

Soothing Massage Tips for Children

CREATE A SIMPLE MASSAGE OIL OR LOTION BY COMBINING THE FOLLOWING:

3 drops of lavender essential oil

3 drops of roman chamomile essential oil

2 tsp jojoba carrier oil or unscented body lotion

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- Don't overthink a massage: you're simply connecting with your child through touch and helping them relax. If you want a little more direction, look up some YouTube videos of tips for simple massage techniques.
 - Check with them first: always ask your child if they'd like a massage and don't take it personally if they decline for the moment. Also, take care to not venture into tickle territory as you're massaging away tension.
 - Keep it simple: a massage doesn't have to take an hour. Just 5 or 10 minutes can be enough to bond with your child and work on some of their tense muscles.
 - Keep it cozy: remember to warm up the lotion or oil in your hands before applying and let your child smell it before you get started. The relaxing properties of the essential oils work through both aroma and topical application!
 - Don't forget the little things: feet and fingers can be some of the most relaxing massage points and ending your time together with a good scalp scratch can be the icing on the massage cake!
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