

HOW TO MAKE NATURAL BABY CARE PRODUCTS



BY **JOAN MORAIS**

How to Make Natural Baby Care Products by Joan Morais

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Natural Baby Care with Botanical Baby Products

Introduction

I am the mother of three grown daughters and two granddaughters. Somehow, I had a sense not to use commercial baby products on my daughters' skin when they were babies and toddlers. I did not know of any natural products to make or use, so I used nothing on their skin but water and a little soap. I would have loved to be able to make these simple pure products and have used them on my daughters. Baby products can be filled with harsh ingredients that may cause allergic reactions and skin irritation. Fortunately, nowadays there are more natural baby products available.

Formulations for Mommy, Daddy, Brother, Sister Too

These formulations are very pure and perfect for baby, toddler, child, mom and dad. They are natural, plant-based and contain no animal products. They are beneficial to the skin. You can save a ton of money making your own products.

Babies are Precious

Babies are so pure and precious. They should be showered with love, touch, respect and gentleness. They do not need to be showered with lots of harsh ingredients on their skin and body. A baby's environment is so important. A newborn's sight is not quite developed. Creating a soothing environment with a hint of lavender in the air and calming piano music playing can do wonders for baby, mom and dad.

Babies Skin

A baby's skin is pure, sensitive and delicate. The baby has been in the mother's protective womb and then suddenly the baby's skin is exposed to the atmosphere and the environmental elements. Newborn and children's skin is much more delicate, thinner, and more permeable than adult skin, making it more sensitive to irritation, dryness, and environmental stressors. A baby's skin barrier and protective acid mantle continue developing after birth, which means moisture is lost more easily and ingredients can absorb more readily into the skin. Throughout infancy and childhood, the skin produces less natural oil (sebum) than adult skin. The skin is very intelligent. It regulates itself. We need to support the skin by nourishing and protecting it. To clean a newborn baby only warm water is needed and maybe a drop or two of mild baby wash.

Products applied to a baby's skin should be very mild; gentle, moisturizing, and low-irritation skincare products are typically preferred. Products that stay on the skin can easily irritate a baby's skin.

Patch Test

Always test your product on yourself first before applying it to baby and toddler. If a baby or toddler has very sensitive skin, it is a good idea to perform a test on their skin before applying any new product. Dab a small amount of product on his or her hand and check for any skin reaction.

PLANT-BASED INGREDIENTS

PLANT OILS

Plant oils also called vegetable oils and carrier oils provide rich nourishment, protection and lubrication. The best plant oils are the least processed, organic, cold pressed and unrefined. The oils listed here are suitable and gentle for babies and children.

Almond Oil (Sweet)

Almond oil is light and mild and is nourishing to the skin. Almond oil is lubricating, soothing, healing and high in vitamin E. It is known for its ability to soften the skin.

Apricot Oil

Apricot oil is light, mild and very gentle. It is rich in vitamins and minerals. It is very nourishing and soothing to the skin and great to use for sensitive skin. This is one of my favorite oils to use on children.

Avocado Oil

Avocado oil is a rich oil but not heavy on the skin. It is packed with nutrients, vitamins A, B1, B2, C, D, and E, lecithin and fatty acids. Avocado oil is nourishing, hydrating, moisturizing and skin softening. This oil works well with most skin types, especially sensitive skin.

Jobba Oil

Jobba oil is called an oil but technically it is a liquid plant wax. It resembles the oil our skin naturally produces to help protect it called sebum. The skin easily absorbs jojoba oil. Jojoba oil is very stable with a long shelf life and rich in vitamin E. It is nourishing, softening, soothing, protecting and moisturizing to the skin. Very few people have a reaction to jojoba oil. I like to add this as a natural protectant in diaper balms.

Olive Oil

Olive oil is rich and high in vitamins and minerals. It is soothing, softening, conditioning, healing, restorative, mild, moisturizing and nourishing to the skin. It is also lubricating and protects the skin. Olive oil is heavier and takes longer for the skin to absorb it. I like to combine olive oil with lighter oils like sunflower, apricot or almond oil.

Safflower Oil

Safflower oil is a lightweight oil rich in linoleic acid, an essential fatty acid that helps support the skin barrier and maintain moisture in delicate baby and children's skin. Its silky, non-greasy texture makes it ideal for sensitive skin. Research on linoleic-rich oils suggests they may help reduce dryness and support healthy skin barrier function in infants. Safflower oil is not a nut oil; it is an alternative for individuals avoiding tree nut oils.

Sunflower Oil

Sunflower oil is high in vitamins A, D, and E. It is not as heavy as olive oil and has many of the same properties. It is deeply nourishing, conditioning and easily absorbed by the skin. It is readily available in organic and very stable with a longer shelf life.

PLANT BUTTER

Cocoa Butter

Cocoa butter is pressed from the seeds of the cacao tree. It is gentle on the skin and high in vitamins, especially vitamin E. Cocoa butter is nourishing, moisturizing and softening. It protects the skin and helps to reduce stretch marks and relieve irritated skin. This is a hard butter, and it needs to be melted.

