to produce gasoline. Mineral oil does not easily absorb into the skin, is non-edible, is a substance of relatively low value, and is produced in very large quantities.

Classed as a petrochemical pollutant and xenohormone, Mineral Oil can have negative effects on hormones and the skin's ability to breathe, attract moisture and detoxify. It can also slow down cell renewal and be the second (after the sun) most likely cause of premature aging. In fact sunscreens produced from mineral oil may promote skin cancer, colon cancer and breast cancer.