

Common Ingredients and their Benefits...

Oatmeal: Oatmeal is hypoallergenic and is great for sensitive skin as there is no risk of irritation. It benefits oily skin by absorbing excess oil and also helps dry, itchy skin.

Aloe: Aloe speeds healing and limits irritation. It is very gentle on skin.

Lavender : Lavender is naturally calming and soothing to the skin and the mind. It helps with relaxation and can even be used to soothe bug bites and other irritations.

Tea Tree Oil: Tea Tree Oil can act as an antiseptic, antibiotic, and fungicide (helps with fungal infections). Read label carefully .

Olive Oil: Olive oil is a great moisturizer. Extra virgin olive oil is the preferred grade by some for skin care. It is said to help protect against aging skin.



Calendula: Calendula is moisturizing and has been used to help with many skin conditions, such as eczema. It has antiseptic properties and can reduce inflammation and promote wound healing.

Chamomile: Chamomile is a gentle herb and is often drunk as a tea for its calming effect. It is also an anti-inflammatory and antibacterial.



Fond du Lac Environmental Program

1720 Big Lake Road
Cloquet, MN 55720
Phone: 218-878-7123
Fax: 218-878-7168
Email: shannonjudd@fdlrez.com



Homemade Baby Care

*Easy Recipes for
You and Baby*



Recipes

Please remember—whether using a store-bought or homemade product on baby, if a reaction occurs, discontinue use.

Baby Wipes

Ingredients

Paper towels, cut to desired size

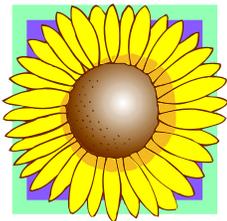
1 1/2—3 cups water

1/8 cup olive oil, baby oil, or sunflower oil

2-5 drops Tea Tree Oil (optional)

5-8 drops lavender oil (optional)

Shake gently together with 1 tablespoon baby shampoo. Pour over paper towels and store in a container or keep in a spray bottle and spray towels as needed. Solution stored in a spray bottle will last longer.



Other options:

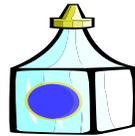
Add aloe vera gel to the mixture to help soothe rashes and moisturize.

Add a tablespoon of vinegar to combat yeast.

Cut a flannel sheet into 4-inch squares for washable, reusable wipes.

Baby Oil

Ingredients



Olive oil or cooking grade almond oil. Start with a 1/4-1/2 cup.

10 drops lavender essential oil

Mix the ingredients and shake well

Baby Powder

Use 100% corn starch as it is gentler on your baby's lungs than talc-based baby powders. Add a couple drops of lavender oil with the corn starch and let sit for a week before using so the scent is absorbed.

Soothing Baby Bath

Grind one cup of oatmeal in a blender until a powdery consistency. Add to bath water and mix in with hand until dissolved. Helps soothe rashes and dry skin.

Diaper Pail Odor Eliminator

Mix one cup of vinegar per two gallons of water and wash out diaper pail. Vinegar will neutralize the odor and disinfect. If you do not like the smell of vinegar, no worries! The smell goes away when it dries.

For Cradle Cap...

Take a tablespoon of olive oil and rub little by little with fingertips on the affected area. Let sit for an hour and gently scrape off cradle cap with a soft baby brush. Wash hair as normal.



Sources:

<http://www.easy-homemade-recipes.com>

<http://www.wholesomebabyfood.com>

Fond du Lac Environmental Program

1720 Big Lake Road
Cloquet, MN 55720

Phone: 218-878-7123

Fax: 218-878-7168

Email: shannonjudd@fdlrez.com