PLANT WAX

Candelilla Wax *Euphorbia Cerifera*

Candelilla wax helps to protect the skin and firm up formulations. This hard plant wax comes from a desert shrub. Candelilla wax is used in chewing gum, car waxes and cosmetics. This wax is vegan.

Melting Point: 155.30-162.5 °F (68.5-72.5 °C)

Important: Candelilla wax flakes are different sizes depending on the supplier. Measuring the wax by hand (teaspoon, etc.) may produce an inconsistent product. If you want a consistent product every time you make it, it is best to weigh the candelilla wax on a scale. See the example below. Hand measurement can be used; make sure you take notes on the size of the wax flakes and the supplier.

Hand measuring ingredients like candelilla wax is not always accurate because volume can vary depending on flake size. In testing, the weight differed almost every time the wax was measured by teaspoon. For best accuracy and consistency, ingredients should be weighed rather than measured by volume.

Tiny candelilla flakes weigh

1 level teaspoon weighs 0.1 ounce or 2.8 grams

Larger flakes weigh

1 level teaspoon weighs 0.08 ounce or 2.0 grams

PLANT POWDERS

Arrowroot Powder

Arrowroot powder, *Maranta arundinacea* is a starch made from powdering the rhizomes of the plant. Arrowroot is a light white powder, and it leaves the skin soft, silky and smooth. The feel is like cornstarch but feels silkier. Arrowroot helps to absorb moisture. Arrowroot is available in grocery stores in the baking aisle.

Organic Cornstarch

Cornstarch is a starch made from corn. It imparts a silky feel like arrowroot. Cornstarch helps to absorb moisture. It is best to use organic cornstarch, as it is not genetically modified. Organic cornstarch is available in grocery stores in the baking aisle.

HERBS

Calendula *Calendula officinalis*

Calendula is an all-purpose skin healing herb. Calendula is soothing to the skin and promotes healing of minor cuts, rashes and chapped skin.

Chamomile *Matricaria recutita*

Chamomile is a gentle herb to use for soothing rashes. It helps to relax and soothe the body, and it is also an anti-inflammatory.

Chickweed *Stellaria media*

Chickweed is known for its healing properties for rashes.

Lavender *Lavandula officinalis*

Lavender helps to soothe, calm, relax and promote sleep. Lavender is known as a skin reparative herb that promotes rapid healing.

Lemon Balm *Melissa officinalis*

Lemon Balm is a mild herb that helps to calm and relax.

Oatmeal *Avena Sativa*

Oatmeal helps to soothe nerves and the skin. It helps relieve itching.

Plantain *Plantago major*

Plantain helps to heal wounds and reduce itching.

Roses *Rosa centifolia*

Roses are calming, soothing and comforting.

HYDROSOLS

Hydrosols are also called floral waters and are from the distillation of essential oils. Once the essential oils are removed from the water, the hydrosol is the remaining water. A tiny amount of essential oil is still contained in the hydrosol. For this reason, hydrosols are subtle and very gentle and perfect for babies.

They are gentler than essential oils and a good choice for newborns, babies and children.

Uses

Hydrosols can be used to mist your baby's room to calm and soothe the baby.

A hydrosol can be misted on the mother for a familiar scent to the baby. Try misting the same hydrosol on a new caregiver for scent familiarity to the baby.

-Try adding ½ teaspoon hydrosol to baby's bath water for a soothing bath.

Chamomile Hydrosol

Chamomile calms and soothes.

Lavender Hydrosol

Lavender calms and relaxes.

ESSENTIAL OILS FOR BABIES, CHILDREN AND PREGNANCY

Essential oils are very concentrated and should not be used directly on the skin as they may cause irritation. Essential oils are used by highly diluting them into plant oils, balms, lotions and creams before they are applied to the skin. Do not apply essential oils near eyes, nose or mouth.

ESSENTIAL OIL SAFETY AND GUIDELINES

Keep essential oils out of reach of children

-Do not apply essential oils to a child's face or near their face

-Do not apply essential oils into the ear or nose of a child

-Do not expose children under 5 to strong essential oil vapors

-Always dilute essential oils

-Dilute essential oils in oil, liquid soap or coconut cream before adding to bath or foot bath water

-Essential oils are very effective when diluted and used topically

-Avoid ingesting essential oils unless you are under the supervision of a health care practitioner

GUIDELINES ESSENTIAL OIL USAGE FOR CHILDREN

You need to pay extra attention with essential oils around and used on children. Newborns skin (0-3 months) is extremely delicate and permeable. Essential oils should not be used unless the person using them has extensive knowledge on the essential oils and newborns. Minimal essential oils should be used on children and many times they don't need any. Children's skin is also very sensitive. Essential oils always need to be diluted in an oil carrier before being applied to their skin to reduce skin sensitivity. Be mindful of adult essential oils in room sprays and diffusers being used around children.

