



## Infant Massage – Skin Test

A patch test allows the parent to make sure the baby is not allergic to, or the skin is not irritated by, the oil that is being used. A typical reaction is a rash or red inflamed area.

Place a small amount of oil on the baby's wrist or ankle.

Leave on 20-30 minutes to allow time for a reaction to occur.

To eliminate sensitivity altogether, wait 12-24 hours.

If there is no irritation, proceed with the massage.

If irritation does occur, try a different type of oil.