



# Carrier Oils, Essential Oils and Butters for Babies



Baby skin is very sensitive before it starts to mature. Their system is not developed sufficiently and can overreact to environmental factors like temperature or wind, chemicals like dyes and detergents, rubbing clothes, etc. Because the epidermis layer of babies' skin is very thin, they are much more sensitive to botanical ingredients, thus it is advisable to take caution when formulating with essential oils as there are only a few that should be used. While natural, plant-based ingredients are great to include in baby products like creams, lotions, balms, baby wash, shampoos, it's important to choose the right species at lower concentrations. Using carrier oils\* and butters with low oleic acid and high linoleic acid will encourage moisture retention in skin and prevent irritation, which is great for conditions like Cradle Cap.

*\*Always take caution when formulating with nut oils.*



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## Vitamins and Omega Acids

**VITAMIN A** - Stimulates the production of collagen to fuel cell turnover, has anti-inflammatory and antioxidant effects. Retinoid, a vitamers of Vit A, also stimulates the production of new blood vessels in the skin, which improves skin color. Additional benefits include fading age spots and softening rough patches of skin.

**VITAMIN B** - The B vitamins actually consist of 8 different vitamers, B1 (thiamine), B2 (riboflavin), B3 (niacinamide), B5 (pantothenic acid), B6 (pyridoxine), B7 (biotin), B9 (folic acid or folate) and B12(cobalamin). Their benefits range from improving the appearance of fine lines and wrinkles, to improving skin tone and balancing natural oils, making them great for dry or acne-prone skin. B6 specifically can diminish the effects of hormonal imbalance, which can cause acne, redness, and inflammation.

**VITAMIN C** - Is a potent antioxidant that can neutralize free radicals, even skin tone, and promote collagen production.

**VITAMIN E** - Promotes anti-oxidant activity, repairs and improves damaged skin while simultaneously moisturizing. It naturally enhances the skin's regeneration process, thus often alleviating discoloration and pigmentation (the reason why vitamin E is often thought of as a magical antidote for stubborn acne scars).

**VITAMIN F** - May be exceptionally beneficial for those with inflammatory skin issues. It helps reduce inflammation as well as regulate healthy cell function, and excessive water loss. It is best for people with highly sensitive skin and conditions such as atopic dermatitis, psoriasis, seborrheic dermatitis, rosacea, and acne as it calms and soothes troubled skin.

**VITAMIN K** - Potential antioxidant and anti-inflammatory, with known effects to help with blood clotting. Promotes cellular metabolism and has anti-inflammatory properties, promotes wound healing by increasing wound contraction and re-epithelialization.

**OMEGA 3 (ALA)** - Alpha-linolenic acid exhibits anti-oxidant properties, prevents inflammation.

**OMEGA 6** - Linoleic acid encourages moisture retention in skin, exhibits anti-inflammatory properties, and encourages anti-oxidant activity.

**OMEGA 9** - Oleic acid has powerful anti-oxidant properties and prevents inflammation.

**ARACHIDIC ACID** - Shows potential to act as an emollient in creams, lotions, balms and serums.

**PALMITIC ACID** - Shows potential to act as an emollient in creams, lotions, balms and serums. Known to soften the skin by forming a water-blocking layer, helping to retain moisture.

**STEARIC ACID** - Known to possess properties that cleanse skin and hair, protect hair from damage, emulsify creams, lotions, balms and serums.

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# Carrier Oils for Babies

Carrier oils are basically oils derived from nuts and seeds of different plants. Based on the plant, they exhibit different properties. They can be used by themselves (as a moisturizer or to treat specific problems), or they can be mixed with other carrier oils or essential oils.

They are called carrier oils as they carry essential oils or any other absolute to the skin. The absorption of essential oil will depend on the chemical as well as physical properties of the oil.

## **ALMOND SWEET** *Prunus amygdalus dulcis* **CARRIER OIL**

With high levels of Oleic acid, it is not recommend to use this oil on newborn babies up to 3 months old. It is rich in essential fatty acids (linolenic acid Omega 3, linoleic acid Omega 6 and oleic acid Omega 9), and vitamins A & E, B7 or biotin and K, which make is a natural antioxidant, antibacterial, antifungal and anti-inflammatory. A great source of magnesium, phosphorus and copper. Almond Oil's constituents will help sooth dry skin and improve the tone of baby skin. The antibacterial properties and richness in vitamin A make it suitable in helping treat damaged skin. The vitamin E content promotes anti-oxidant activity, repairs and improves damaged skin while simultaneously moisturizing. Almond oil also contains retinol, vitamin E, and vitamin K, which can keep delicate skin smooth without irritation..