Less is best. **Always** dilute essential oils into oil or a skin care product. **Always** try the product on yourself first before applying it to babies and children. If someone has very sensitive skin, try a dab of the product on his or her hand first to make sure they do not have a reaction. The amount of essential oil to use in a product depends on the essential oil and the product.

Conservative Usage Guidelines

These are conservative guidelines for leave-on skincare products and should always be adjusted based on:

- IFRA dermal limits
- product type
- exposure area
- frequency of use
- individual sensitivities

For infants and young children, fragrance-free products are often preferred. When using essential oils, use very low dilutions and gentle oils only.

Age	Conservative Leave-On Usage Range
0-6 Months	0%
6-24 Months	0.01-0.10%
2-6 Years	0.10-0.50%
6-15 Years	0.10-1%
15+ Years	0.5-2%

6 months

Conservative essential oils: Roman chamomile, Lavender, Mandarin

6 -24 months

Conservative essential oils: Lavender, Roman Chamomile, Mandarin, Copaiba

2-6 years essential oil usage:

Conservative essential oils: Lavender, Roman Chamomile, Mandarin, Sweet Orange, Copaiba, Frankincense, Cedarwood Atlas

6-15 years essential oil usage: 0.5%-1% essential oil

Conservative essential oils: Lavender, Roman Chamomile, Mandarin, Sweet Orange, Copaiba, Frankincense, Geranium, Cedarwood Atlas, Tea Tree (low levels), Cypress

15+ years essential oil usage: 0.5%-3% essential oil

Many skin friendly essential oils may be used according to IFRA and dermal safety limits

Avoid Using These Essential Oils with Children under 6 years old

Peppermint, Eucalyptus globulus, Cassia, Cinnamon, Rosemary cineole, Wintergreen, Birch, Clove, Oregano, Thyme thymol, Camphor rich oils, Lemongrass, Hyssop, Sage

Essential Oil %	Approximate Drops per 1 oz / 30 g / 30 mL
0.01%	0.06 drop
0.025%	0.15 drop
0.05%	0.3 drop
0.1%	0.6 drop
0.25%	1.5 drops
0.5%	3 drops
1%	6 drops

Based On

- 1 oz \approx 30 g or 30 mL
- 1 drop essential oil \approx about 0.05 g
- 1 g essential oil \approx about 20 drops

Important Note

Very low percentages **under 0.25%** are **difficult to measure accurately by drops**. For infant and sensitive-skin formulations, it is best to:

- weigh essential oils in grams using a 0.01 g precision scale
- **or make a pre-diluted essential oil blend for accurate measuring**

Example:

- **Create a 10% lavender dilution in jojoba oil**
- **Then measure the dilution into the formula instead of counting partial drops.**

Bath Water

Add 1- 2 drops Gentle Baby Oil into the bath water and swish water around. Do not add essential oils directly into a baby's bath water as it can cause skin sensitivity.

Essential Oils for Pregnancy after the first trimester

Less is best. A pregnant mom's sense of smell usually guides her of what appeals to her and what does not appeal to her. Go by your sense of smell and trust it.

ESSENTIAL OILS BEST FOR CHILDREN

Chamomile, Roman Essential Oil *Anthemis nobilis*

Roman chamomile is calming and helps to relax and calm rashes.

Copaiba Essential Oil *Copaifera officinalis*

Copaiba is valued in skincare for its calming, soothing, and skin-comforting properties.

Lavender Essential Oil *Lavandula angustifolia*

Lavender helps to calm and relax. Lavender helps to heal minor cuts, rashes and skin infections.

Mandarin Essential Oil *Citrus reticulata*

Mandarin helps to calm the nerves and relieve restlessness. The scent is uplifting.

Sweet Orange Essential Oil *Citrus aurantium*

Sweet orange is refreshing and uplifting.

BABY BATH BOTANICALS

Take a bath with your baby so you can have the benefits of relaxation, calm and well-being. When you and your baby are in the bathtub, wash the baby first and then have someone come with a towel and take the baby from you so you can spend extra time in the tub to soak.

*Naturally clean the bathtub with baking soda.

For Mommy Too

These are perfect for mommy to add to her bath water and relax. She can even use them to make an herbal facial steam.

For Daddy Too

These are perfect for daddy to add to his bath water and relax.

For Sister and Brother Too

Sister and brother will love the scent of these botanicals in their bath water and to help calm them before bed.

Baby Bath Botanicals

Yield: 1 ¼ cups

Container: 9 oz glass jar

¼ cup organic dried oatmeal

½ cup dried organic calendula flowers

¼ cup dried organic chamomile flowers

¼ cup dried organic lavender flowers

Directions to Make

Mix all ingredients together and add to a 9-ounce jar, include a muslin bag or organza bag in the jar.

Directions to Use

Fill muslin bag or organza bag with herbs 1-2 tablespoons, hang the bag over the faucet while running water into bathtub, then float the bag in the bath water. Discard herbs after each use.

