

An Exclusive Book for Every Parent

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BABY'S NATURAL SKINCARE  
IN THE FIRST 2 YEARS OF LIFE



  
**BABY'S  
FIRST  
NATURAL  
STEPS**

FRIDA PIGNY

# frida



high-performance molecular skincare

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L I F E

# THANK YOU



FridaSkincare's line of products was initially my personal project because I want to fully understand what ingredients I apply to my skin every single day. My family wants to live simple and free from toxins. My loyal customers have helped to shape our family project into something universal.

This e-Book is a way for me personally to thank my community and YOU for being on this journey with me for so long, from the FridaSkincare's products' formulation stage in our small kitchen, to the business that it has become.

I want to thank all parties that have been involved in publishing this book, from start to finish. My Thank You is never enough to express how grateful I am to have been surrounded by a group of supportive people. I value our relationship deeply, beyond our selling-buying activity. FridaSkincare is truly OUR project. Thank you for trusting me and my family to help to lead naturopathic living through our FridaSkincare Products.

To my husband, Samuel. To my daughter, Axelle.

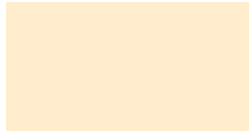


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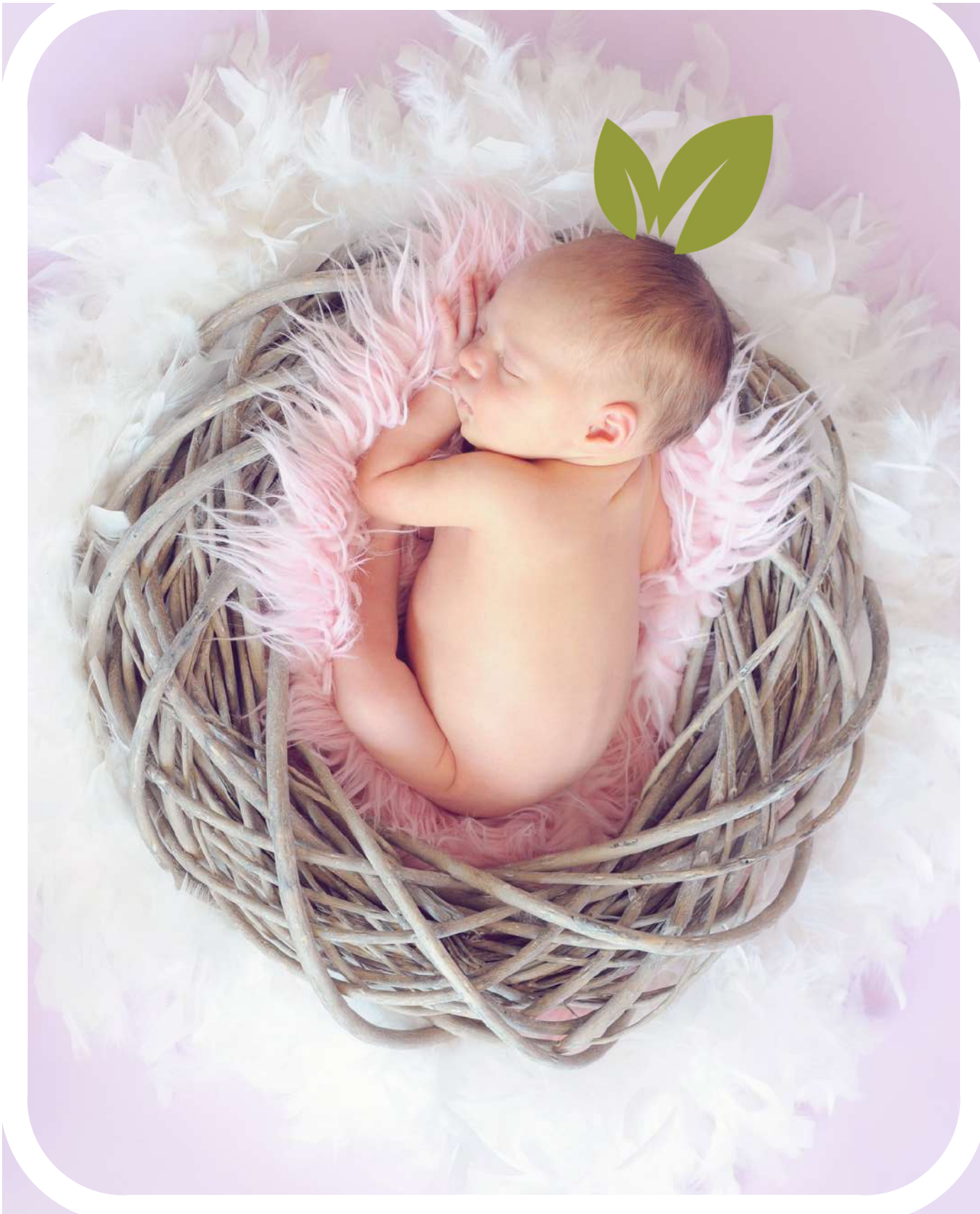


