



# DIY INFANT MASSAGE OIL

- 1oz organic grapeseed oil
- 2 drops lavender essential oil
- 1 drop chamomile essential oil in jojoba oil

Mix ingredients in a bottle (preferably a bottle with a dropper). Use generously for infant massage and rub in thoroughly. Make sure to avoid baby's hands.

Start with their feet and with firm but gentle hands, move your thumbs in circles on the bottom of their feet. Then move to the calves and thighs. You can rub their tummy gently in a circular motion to help with digestion as well. When you get to the chest and shoulders, keep with the circular motion from the chest to the collar bone and around, then reverse the circle. Rub their arms but avoid their hands if you are using any kind of oil. Give them a nice gentle scratch on their scalp and even trace their eyebrows from the inside out. If they're amenable to it, you can flip them to their tummy for a gentle back massage. Rub in a circular motion on the shoulder blades just as you did on the front, then just up and down on the back. If they start to fuss, roll them back--remember this is supposed to be relaxing!