Options

Use any variations of the dried flowers above. Calendula or lavender is wonderful for the bath.

Soothing Oatmeal Bath

Add dried oatmeal to a muslin bag or organza bag and add to the bath water. Oatmeal helps to soothe the skin.

GENTLE BABY POWDER

Most babies really do not need baby powder. For those that want to use baby powder this baby powder is so much better for babies than the ones with harsh ingredients. The purpose of baby powder is to dry up moisture. This is a nice baby powder that is light and silky and feels good on the skin.

Directions for Use

Apply a tiny amount of powder to baby's bottom. Make sure the baby's bottom is dry before applying the powder.

For Mommy Too

This powder can be lightly sprinkled onto your bed sheets to help you relax, used as a mild deodorant or applied to moisture heavy areas like the thighs during pregnancy in the hot months. This powder can be added into shoes to absorb odor.

For Daddy Too

This powder can be used as a light deodorant. Added to shoes to absorb odor. Try sweet orange essential oil in place of lavender essential oil.

For Sister and Brother Too

This powder can be lightly sprinkled over bed sheets to help calm the child to go to sleep.

Container

4-ounce powder container

Powder containers come in cardboard, plastic and aluminum.

The cap needs to have a fine sifter on it to shake out the powder.

Shelf Life

This baby powder has a long shelf life, 2-4 years and this depends on the essential oils used. It is best to use the powder within 2 years while all the ingredients are fresh.

GENTLE BABY POWDER

Batch: 4 ounces (fills one 4-ounce container)

Ingredient	Measure by Hand	Measure by Scale	Percentage
Organic Cornstarch (powder)	Heaping 1/2 cup	2 ounces	50%
Arrowroot Starch (powder)	Heaping 1/2 cup	2 ounces	50%
Total		4 ounces	100%
Unscented or Optional Essential Oil: Lavender	6 drops		Up to 0.25%

Directions To Make

1. Combine all ingredients into small bowl and mix.
2. Into another bowl, sift the powder with a fine mesh hand sifter until lumps are gone and the powder feels smooth. Repeat this process many times until powder is silky. (You may not need to sift if the arrowroot powder and cornstarch powder are fine and not clumped).
3. Pour into the container.

Note

If you have white cosmetic clay (kaolin clay), a small amount can be added. Cosmetic clay also absorbs moisture, and it changes the texture of this baby powder to be not so fine a powder. Either way they both make a nice baby powder. Try adding 1-2 tablespoons cosmetic clay to the formula above and see what you think. Start with 1 tablespoon and feel the powder and then add another tablespoon. Record your results.

GENTLE BABY POWDER

Batch: 100 grams

Ingredient	Measure by Hand	Measure by Scale	Percentage
Organic Cornstarch (powder)	1/2 cup	50 grams	50%
Arrowroot Starch (powder)	1/2 cup	50 grams	50%
Total		100 grams	100%
Unscented or Optional Essential Oil: Lavender	4 drops		Up to 0.25%

Directions To Make

1. Combine all ingredients into a small bowl and mix together with a whisk.
2. Into another bowl, sift the powder with a fine mesh hand sifter until lumps are gone and the powder feels smooth. Repeat this process many times until powder is silky. (You may not need to sift if the arrowroot powder and cornstarch powder are fine and not clumped).
3. Pour into the container.

Note

If you have white cosmetic clay (kaolin clay), a small amount can be added. Cosmetic clay also absorbs moisture, and it changes the texture of this baby powder to be not so fine a powder. Either way they both make a nice baby powder. Try adding 1-2 tablespoons cosmetic clay to the formula above and see what you think. Start with 1 tablespoon and feel the powder and then add another tablespoon. Record your results.

BABY BOTTOM BALM

Balms protect the skin and help with diaper rash. Plant wax like candelilla forms a light protective film on the skin helping baby's bottom to stay protected from skin irritation.

For Mommy Too

Try the balm on cuticles, rough heels, feet, elbows and minor cuts.

For Daddy Too

Try the balm on cuticles, rough heels, elbows and minor cuts.

For Sister and Brother Too

Try the balm for minor cuts and scrapes and bug bites.

Containers

I prefer wide mouth containers for balms. It is easy to get the balm out compared to a deep jar and having to put your hand deeper into it. I like tin containers and glass containers best. I also prefer colored glass containers like cobalt blue or amber.

Make a large amount for home and a small amount for the diaper bag and travel. Half or one-ounce tins are perfect for this.

Substitutions

Any of the plant oils can be substituted for the plant oils suggested for baby.

Directions for Use

Apply to the diaper area for protection or to help heal a diaper rash.

Shelf Life

This balm has a long shelf life, 2-4 years. It is best to use the balm within 2 years while all the ingredients are fresh.

