

# Tips On Safe Usage Of *Coconut Oil* On **Baby's Skin**



Always use pure coconut oil for babies.



Check the label to ensure that the oil is free from chemicals, artificial fragrances, and colors.

Warm up the coconut oil before using it as a massage oil.



Just like milk, check the oil's temperature on your wrist.

Apply the oil to the baby's skin after rubbing it in your palm if it's cold.



Use virgin coconut oil after a doctor consultation for babies with skin conditions.