

- Prep Time: 10 minutes
- Infusion / Warm-Up Time: 20–30 minutes (low-heat method)
- Cooling & Bottling Time: 15 minutes
- Total Active Time: ~45–55 minutes
- Difficulty: Beginner
- Skill Intensity: Very Low
- Batch Size: 4 oz (approx. 120 mL)
- Shelf Life: 6 months (stored in a cool, dark place)

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Equipment Needed

1. Small Double Boiler (or a heat-safe glass bowl set over a saucepan of simmering water)
2. Fine-Mesh Strainer or Cheesecloth
3. Glass Measuring Cup with a spout
4. 4 oz Dark Glass Amber Dropper Bottle or Pump Bottle
5. Sterile Funnel
6. Kitchen Thermometer (optional, to monitor temperature)

Ingredients

- 3 oz (90 mL) Sweet Almond Oil or Jojoba Oil
 - *Why:* Sweet Almond Oil is rich in Vitamin E and absorbs smoothly, making it an ideal base for infant massage. Jojoba oil closely mimics natural skin lipids and is extremely hypoallergenic.
- 1 oz (30 mL) Fractionated Coconut Oil
 - *Why:* Light and non-greasy, it improves spreadability so you don't tug on delicate

baby skin.

- 1 tbsp Dried Organic Chamomile Flowers

- *Why:* Renowned for its calming qualities, chamomile naturally infuses mild, soothing herbal benefits into the oil without needing strong essential oils.

- 1 tbsp Dried Organic Calendula Petals

- *Why:* Exceptionally gentle and supportive for sensitive, irritated, or dry skin.

Note on Essential Oils: For newborn and infant safety, this recipe relies strictly on gentle, whole-herb infusion rather than essential oils, which can be overly concentrated and irritating for young babies' skin and respiratory systems.

1. Prepare the Infusion Setup: Safety First.

Fill the bottom saucepan of your double boiler with 1–2 inches of water. Bring the water to a gentle simmer over low heat. Ensure the upper bowl or double boiler pot rests securely above the water without direct contact with the boiling water surface.

2. Combine Carrier Oils and Herbs:

Pour the Sweet Almond Oil (or Jojoba Oil) and Fractionated Coconut Oil into the upper container. Add the dried Chamomile flowers and Calendula petals. Stir gently with a clean spoon to ensure the herbs are fully submerged in the oil.

3. Warm Infuse on Very Low Heat:

Maintain the water at a minimal simmer, keeping the oil warm (ideally around 110°F–120°F / 43°C–49°C). Allow the herbs to steep gently in the warm oil for 20 to 30 minutes. *Do not allow the oil to boil or smoke.*

4.Strain the Herbs:

Remove the oil container from heat and let it cool for 10 minutes until safe to handle. Place fine cheesecloth or a fine-mesh strainer over a glass measuring cup. Slowly pour the infused oil through to catch all plant particles. Press gently on the herbs with a spoon to extract every drop of infused goodness, then discard the spent herbs.

5.Bottle and Label:

Using a sterile funnel, pour the strained oil into a dark glass amber bottle. Allow it to cool completely to room temperature before sealing with a dropper or pump lid. Label the bottle with the product name (“DIY Crampy Belly Baby Oil”) and the date of preparation.

Application & Massage Intensity Guidelines

When applying this oil to your baby’s belly, technique and pressure intensity are key to providing comfort without discomfort.

Aspect	Guideline & Intensity
Pressure Intensity	Ultra-Gentle / Feather Light — Use only the flat pads of your fingers. Never press deeply into an infant’s abdomen.
Motion Direction	Clockwise Only — Follow the natural path of digestion (up the right side, across the top above the navel, down the left side).
Rhythm & Pace	Slow, rhythmic, and continuous strokes.
Recommended Duration	3 to 5 minutes per session, up to 2–3 times daily when baby is calm and alert (avoid right after feeding).