BABY BOTTOM BALM

Batch: 4 ounces

Ingredient	Measure by Hand	Measure by Scale Ounces	Percentage
Apricot Oil	9 ½ tablespoons	3.4 ounces	85%
Jobba Oil	1 tablespoon	0.4 ounces	10%
Candelilla Wax	1 heaping tablespoon (larger flakes)	0.2 ounces	5%
<i>Total</i>		4 ounces	100%
Unscented or Optional: Essential Oil	6 drops		Up to 0.25%

Directions

1. Combine all ingredients into a pot (stainless steel milk frother pitcher works great) and place into a water bath or double boiler system and gently melt oils and wax. Be very careful not to overheat the oils.
2. Make sure all candelilla wax is melted (approximately 195°F) and the mixture is clear. Remove pot from heat.
3. Allow mixture to cool to approximately 120°F -130°F or before the mixture sets up and stir in the essential oils.
4. Pour mixture into containers at approximately 125°F and allow to firm.

Fills: (10) ½ ounce tins or (5) 1-ounce tins

Tip

- The pot is easier to clean if you wipe the mixture out with paper towel before the mixture firms up inside the pot. Be careful if the pot is still hot.
- Do a spoon test first. Place a small amount of mixture onto a metal spoon, allow to firm and test for firmness. If it is too soft, add more wax, if it is too hard, add more oil.

BABY BOTTOM BALM

Batch 100 grams

Ingredient	Measure by Hand	Measure by Scale Grams	Percentage
Apricot Oil	8 ½ tablespoons	85 grams	85%
Jobba Oil	1 tablespoon	10 grams	10%
Candelilla Wax	1 tablespoon (larger flakes)	5 grams	5%
<i>Total</i>	100 grams	100 grams	100%
Unscented or Optional: Essential Oil	4 drops		Up to 0.25%

Directions

1. Combine all ingredients into a pot (stainless steel milk frother pitcher works great) and place into a water bath or double boiler system and gently melt oils and wax. Be very careful not to overheat the oils.

2. Make sure all candelilla wax is melted (approximately 195°F (91°C) and the mixture is clear. Remove pot from heat.

3. Allow mixture to cool to approximately 130°F -140°F (54°C—60°C) or before the mixture sets up and stir in the essential oils.

4. Pour mixture into containers at approximately 125°F (52°C) and allow to firm.

Fills: (9) ½ ounce tins or (4) 1-ounce tins

Note

-For hand measurement ½ tablespoon measures the same as 1½ teaspoons. You can eye ½ tablespoon or measure using 1½ teaspoons.

Tip

- The pot is easier to clean if you wipe the mixture out with paper towel before the mixture firms up inside the pot. Be careful if the pot is still hot.

- Do a spoon test first. Place a small amount of mixture onto a metal spoon, allow to firm and test for firmness. If it is too soft, add more wax, if it is too hard, add more oil.

SOOTHING BABY OINTMENT

This baby ointment is not overly greasy and goes nicely into the skin. It contains only three ingredients. It is perfect to massage onto baby's moist skin after the bath, as a diaper ointment, for dry skin or to apply to minor cuts or bruises.

Containers that work well:

Squeeze tubes are great for this ointment. A tin can also be used but make sure it has a good seal as this is a thin texture.

Make a large amount for home and a small amount for the diaper bag and travel. Small tubes are perfect for travel.

For Mommy Too

Massage onto the belly, hands or feet.

For Daddy Too

Apply to hands, feet or small amount to a moist face after shaving.

For Sister and Brother Too

Apply to minor cuts and scrapes, dry skin or chapped lips (for lips omit the essential oil).

Shelf Life

This ointment shelf life is approximately 2 years.

SOOTHING BABY OINTMENT

Batch: 4 ounces

Ingredient	Hand Measure	Measure by Scale Ounces	Percentage
Apricot Oil	9 ½ tablespoons	3.44 ounces	86%
Jojoba Oil (I infuse calendula flowers into it)	1 tablespoon	0.4 ounce	10%
Candelilla Wax	2 ¼ teaspoons (larger flakes)	0.16 ounce	4%
<i>Total</i>		4 ounces	100%
Unscented or Optional: Essential Oils try mandarin or lavender essential oil	6 drops		Up to 0.25%

Directions

1. Combine all ingredients into a pot (stainless steel milk frother pitcher works great) and place into a water bath or double boiler system and gently melt oils and wax. Be very careful not to overheat the oils.

2. Make sure all candelilla wax is melted (approximately 195°F (91°C) and the mixture is clear. Remove pot from heat.

3. Allow mixture to cool to approximately 130°F -140°F (54°C—60°C) or before the mixture sets up and stir in the essential oils.

4. Pour mixture into containers at approximately 125°F (52°C) and allow to firm.

Tip

- Place tubes into a narrow container to hold it upright before pouring mixture into.
- The pot is easier to clean if you wipe the mixture out with paper towel before the mixture firms up inside the pot. Be careful if the pot is still hot.
- Do a spoon test first. Place a small amount of mixture onto a metal spoon, allow to firm and test for firmness. If it is too soft, add more wax, too hard add more oil.