## **BORAGE** *Borago officinalis* **EXOTIC CARRIER OIL**

One of the richest sources of essential fatty acids that exists, containing Omega 6 linoleic acid, Omega 3 ALA alpha-linolenic acid, palmitic acid, and stearic acid - these high levels are wonderful for helping soothe baby's skin. It's also wonderful to use as a massage oil for baby, or even to soothe baby's eczema. It is a powerful antioxidant with Vitamins A, B and C, which have been well-documented for having skin conditioning properties for protecting skin cells from oxidative stress caused by UV radiation. Its anti-inflammatory properties can help restore moisture barriers and smoothness for dry and damaged skin. It is a light oil and won't leave the skin feeling greasy. It is very emollient and helps reduce reddening of very sensitive skin. Vitamin A has healing properties for helping heal nappy rash. It has low levels of Omega 9 oleic acid, which are great for baby skin. The most powerful benefits of this oil are seen when topically applied to cradle cap. After 7 months old, then their own system will be developed enough to handle the condition on their own.

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# Carrier Oils for Babies



## **COCONUT** *Cocos nucifera* **CARRIER OIL**

It's packed with omega 6 linoleic acid, anti-inflammatory, moisturizing, antifungal, antibacterial and antimicrobial activity due to the medium-chain fatty acids like lauric acid. Coconut oil, containing up to 92 percent saturated fats, has the highest levels of saturates of all the vegetable oils. Its saturated fatty acid level is even higher than butter. Nature's answer to conditioning skin, coconut oil reaches lower levels of the skin, hydrating and reducing dryness. It also contains Vitamin E tocopherol, which is an antioxidant that can protect baby's skin from environmental pollutants, radiation, and tobacco smoke. It boosts the production of collagen and encourages the regeneration of cells, which may help nappy rash. Coconut Oil's constituents fight free radicals, clear and soothe skin, and moisturize baby's skin.



## **GRAPE SEED** *Vitis vinifera* **CARRIER OIL**

Is rich in phenolic compounds, fatty acids Omega 6 & 9, and vitamins E & F, having anti-inflammatory and antimicrobial properties. Its constituents, mainly tocopherol, linolenic acid, resveratrol, quercetin, procyanidins, carotenoids, and hystosterols are nourishing for baby skin. As it is rich in Vitamin E, this oil can help moisturize the skin. It will reduce inflammation, redness, prevent acne, eczema and rosacea. Due to its antimicrobial properties, it will speed up the healing process and will not clog pores. This oil has some astringent qualities and is good for oily skin. A great oil for relieving dry itchy skin. Being a dry non-irritating oil, it does not leave a greasy film on the skin, making it suitable for treating your baby's dry skin problems.



## **JOJOBA** *Simmondsia chinensis* **EXOTIC CARRIER OIL**

Is rich in antioxidant Vitamin E plus Vitamins A B, C and D. It also contains the minerals chromium, copper and zinc, plus Omega 6 and 9, having anti-inflammatory, antimicrobial, antibacterial, antioxidant, hypoallergenic and antifungal properties. Jojoba oil is actually a liquid wax and is similar to the sebum our own body produces. A versatile oil, jojoba oil's high mineral content will leave skin looking smoother, whilst helping protect against dryness, as it will hydrate the skin and scalp. Due to its Vitamin E content, it can help increase hydration and penetrate deep, reaching below the top layer of babies' skin for maximum nourishment. Makes a great baby massage oil as well.

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## **KUKUI** *Aleurites moluccana* **EXOTIC CARRIER OIL**

High in Omega 3 alpha linolenic acid, Omega 6 linoleic acid and Omega 9 oleic acid, anti-inflammatory and antioxidant properties. Vitamin A, C and E provide antioxidants that help to protect the skin. It can penetrate into the deepest skin layers, while locking in moisture in babies' skin. Kukui penetrates the skin quickly and does not leave a greasy feeling, showing potential to heal eczema and boost collagen, Vitamin A makes it extremely good to use for nappy rash.



## **RASPBERRY** *Rubus idaeus* **CARRIER OIL**

Has high levels of antioxidants with alpha and gamma tocopherols Vitamin E and carotenoids Vitamin A. Both Vitamin A and E soften and nourish babies' skin keeping it healthy. It also contains unsaturated fatty acids like Omega 3 Alpha-Linolenic Acid, Omega 6 Linoleic Acid, Palmitic Acid, Stearic Acid, Oleic Acid, which helps babies skin retain hydration. The anti-inflammatory effect of red raspberry seed oil also soothes symptoms of inflammation which may help sensitive and irritated skin, eczema, and rashes. Its UV protecting properties make it an excellent addition to sunscreen products. It also moisturizes and hydrates skin without clogging pores, strengthening babies skin.



