

# Benefits Of Almond Oil For Baby Massage



Almond oil's emollient properties can help enhance the skin's complexion.



It can help rejuvenate the skin's texture and smoothen it.



It keeps the baby's skin hydrated and away from dryness.



Alongside phototherapy, almond oil massage may promote weight gain in babies with jaundice.



It may reduce the symptoms of eczema but ensure to consult a dermatologist before applying it.



Massaging the skin with almond oil can help reduce scarring.

## References

1. The uses and properties of almond oil; NIH
2. The Effect of Sunflower Seed and Almond Oils on Preterm Infant Skin: A Randomized Controlled Trial; NIH
3. Effects of Infant Massage: A Systematic Review; NIH
4. The Uses And Properties Of Almond Oil; ScienceDirect