

APRIL

Smooth like Butter- Diaper Rash Stick

Baby's skin is precious and needs to be given special care and attention. Chemical free shampoo, lotions and all the other products are quite popular with parents these days. But if you want to be sure you are using a chemical free alternative then you can try making simple things for your baby yourself. The recipe we are talking about today is beneficial in relieving rashes that could be bothering your baby.

What You'll Need:

- 3 Tablespoons grated Beeswax
- 1 Tablespoon Shea butter
- 2 Tablespoons of Elegance Oil
- 1 Tablespoon Black seed oil
- Essential oils (see Notes)

Preparation Process :

- Fill a medium sized pot halfway with water and bring to a boil on high heat.
- Place beeswax in a mason jar.
- Place the jar in boiling water.
- Once the Beeswax is melted add the Shea butter & Elegance oil or coconut oil.
- Allow to melt completely.
- Turn the heat off and add the essential oils (read the notes below).
- Pour your liquid from the mason jar into an old deodorant container.
- Allow to cool.

Notes:

For babies under 6 months : Lavender oil ONLY (5-10 drops)

For babies 6 months & above : combination of Tea tree oil & Lavender oil (5-10 drops each)

When in doubt : Lavender oil is considered the safest for an infant of any age.

In case you have difficulty finding Shea butter, you can substitute it with coconut oil.

Benefits:

- Black seed oil has known anti-bacterial and anti-inflammatory properties thus making it helpful in providing relief from skin related issues.
- Shea butter is safe for all skin types. It helps to lock the moisture within, prevent dryness, reduce redness, and more.
- Apart from this it has an antibacterial, antifungal effect.
- Essential oils further help relieve skin issues with their antibacterial, antifungal & antioxidant effect.
- Frequently changing diapers, keeping the area dry along with some of this lotion should help relieve the skin irritation.

Why Sandu Elegance Oil?

- Elegance oil contains Bakuchi oil, Cow ghee, Neem oil along with other herbs that are beneficial for maintaining skin health.
- It helps reduce swelling, redness as it contains soothing herbs like Chandan, Neem, Ushir etc.
- Elegance oil is further enriched with antibacterial herbs such as Haridra, Neem, Manjistha etc

#Sayyestoayurveda #Sandupharma #babies #Ayurveda #eleganceoil #diaperrash
#sanduarogyadarshika #diy

Reference

<https://cocoswell.com/diy-diaper-rash-stick/>

YOUTUBE LINK:

<https://youtu.be/9dSr0hXZIEU>