## **ROSEHIP** *Rosa canina* **EXOTIC CARRIER OIL**

An excellent source of Omega 3 and 6, both are essential fatty acids collectively known as Vitamin F, which is very effective for cell and tissue regeneration. It encourages moisture retention in babies skin, exhibits anti-inflammatory properties, and encourages anti-oxidant activity, repairing baby eczema skin tissue and other skin rashes.

Rosehip oil is high in vitamins C and A, a rich source of antioxidants, antiviral, antibacterial, antifungal actives, helping heal baby nappy rash. Rosehip oil also contains antioxidants like tocopherol Vitamin E and carotenoids that have been known to protect the skin. It is also rich in anti-inflammatory acids that may help soften redness and irritation and it contains two antioxidants called lycopene and beta-carotene, which are effective fighters against hyperpigmentation.

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## **SESAME** *Sesamum indicum* **CARRIER OIL**

Is rich in essential fatty acids and has a balanced ratio of omega-3, omega-6, and omega-9 fatty acids. It is full of anti-oxidant, antimicrobial, anti-inflammatory activities. Rich in vitamin E and phytosterols, it contains lignans, sesamol, and sesaminol, protein and lecithin. These compounds help fight free radicals. Due to its antibacterial, antifungal and emollient properties, it is good for wound healing, and baby acne. It is light and allows the oil to penetrate the skin quickly. Sesame oil is an amazing baby massage oil. Some research shows that sesame oil may protect against damage from UV rays.



## **SHEA NUT (SHEANUT)** *Vitellaria paradoxa* **CARRIER OIL**

With high levels of Oleic acid it is not recommended using this oil on newborn babies up to 3 months old. Tocopherol Vitamin E will fade skin scars, baby acne scarring and stretch marks gradually evening out skin tone. This will give a smooth monotone complexion. The main components of Shea Nut Oil are Omega 9 Oleic Acid, Omega 6 Linoleic Acid, Stearic Acid, Palmitic and Triterpenes. The active properties boost collagen production, help promote cell regeneration by boosting circulation, keeping connective tissue strong and supple to help build healthy baby skin. The antioxidant properties improve the look of skin conditions such as scars. Shea Nut Oil easily penetrates and is absorbed into babies skin. Pure shea oil is non comedogenic, so it will not block baby's pores.



## **SUNFLOWER SEED** *Helianthus* **CARRIER OIL**

Avoid using on babies under 3 months old. High in vitamin A and E, it supports skin health, promotes anti-oxidant activity, repairs and improves damaged skin while simultaneously moisturizing. It naturally enhances the skin's regeneration process, thus often alleviating discoloration and pigmentation. It is high in Omega 6 Linoleic acid encourages moisture retention in skin, exhibits anti-inflammatory properties, and encourages anti-oxidant activity. It is emollient and can help moisturize the ease dry, red and irritated skin caused by baby eczema. It may also help protect the skin of newborn babies against bacteria and germs.

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# Butters for Babies

**Cosmetic butters are produced from nature's beans, nuts, or seeds. They are mainly used in skin formulations for nourishment with natural fatty acids, vitamins and minerals. They also replenish lost moisture in the skin, increase circulation, and offer cell rejuvenation, anti-inflammatory and antioxidant properties.**

## **ALMOND *Prunus dulcis* BUTTER**

It is rich in Vitamin E, Vitamin A and B. Vitamin E has amazing healing potential for baby nappy rash. Almond butter also contains linolenic acid omega 3 and Linoleic Acid Omega 6. It is packed with essential fats and vitamins, which is hydrating, moisturizing and softens babies skin. It has natural emollient properties and is rich in minerals, anti-oxidants and It destroys free radicals and provides the nutrients that skin requires to repair itself, protecting skin from the sun's UV rays.