SOOTHING BABY OINTMENT

Batch: 100 grams

Ingredient	Measure by Hand	Measure by Scale Grams	Percentage
Apricot Oil	8 ½ tablespoons	86 grams	86%
Jojoba Oil (I infuse calendula flowers into it)	1 tablespoon	10 grams	10%
Candelilla Wax	2 teaspoons (larger flakes)	4 grams	4%
<i>Total</i>	100 grams	100 grams	100%
Optional: Essential Oils try organic sweet orange, mandarin or lavender essential oil	4 drops	4 drops	Up to 0.25%

Directions

1. Combine all ingredients into a pot (stainless steel milk frother pitcher works great) and place into a water bath or double boiler system and gently melt oils and wax. Be very careful not to overheat the oils.
2. Make sure all candelilla wax is melted (approximately 195°F (91°C) and the mixture is clear. Remove pot from heat.
3. Allow mixture to cool to approximately 130°F -140°F (54°C—60°C) or before the mixture sets up and stir in the essential oils.
4. Pour mixture into containers at approximately 125°F (52°C) and allow to firm.

Tip

- Place tubes into a narrow container to hold it upright before pouring mixture into.
- The pot is easier to clean if you wipe the mixture out with paper towel before the mixture firms up inside the pot. Be careful if the pot is still hot.
- Do a spoon test first. Place a small amount of mixture onto a metal spoon, allow to firm and test for firmness. If it is too soft, add more wax, if it is too hard, add more oil.

BELLY JELLY FOR MOMMY TO BE

This belly jelly is perfect to massage the belly with twice a day. This is a softer belly jelly for easy application. It is fine to put in a tin. It may melt slightly in the heat but will set back up out of the heat. An option is to add 1% more candelilla wax. See the baby bottom balm for the hand measurement for 5% candelilla wax.

I read a study that said it was the massage that made the most difference to prevent stretch marks during pregnancy over applying only the product.

For Daddy Too

Massage hands and feet for relaxation.

For Sister and Brother Too

Massage hands and feet for relaxation.

Containers

Wide mouth tin containers work well.

Glass jars also work but are deeper.

Made with Love

After the belly jelly has cooled down and set up, draw a heart on top of the balm with a toothpick, skewer or appetizer metal stick.

Directions for Use

Massage twice a day onto belly.

Shelf Life

This jelly has a shelf life of approximately 2-3 years. It is best to use the jelly within 2 years while all the ingredients are fresh.

BELLY JELLY FOR MOMMY TO BE

Batch: 4 ounces

Ingredient	Measure by Hand	Measure by Scale Ounces	Percentage
Sunflower Oil	8 ½ tablespoons	3.04 ounces	76%
Joboba Oil	1 tablespoon	0.4 ounces	10%
Cocoa Butter	1 tablespoon melted or 1 heaping tablespoon hard chunks of cocoa butter	0.4 ounces	10%
Candelilla Wax	2 ¼ teaspoons (larger flakes)	0.16 ounce	4%
<i>Total</i>		4 ounces	100%
Unscented or Optional: Essential Oils Sweet Orange or Mandarin	12 drops		Up to 0.50%

Directions

1. Combine all ingredients into a pot (stainless steel milk frother pitcher works great) and place into a water bath or double boiler system and gently melt oils and wax. Be very careful not to overheat the oils.
2. Make sure all candelilla wax is melted (approximately 195°F (91°C) and the mixture is clear. Remove pot from heat.
3. Allow mixture to cool to approximately 130°F -140°F (54°C—60°C) or before the mixture sets up and stir in the essential oils.
4. Pour mixture into containers at approximately 125°F (52°C) and allow to firm.

Tip

- Place tubes into a narrow container to hold it upright before pouring mixture into.
- The pot is easier to clean if you wipe the mixture out with paper towel before the mixture firms up inside the pot. Be careful if the pot is still hot.
- Do a spoon test first. Place a small amount of mixture onto a metal spoon, allow to firm and test for firmness. If it is too soft, add more wax, if it is too hard, add more oil.

BELLY JELLY FOR MOMMY TO BE

Batch: 100 grams

Ingredient Trade Name	Measure by Hand	Measure by Scale Grams	Percentage
Sunflower Oil	7 ½ tablespoons	76 grams	76%
Joboba Oil	1 tablespoon	10 grams	10%
Cocoa Butter	1 tablespoon melted or 1 heaping tablespoon hard chunks of cocoa butter	10 grams	10%
Candelilla Wax	2 teaspoons (larger flakes)	4 grams	4%
<i>Total</i>	100 grams	100 grams	100%
Essential Oils Sweet Orange or Mandarin	Up to 16 drops		Up to ½%

Directions

1. Combine all ingredients into a pot (stainless steel milk frother pitcher works great) and place into a water bath or double boiler system and gently melt oils and wax. Be very careful not to overheat the oils.
2. Make sure all candelilla wax is melted (approximately 195°F (91°C) and the mixture is clear. Remove pot from heat.
3. Allow mixture to cool to approximately 130°F -140°F (54°C—60°C) or before the mixture sets up and stir in the essential oils.
4. Pour mixture into containers at approximately 125°F (52°C) and allow to firm.

