



mandala
Essentials



Baby Massage + Essential Oils

Introduction

Hello lovelies!!

We have been sharing massage with families for over a decade and we love that we have been able to share this bonding experience with so many.

Massaging your baby or child is not only wonderful for them but it's wonderful for you too because the feel good hormones work both ways. Plus it is something that you can adapt as they grow older.

Nurturing touch is powerful in it's ability to connect us. It allows us to thrive, grow and communicate. It is a simple tool that can help foster calm, happy children and strongly connected families. It can be used as therapeutic, physical and emotional support as your child develops.

Massage helps with our physical and emotional bodies through supporting our digestion and respiration, boosting our immune system, relaxing, helping to release stress and anxiety, promoting better sleep and releasing muscle tension.

We have created this guide to help you get started because even if you have older kids it's not too late to introduce self-care practices.





Setting the Space

- * Find a good time of day for you and your child. It might be before bedtime, or after their evening bath, some children prefer first thing in the morning or after a nap. Make sure you are calm and relaxed though as children easily pick up on your energy and this should be a nice experience for both of you.
- * Switch off the TV, phone or any other distractions. This is quality time for you to bond.
- * Make the space that your child or baby is sitting or lying on comfortable. The best place to massage your baby is on the floor so that you don't have to worry about them rolling off a sofa or couch. With an older child using a towel, pillows and blankets can be nice.
- * Make sure the space you are doing the massage in is warm especially with babies as you are likely to be massaging them naked.
- * Music can add to the ambience. Relaxing music for older kids and for the younger ones using rhymes and sing a longs can make massage more fun.
- * Using an essential oil diffuser can add to the relaxing environment as smell easily works with our emotions. Therefore diffusing a relaxing blend, for example lavender, Frankincense and wild orange after your child has had a challenging day at school can help them to let go and set the tone for your time together. Older kids might also like unscented candles and the lights dimmed.
- * You don't have to use oils or creams when you massage your baby or child but often using something can help your hands glide more easily over their skin. I personally use fractionated coconut oil or grapeseed oil with a drop or two of essential oil or alternatively I will use an unscented cream as a base and add essential oils to it. You can choose what works best for your child. Remember that with babies they will often put their hands and feet in their mouths, so my advice is to not put anything on them that they couldn't eat.



Oil suggestions

Not all oils are the same.

We use doTERRA essential oils because they are both pure and potent and have undergone rigorous testing before they are sold.

Some essential oils are synthetic or adulterated, which means you don't know what you are getting or in fact using on yourself and your child. They also won't have the desired therapeutic effect if they are not pure.

Dilute Your Oils

It is important especially with small children or babies to dilute your oils. This is simply because they are amazingly potent oils and therefore only a small amount is needed to achieve efficacy. We like to mix our essential oils with fractionated coconut oil because it is affordable but also is great for most skins.

Babies and small children - 0.5% which is 1 drop to 2 tsp carrier oil

Kids - 1% which is one drop in 1tsp carrier oil

Some of our favourite suggestions :

Lavender - Relaxing and also soothing for the skin

Serenity - Relaxing and promotes sleep

Wild Orange - Calming and uplifting

Balance - Grounding and calming

Deep Blue - (For older kids) Muscle tension and growing pains.

Any of the kids blends.



Massage for your baby

Learning to massage your baby when they are small is such a wonderful experience. For one, they don't move much so you can spend quality time connecting and bonding.

There are so many benefits for you and your child. It helps parents to feel connected and confident. It can help your baby with sleep, digestion, respiration, their immunity, teething, growth spurts, development and much more.

How to begin ?

Ask for permission. Even though they are small, we are teaching safe and loving touch from the beginning and letting our child know that they are in charge. Explain what you are going to do. For example, mention removing clothes and putting oils on and then massaging their bodies.

Legs and feet are the best place to begin with your baby and the least intrusive. If your baby is enjoying a stroke or technique then you can do it more. You don't have to keep to a strict routine. Use light to medium touch. If it is too light it can be irritating to your baby.

Using oils or creams can be optional. Remember that babies put things in their mouth so only use things that are ok for them to ingest.

Make sure the room is warm and that you have a big soft towel on the floor to place them on. The floor is best when they are young so that they can not roll off anything. Massage at this stage is best done naked. Be warned your baby will likely pee as they get quite relaxed so having a wipeable floor or a change pad underneath the towel can be helpful.

Be guided by your baby. If they cry when you are massaging them it is likely not the right time for them. Even in our classes we are baby led so if babies need to feed or sleep or be changed that takes precedence over anything else.

The best time to massage your baby is during the 'quiet alert' phase, which is the quiet time after waking before they get super active. However, find a routine and a time that work best for you both.



adapting massage for your crawler

This is the stage where everything is exciting and worth exploring so lying down and waiting for you to give them a massage is likely not going to happen. I often see parents getting frustrated in my classes because they want to learn and practice the techniques and strokes but their baby has other ideas. This doesn't mean giving up on it though, you just have to get a little more creative.

My suggestion if you are going to attend a baby massage class with an active crawler is to either bring a friend to the class to chase after them or have your partner or family member look after them while you go to the class with a teddy bear to practice on. This allows you to learn the techniques without those sweet distractions, so that you can adapt them for your child and their development.

How to begin ?

Ask for permission and be prepared to massage them on the go. This might mean legs and back.

Have a space set up already before you start and have your oils or creams ready. At this age it is more likely to be a quick 5 minute session.

Keep offering it to your child at least once a week to keep it in their conscious memory. It likely won't look like it did when they were small babies but it is still so beneficial for them

Think about using toys or songs as a bit of a distraction and to get their attention.