## **COLOUR CODE:**

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How To~			Caution & Warning

# PREFACE

\*




Being a mother, my heart aches whenever I go out and see that there are babies with skin that is red and looks sore.

In some countries, babies with "atopic dermatitis" skin condition is common, especially in the winter time.

Caring for a baby's skin from early on is very important as it may affect the quality of life in their future. It is with this concern in mind, that I am more than happy to share my compilation of personal daily notes in an ebook about **'Baby's Natural Skin Care in the First 2 Years of Life'**.

This book is my practical guideline on how to take care of our precious babies' skin on a daily basis. This book will also share tips and recommendations of natural products for the baby, to obtain the maximum possibility of achieving healthier skin. This book is my personal journey of taking care of my daughter, Axelle, from day 0.



My great hope is that this book not only inspires parents to be more cautious in selecting baby products during their first 2 years of life but that it also becomes a reference for practical application in life for new mothers like I once was.

The more that parents contribute to producing healthier children for the next generations, the more meaningful and healthier future this world could have.

 @AXELLE.PIGNY



# INTRODUCTION

## Brief overview of the skin layer:

**Epidermis.** The outermost layer of our visible skin is the home to our immune cells. Our immune cells in the epidermis layer are called **Langerhans cells**. So, taking good care of a baby's skin is extremely important and cannot be underestimated. This is because skin care from an early age, in the first 2 years of life, becomes part of the development of the immune system for infants for their future.



Now, imagine if the thickness of an adult's skin is around 4 millimetres. Can you imagine how thin a baby's skin is? This is why it is super crucial for a baby to have parents who can help to take care of their thin, 'onion skin' epidermis from the time they enter this world!



# CHAPTER ONE

NATURAL CARE OF BABY'S SKIN  
FOR THE FIRST  
90 DAYS

# NATURAL CARE OF BABY'S SKIN FOR THE FIRST 90 DAYS

## THE FIRST 3 MONTHS



### Warning:

It is very important to address at the start, that **ONLY WATER should be used** to bath or clean a baby. I use **NO SOAP. NO SHAMPOO. No 'baby products' whatsoever.** Lukewarm water is best to use whenever cleaning a baby during this period. And if it is not too much of a burden for the parent, use 'filtered' water for baby's bath water. **(For more explanation please go to 'Bonus' pages 43-49)**

The first 3-month period is when the baby's skin is growing, thickening, expanding and "self-healing". They can repair skin cells that are damaged, very quickly, when compared to adult skin. This is also the same period when a baby's skin is most prone to skin diseases. So, washing your hands before getting close and touching a baby is **MANDATORY**.

**DON'T EVER** replace the ritual of washing your hands with soap by using hand sanitizer. Because of the high alcohol content in hand sanitizers, the baby's skin will be adversely affected.

**Remember...** the three skin layers of newborns can be as thin as onion skin, even thinner!



# NATURAL CARE OF BABY'S SKIN FOR THE FIRST 90 DAYS

Here are the products I used and still use on my daughter...  
Natural Baby Products...My Personal Mainstays:

## 1. (EXTRA) VIRGIN COCONUT OIL

This product is a moisturizing product. It is used as a lubricant and to replace the natural moisture of baby's skin when needed.

### Did you know...

The categorization of 'Virgin' and 'Extra Virgin' on coconut oil is purely a marketing ploy. Unlike olive oil, there is no difference between 'virgin coconut oil' and 'extra virgin coconut oil'.