Tip

- The pot is easier to clean if you wipe the mixture out with paper towel before the mixture firms up inside the pot. Be careful if the pot is still hot.
- Do a spoon test first. Place a small amount of mixture onto a metal spoon, allow to firm and test for firmness. If it is too soft, add more wax, if it is too hard, add more oil.

TOUCH AND MASSAGE

Babies love to be gently touched and massaged. Massage helps to connect and bond with your baby. You get to know your baby and your baby's body. A massage stimulates circulation, relieves stress, improves sleep and sends love from your hands to your baby. Try a hand massage or foot massage or body massage.

Years ago, a 90-year-old man told me he was never sick. His mother always massaged his feet as a child. As an adult he went to the local cosmetology school once a month and had his feet and legs massaged for a pedicure by the students. He swore that the massage kept him well for his adult life.

BABY OIL

Directions for Use

Pour a small amount of oil (about the size of a quarter) into your palm and warm the oil by rubbing it in your palms. Gently massage the oil onto baby's skin in a circular motion. Babies and children love hand and foot massages.

For Mommy Too

One of the nicest things we can do for each other is to touch our loved ones. Have your loved one give you a gentle hand, foot or body massage.

For Daddy Too

Give yourself a hand or foot massage for relaxation. Try a scalp massage for stress relief, it feels so relaxing. Massage the scalp with a small amount of oil before washing the hair.

For Sister and Brother Too

Children love to be touched and have attention on them especially if there is a newborn baby in the house. Give a gentle foot or hand massage after school or before bed or anytime they may feel anxious.

Tip

If you use a towel and there is oil on it, wash it soon after use. Oil will set in and turn rancid from being exposed to air. It leaves a strong smell on the towel that will not come out.

MASSAGE OIL for Mom or Child

1 ounce or 30 ml gentle plant oil (safflower oil or apricot oil)
1-4 drops essential oil (refer to essential oil age usage)
Combine into bottle and mix well.

CALMING BABY OIL

Yield: 1 ounce

Container: 1 ounce bottle with treatment pump

1 tablespoon plus 2 teaspoons organic safflower or apricot oil

1 teaspoon organic jojoba oil infused with calendula flowers or safflower or apricot oil

Combine and mix all ingredients together into the bottle. Cap and label.

Optional:

- You may replace apricot and jojoba oil with other gentle plant oils.
- Shelf Life: approximately 2 years if containing jojoba oil.

HERBAL INFUSED OIL

How to infuse herbs into oil

There are many ways to infuse herbs into oil. Dried herbs work well to infuse into oil. If you are using a fresh herb, dry it first to remove the water content in the herb. I use olive oil and sunflower oil to infuse herbs into.

Label the container with date and type of oil.

Store the oil in a cool place away from light. Most will keep for approximately one year.

Method #1

1. Cut the dried herb into a jar.
2. Cover the herb completely with plant oil.
3. Place the lid on the jar and place the jar in a dry place for 4-6 weeks.
4. Check on the oil and make sure the herb is still submerged into the oil.
5. After 4-6 weeks, strain out the herb using a funnel with a coffee filter, paper towel or muslin cloth in it. Muslin cloth can be purchased at the fabric store and cut into squares to fit the filter.

Method #2

1. Tear or cut dried herb into very small pieces and place in a pan or crock-pot. If using a crock-pot, make sure it has a warm setting, low is too hot and will overcook the oil. (I use a small crock-pot by Proctor Silex, it has settings of warm, low and high).
2. Cover the herb with plant oil.
3. Gently warm the oil in the crock-pot or on the stove. If using a crock-pot, warm for about 8-10 hours. If warming on the stove, gently warm over 3 days for 30 minutes a day. Never allow the oils to become hot.
4. Strain the herb out of the oil using a funnel with a coffee filter, paper towel or muslin cloth in it. Muslin cloth can be purchased at the fabric store and cut into squares to fit the filter.

Simple Calendula Oil or Lavender Oil

Place 1 cup of dried calendula flowers or lavender flowers in a jar, completely cover the flowers with oil and cap. Store in a dry place 4-6 weeks. Strain the flowers out. (See above on straining).

Note

If you do not want to infuse your own oils, purchase herbal oils at natural grocery stores and herb stores.

SENSE OF SMELL

A baby's sense of smell is highly developed from birth and plays an important role in bonding, feeding, comfort, and emotional security. Newborns can recognize the scent of their mother within the first days of life and are naturally drawn to familiar comforting smells, especially breast milk and skin scent. Because an infant's olfactory system is very sensitive, strong fragrances and heavily scented products can sometimes be overwhelming or irritating. Gentle, low-scent, or fragrance-free skincare products are often preferred for babies to help avoid overstimulation and reduce the risk of irritation or sensitization. Soft, mild natural aromas are generally better tolerated than strong synthetic fragrances or heavily fragranced essential oil blends.

