



Advantages Of Sweet Almond Oil For Babies



Softens skin

Sweet almond oil keeps the skin of the baby soft and supple.

Anti-inflammatory

Sweet almond oil has anti-inflammatory properties, which help in healing dry or damaged skin.



Good for the scalp

A daily massage to the scalp with sweet almond oil prevents the baby from forming a cradle cap.

Relaxing

A soothing massage with this oil improves blood circulation and promotes relaxation in the baby.



Relieves colic pain

A massage with sweet almond oil also helps relieve colic pain in babies.

Edible

Sweet almond oil is edible. So, if the baby licks it off, it will cause them no harm.



Reference:

1. Cradle cap symptoms and natural treatments; American Pregnancy Association