## **COCOA *Theobroma cacao* BUTTER**

Contains Fatty acids Linoleic Acid Omega 6, Oleic Acids Omega 9, Stearic Acid, Palmitic Acid, Arachidic Acid, Palmitoleic Acid, Vitamin E, Vitamin K, alpha-Linolenic Acid, and Phytosterols (namely Stigmasterol). The fatty acid content has a creamy texture and makes it easily absorbed into babies skin. It is known for its high oxidative stability as a result of it being naturally rich in antioxidants and vitamin E making it a great moisturizing ingredient for nappy rash. It melts at body temperature and works to naturally soothe dry and sensitive skin helping to moisturize babies skin. It is believed to have photo-protective properties that protect against harmful UV radiation. Used in hair, Cocoa Butter moisturizes strands to make them more manageable. Cocoa Butter replenishes naturally-occurring oils, and the anti-inflammatory properties moisturize and relieve skin afflicted with swelling, irritation, and redness. The polyphenols in Cocoa Butter are known to diminish the appearance of aging by enhancing skin's moisture content, skin tone, elasticity, and collagen production.



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# Butters for Babies

## **HEMP SEED** *Cannabis sativa* **BUTTER**

Is rich in polyunsaturated fatty acids, omega 6, omega 3 and protein. Is a good source of tocopherols, or Vitamin E antioxidants. It is packed with minerals such as potassium, magnesium, iron, zinc, calcium, phosphorus, and microelements like strontium, thorium, arsenic and chromium. Easily absorbed into babies skin, it moisturizes without being greasy. Hemp seed is similar to our skin's own natural lipids, moisturizing both the epidermis and subdermal layers. The natural emollient has healing properties, helping to leave skin looking rejuvenated. It nourishes the skin and protects against dryness and the signs of aging that speed up during exposure to the sun and natural toxins.



## **MANGO** *Mangifera indica* **BUTTER**

Containing Fatty acids Linoleic Acid Omega 6, Oleic Acids Omega 9, Palmitic Acid, Stearic Acid, Arachidic Acid and Vitamin A, C and E. Its high vitamin content protects skin against harsh environmental damage caused by overexposure to harmful UV radiation. Mango butter has moisturizing, softening and regenerative properties when applied to the skin. The emollients nourish skin by boosting its elasticity, making skin look smoother. The antioxidant and anti-inflammatory properties of Mango Butter make it an effective soothing agent for skin afflicted by dryness, eczema, and dermatitis. By restoring and maintaining moisture levels and by boosting cell regeneration, Mango Butter is an ideal ingredient in sun care products, balms, and baby care products. Its gentle quality makes it an ideal ingredient in baby moisturizers and products for sensitive skin.



## **SHEA NUT (SHEANUT)** *Vitellaria paradoxa* **BUTTER**

The fatty acid profile composed primarily of stearic and oleic acids also has lesser amounts of palmitic, linoleic and arachidic acids, giving it a high level of saponifiable fraction. It has high levels of vitamins A, E and F and rich in antioxidants, which can help prevent nappy rash. It hydrates skin by restoring moisture balance that contributes to its elasticity. It boosts circulation and encourages regeneration of healthy skin cells. Shea Nut Butter has sun protection properties and acts as an emollient. It is solid at room temperature but melts when applied to the skin. It is a creamy natural moisturizer that's safe for baby's thin layer of skin.



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# Essential Oils for Babies

Essential Oils offer a plant based natural alternative to various ailments. Blending several oils together and adding to a carrier oil, cream, lotion, serum, balm, body wash, shampoo, etc. will help to smooth and improve the appearance of the skin. Caution must be taken when formulating for babies as babies are extremely sensitive with skin barrier not sufficiently developed. Avoid using essential oils for babies under 3 months and do not formulate for premature babies.



## **BERGAMOT** *Citrus bergamia* **ESSENTIAL OIL**

Offers aromatic benefits that help calm and balance the senses.



## **CALENDULA** *Calendula officinalis* **ESSENTIAL OIL**

Is gentle on baby's nose and has a soothing effect on baby's skin.



## **CEDARWOOD ATLAS** *cedrus atlantica* **ESSENTIAL OIL**

It has calming properties to relax the body, help with sleep, soothe irritated skin, inflammation, redness, and itchiness, as well as dryness.



## **CHAMOMILE GERMAN** *Matricaria recutita* **EXOTIC ESSENTIAL OIL**

Has calming anti-inflammation, antioxidant and antibacterial activity to naturally soothe redness and other concerns.



## **CYPRESS** *Cupressus sempervirens* **ESSENTIAL OIL**

It is calming and energizing. For the skin, it instantly hydrates.

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## **FRANKINCENSE CARTERII** *Boswellia carterii* **ESSENTIAL OIL**

A versatile essential oil, great for repairing skin cells. It is calming and comforting, a great immune support and soothing for the respiratory system.



## **GERANIUM** *Pelargonium graveolens* **ESSENTIAL OIL**

A moisturizer for smoothing baby skin and gently calming, giving baby a peaceful sleep.



