



Tips To Safely Massage Your Baby



If the baby becomes cranky during a massage, skip the step or stop the massage.

Be gentle and avoid applying too much pressure on the baby's delicate bones and tissues.



Avoid massaging the genitals or groin area.

Speak, laugh, smile during the massage, and make eye contact with the baby.



Wipe away oil on the baby's palms and fingers after the massage to prevent accidental ingestion.

Maintain a fixed time for the massage to establish a routine for the baby.



Use baby massage oils that are 100% safe and do not pose any health risks.