Baby's eyes are still not focused so other senses are stronger. Our sense of smell is so important. It is easily taken for granted. Smell is connected to how we taste food, to alert us of danger like when we leave a pan on the stove and we can smell it burning and to warn us if the food is rotten and in so many other ways.

Our sense of smell also affects our mood, good or bad. Sense is directly related to the part of our brain called the limbic system. If we had a bad experience around a scent, we hold it as a memory in our brain. The same is true for happy scents and memories. That is why I think it is wonderful to mist a baby's room with a calming scent of lavender or happy scent of sweet orange.

My daughter holds flowers and fruit to my granddaughter's nose and tells her to smell it. She did this with her since a few months old. I was amazed when I saw my granddaughter at 7 months old move her nose to smell an apple when her mommy held it to her nose.

In natural perfumery, a seasoned perfumer can bring a scent up in their mind and recreate the scent without having to smell the scent. For an example, they can bring the scent of an orange into their mind. Some people can do this too.

Just think if a baby is raised to pay attention to smell, remember the smell and trust their intuition on scent. I think it would be an amazing thing. I am excited to watch my grandchildren and see how their sense of smell develops as they grow up.

AROMATHERAPY BABY'S ROOM MIST

Room mists can be so enjoyable for baby, child, mom and dad. Mist a little bit of lavender to calm before sleep time or sweet orange during baby's awake time to add a little cheer.

For Mommy Too

Mist the room with lavender room spray to calm and relax before taking a nap or bedtime. Mist the room with sweet orange essential oil for uplifting and cheer for the day.

For Daddy Too

Mist the room with lavender room spray for relaxation and if he has been around sick people. Mist the room with sweet orange essential oil for uplifting and cheer for the day.

For Sister and Brother Too

Mist the room with lavender room spray to calm and relax before taking a nap or bedtime or going to school or when they are sick. Mist the room with sweet orange essential oil for uplifting and cheer for the day.

This room mist can be made with water and essential oil or just a hydrosol.

Aromatherapy Baby Room Mist

4-ounce bottle with atomizer (spray) lid (glass, plastic or aluminum)

Water (distilled water, purified water, spring water)
Up to 10 drops essential oil (lavender, sweet orange)

Directions to Make

1. In a 4-ounce bottle add up to 10 drops essential oil to your scent preference.
2. Pour and fill water into the bottle leaving enough room to put the lid in.
3. Gently tap and shake the bottle to mix the water and essential oils.

Directions To Use

Shake bottle before each use and mist into the air.

Shelf Life

This mist should be used within 1 month.

Aromatherapy Hydrosol Baby's Room Mist

Pour chamomile or lavender hydrosol into a bottle with an atomizer. The hydrosol can be diluted by adding ½ distilled water, purified water or spring water or the hydrosol can be used full strength since it is a room m

Product Making Worksheet

Date _____ Product _____

Yield _____

Ingredients
Scent
Containers used
Labels used

Notes _____

USA SUPPLIERS AND RESOURCES

These are just a few suppliers. There are many suppliers including Amazon. Search the web for suppliers near you.

Ingredients

Food Co-ops, Natural Grocery Stores

natural ingredients

Mountain Rose Herbs

Plant oils, hydrosols, herbs, essential oils, containers

From Nature with Love

Plant oils, herbs, essential oils, containers

Essential Oils and Hydrosols

Natures Gift

Original Swiss Aromatics

Stillpoint Aromatics

Natural Grocery Stores

Candelilla Wax

Lotioncrafter

Formulator Sample Shop

Making Cosmetics

Bottles and Container Suggestions for These Products

9-ounce amber glass jar for bath botanicals

SKS bottles

1-ounce amber glass jar for balm

SKS bottles

50 ml amber glass jar for balm

SKS bottles

1 ounce glass bottle with treatment pump for baby oil

SKS bottles

Tins - wide mouth for balm

Mountain Rose Herbs

Powder Tubes for baby powder

Mountain Rose Herbs

Squeeze Tubes for baby ointment
Small 10 ml dispensing tubes: Lotioncrafter
Medium 80 ml dispensing tubes: Lotioncrafter

Recommended Books

Natural Babycare by Colleen Dodt

Aromatherapy for the Healthy Child by Valerie Ann Worwood

Family Herbal by Rosemary Gladstar

About Joan Morais

Joan Morais is a natural cosmetic formulator and instructor. Joan teaches online courses on making natural and organic products for body, hair and skin at joanmorais.com. She has assisted thousands in learning the art and science of making natural products and has taught at top spas and companies. She teaches and consults with people worldwide. Joan is a certified aromatherapist and herbalist.

Joan Morais formulas contain high quality plant-based, vegan ingredients; natural, organic and wild crafted herbs, botanical extracts, pure plant butters, vegetable oils and essential oils. The results are natural products that are beneficial to the skin and friendly to people, animals and the earth.