Create a routine with massage for your baby. Maybe after a nap or before bed or after their evening bath time.



adapting massage for your toddler

It can be a big leap from massaging a baby to massaging a toddler. It's not like a toddler will stay still for very long and their attention span is short. However massage can be a wonderful way to connect with them and their creative imaginations through story telling and songs. When massaging a toddler they need to be involved because if they aren't then it just won't happen, so try empowering them by asking where they want massaged. Toddlers will often use code for wanting a massage, for example 'my belly aches' so this is a great segway into comforting them and then offering to massage other areas.

How to begin ?

Offer massage often even if they say no. They may say no because this feels like something safe to practice on as we reach that level in their development.

Ask for permission so that your child knows they are in charge of their own bodies and you respect their boundaries.

If you are using essential oils let them smell the oils and be a part of deciding what you will use. Mix your essential oil with a carrier oil or unscented cream.

Massage can be done with clothes on or off, so let your child know they can choose.

When it comes to where they would like a massage, let them guide you. You can name the body parts you are massaging and even sing songs or find playful ways of doing the strokes such as being the weather, or planting a garden or making a pizza on their back. Some days your child might be fine with arms being massaged but not their legs, for example. Just go with the flow and let them lead. You are building trust with your child and teaching them about boundaries, yours and theirs. You are also giving space to your children to communicate in verbal and non-verbal ways.

Limbs are getting bigger so adapt your strokes to accomodate.



adapting massage for your school age child

There are so many benefits to massaging your child, both for you and for them. It's a great way to spend quality time together just one on one. It is also a tool that you can use to help open up conversation and communication between you as a parent and your child because you are creating a safe environment for them to be heard. It is also an experience that is both bonding and nurturing for your relationship together.

If you have massaged your child from a when they were a baby, you will already be aware that massage grows with your child and is guided by them rather than trying to make them fit into what you have learnt. If massage is something you haven't tried before with your child, my advice would be to offer to massage their feet or their hands or both and then let your child guide you.

There are so many benefits for your child including support with growing pains, better sleep, digestive support, relaxation and learning to move through anxiety and stress. It can also help your child with self worth, body awareness and self care.

How to begin ?

Set the space and the environment. I like to make sure that the TV is off, that phones are on silence and perhaps put on some relaxing music. A great introduction into having massage in yours and your child's life is to offer something non-intrusive like a foot or hand massage.

I love to combine lavender, Balance or Citrus Bliss to unscented body lotion. Just a drop or two of essential oil added to a loonie size drop of cream, mix in your hand and apply. You can let your child smell the oils first to help them relax.

You can also ask them if there is anywhere in particular they want massaged. Perhaps legs if they are experiencing growing pains or they are tired from sports or dance. Maybe they have back soreness from strenuous exercise. This is a great time to use compliments and positive affirmations about them as people but also their bodies. You can also talk about activities they love. Maybe you even name it the soccer massage or ballerina massage. Make it part of your weekly routine.



adapting massage for your teen

Massage can be a safe space for your teen to feel loved, supported and nurtured. This space often allows them to open up and share challenges and difficulties they may be having, that they haven't been able to communicate.

This is sometimes the only body contact that happens between a child and their parent and it can help to continue to build trust, support and foster a stronger relationship.

How to begin ?

Ask for permission and if they say no, give them space but offer again a day or so later.

Foot or hand massages can be a great introduction and then let your teen guide you from there.

Using oils or creams can be optional. If they have a favourite blend be sure to use that or have fun and create something together. Oils are optional though. You can still give a massage without any products.

Use this time together to build their self esteem by saying uplifting and positive things about their body or personality while you are giving the massage. For example, 'Your skin is soft' , 'You have beautiful hair'

If your teen has strenuous activities such as dance or soccer or other sports, massage can help support releasing muscle tension. You can teach them techniques for the feet and legs they can do on themselves or with friends or a sibling.

Clothes are optional too and massages can be given over clothes.

A quick massage and connection is better than none but offer to make this a special time. Candles, dimmed lighting, relaxing music, an essential oil diffuser and a comfortable space with pillows and blankets to help your teen to fully relax.



family fun

We are living in a world where physical connection is unfortunately happening less and less. Instead so much of our connection to others is happening through screens and not through actual contact . Our bodies and our spirits need physical connections to thrive and survive. Touch is a way to nurture the whole person.

So if you have more than one child and they want to learn how to massage each other, then start by teaching them to massage hands and feet. If you have an older child, they may want to give back and offer you a massage. You might want to involve granny and grandpa too. Get creative and share the joy of safe and loving touch.

One thing to bear in mind is that it will likely take you to start the healthy habits for your family.

Pick a time and set the boundaries if you want this to be a regular routine for your family. For example, self care Sunday or Family Friday Fun. Phones and other distractions get put away and you spend time together as a family.

How to begin ?

Ask for permission.

Offer it often.

Create a self - care space using light, music, props and aromas.

Be guided by each other and make this a fun collaborative experience.

Make sure everyone wants to take part.

Oils are optional.

Massage can be done over clothing.



Want to learn more ?

Thank you for downloading our guide. We hope it gave you a few ideas to share with your family.

Further Education :

We offer classes and workshops in massage, for babies, families, adults and beyond, so if we have sparked a passion and you'd like to learn more you can. For our latest offerings check out our events page or get in touch. We offer classes online and in person.

If you are interested in learning more about essential oils or getting strated with a membership, either reach out to us at Mandala Essentials or whomever introduced you to doTERRA.

We also offer private sessions, consultations and much more.

Your health and happiness are what motivates our team. Contact us on info@mandalaessentials.com