## **LAVENDER** *Lavandula angustifolia* **ESSENTIAL OIL**

Has calming, soothing, stress-reducing potential, that can encourage sleep. It has antimicrobial properties that can help eczema, soothe and calm skin for babies.



## **MANDARIN** *Citrus reticulata* **ESSENTIAL OIL**

A citrus oil to help calm and balance the senses.



## **ROMAN CHAMOMILE** *Anthemis nobilis* **ESSENTIAL OIL**

A wonderful essential oil for sleep and calming. It's antimicrobial, anti-inflammatory properties may help baby eczema.



## **ROSE OTTO** *Rosa damascene* **ESSENTIAL OIL**

It can help calm and relax baby. And had gentle antimicrobial properties to keep skin clean.

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# Essential Oils for Babies



## **ROSE GERANIUM** *Pelargonium graveolens var Roseum* **ESSENTIAL OIL**

It has anti-inflammatory properties that can help soothe and balance baby's skin. It also balances sebum. It is a very gentle oil that is calming.



## **ROSEMARY** *Rosmarinus officinalis* **ESSENTIAL OIL**

Rich in antioxidants and anti-inflammatory properties, which may help boost the immune system and improve blood circulation. It's anti-bacterial properties can help fight infections as well.



## **ROSEWOOD** *Aniba rosaeodora* **ESSENTIAL OIL**

Its antiseptic, antibacterial, antifungal, antiviral, properties are great for skin. It has been used to treat respiratory problems in babies and young children.



## **SANDALWOOD** *Santalum spicatum* **ESSENTIAL OIL**

Oil It is calming, relaxing and grounding. It helps aid baby to sleep.



## **SWEET MARJORAM** *Origanum majorana* **ESSENTIAL OIL**

Prevents bacterial and fungal infection, improving the circulatory system of a baby. Reduces inflammation and can help clear mucus from airways.



## **SWEET ORANGE** *Citrus sinensis* **ESSENTIAL OIL**

A citrus oil to help calm and balance the senses.

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# Essential Oils for Babies



## **TEA TREE** *Melaleuca alternifolia* **ESSENTIAL OIL**

Is well-known for its anti-microbial, antifungal and antiseptic properties. It can help with diaper rash and fungal infections. Avoid using on babies under 6 months old.



## **THYME** *Thymus vulgaris* **ESSENTIAL OIL**

It possesses gentle antimicrobial properties that fight against bacteria and fungi.



## **YLANG YLANG** *Cananga odorata* **ESSENTIAL OIL**

It calms and relaxes baby and also is antibacterial, which can help with infections.

*\*Eucalyptus & Rosemary should be avoided if there is a history of epilepsy.*



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# Carrier Oils, Essential Oils and Butters for Babies

**Need some help or more information? Please contact our ingredient experts for customised recommendations based on your objectives. [sales@napproducts.com](mailto:sales@napproducts.com)**

## SAFETY FIRST

Essentials oils can be 50-100x more concentrated than natural levels in the plant. Take caution and always mind best practices when using oils. If applying topically, they should be diluted into a carrier oil and ONLY IF they are recommended for ingestion or inhalation, be sure to follow recommended dosage.

## EXTERNAL RECOMMENDATIONS

### Essential oil:

Several drops rubbed into the skin. (This may be diluted at 30 ml essential oil to 500 ml of a suitable carrier such as vegetable oil.)

### Ointment:

Semi-solid preparation containing 5-20% essential oil (in carrier oils, creams, or lotions) for local application. (Salve)

### Tincture:

Aqueous-alcoholic preparation containing 5-10% essential oil for local application.

### Inhalant:

Add a few (2-5) drops of essential oil to hot water or to a vaporizer; deeply inhale the steam vapor.

Many of our conventional oils and products are also available in Organic form. Those that are Organic are certified by the USDA and Oregon Tilth. Please contact us for more information on our Organic products.



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## DISCLAIMER

We always aim to source high quality ingredients and have a large range of respected suppliers from around the world. This list is a guide only, correct at the time of publication. If you are after an oil not on our list, please contact us and we can see if we can source it for you. As products are plant sourced and natural, availability is reliant on many factors outside our control. Despite our best efforts, we cannot guarantee the availability of any of our products at any given time. The use of the products listed in this document is to be considered as a guide only and further advice should be sought from your formulating chemist and/or health practitioner.

While care is taken in good faith to ensure the information offered here is reliable and correct, Naturally Australian Products Inc cannot guarantee the accuracy of information and recommends that each ingredient be further researched with respect to its use.