### Did you know...

The term '(Extra) Virgin' refers to the process of purifying oil, without involving additional chemicals and high heat, which can damage the quality of pure oil. Therefore, '(Extra) Virgin Coconut Oil' lets the customer know that all the health benefits of coconut oil are still contained in a pure state.

# NATURAL CARE OF BABY'S SKIN FOR THE FIRST 90 DAYS

## How To Use:

Use after bathing as a substitute for Cream and Baby Lotion.

Besides being easy to find and cheap in price, coconut oil is quickly absorbed by the skin so it will not leave an oily residue. The pillow and baby items will not be affected.

Additionally, the smell of coconut oil is very light and will vaporize, so don't worry that everything is going to smell of coconut!



## Advice:

Try not to replace Virgin Coconut Oil (VCO) with olive oil. Olive oil in today's market consists of hardly anything pure anymore. This is why there are no facial care products in

the FridaSkincare range formulated with olive oil, no matter how exotic the extract of olive fruit sounds for skin beauty!



# NATURAL CARE OF BABY'S SKIN FOR THE FIRST 90 DAYS

## 2. CORN FLOUR (CORN STARCH / MAIZE FLOUR)

This product is an absorbent product. Use it to replace talcum powder or talc. No matter how branded or expensive talcum powder is marketed out there, corn flour provides the same function. What's more, corn flour is certainly free from the toxic ingredient asbestos, unlike most talc powder sold on the market.

The idea of replacing Baby Talc Powder with Natural Corn Flour is originally from my mother. I grew up with this method. Now, I am passing this same Corn Flour method onto Axelle and to the world.



### About Asbestos:

The danger of asbestos fibres inhaled by babies through the use of talcum powder on a daily basis will damage lung tissue. Shortness of breath is the mildest symptom of asbestosis, while the worst can trigger lung cancer.

# NATURAL CARE OF BABY'S SKIN FOR THE FIRST 90 DAYS

**Fine Texture.** Without granule-like powder as in most other types of flour, corn flour is very suitable for applying to the skin of a newborn baby. Unlike talcum powder made from asbestos, corn flour is a source of material that can be easily digested or accepted by the human body. However, always remain cautious with starchy products on a baby's skin. Avoid patting any powder or type of flour on the baby's facial area. Respiratory problems may occur, whether it contains asbestos or not.

## How To Use:

Like talcum powder, corn flour can be used at any time, especially after massaging with the Coconut Oil on the baby's skin to prevent chafing, blistering, or diaper/nappy rash, especially after bathing. Apply enough to areas of the skin that can chafe or develop rashes, like armpits, thighs, groin, deep elbow folds, etc.



# NATURAL CARE OF BABY'S SKIN FOR THE FIRST 90 DAYS

## 3. PURE SHEA BUTTER

(HOW TO MAKE AN ADJUSTABLE SOOTHING CREAM)

This product is a soothing cream. Whether it is refined or an unrefined type of Shea Butter, will not make a big difference for this purpose. Just be sure to select the pure type and organic certified Shea Butter. No matter how careful we are, a baby's skin can easily become irritated, chafed, or develop diaper/nappy rash. So, keeping this product on hand is mandatory.

Do not let irritations or abrasions on the baby's skin go unattended for too long. Chafing and sometimes the resulting

blisters, as well as rashes, provide perfect conditions for disease to take hold. Evil bacteria and germs can easily take over the Langerhans cells or immune cells in the outermost layer of skin. The texture of Shea Butter can be softened by mixing it with VCO, yet the function of this soothing cream is different from VCO alone.



# NATURAL CARE OF BABY'S SKIN FOR THE FIRST 90 DAYS

## Caution:

Putting only VCO on skin blisters or broken skin will inflame the skin even more. With the addition of sweat on the skin, coupled with oil on an abrasion, you will actually be inviting bacteria and germs to a party!

On the irritated skin area, apply only with pure Shea Butter or Shea Butter mixed with a little VCO for a softened version of Shea Butter. Shea Butter will give a slightly thicker



barrier between the baby's skin and the diaper/ nappy or clothes. It will help the irritated skin to heal faster.

## Advice:



Do not apply only oil of any type - including VCO - onto the area of the baby's skin that is irritated, blistered, or has redness. This **'only oil'** will be a 'source of heat' after being exposed to body temperature. The recovery time for the 'heated' irritated skin will be even longer.

# NATURAL CARE OF BABY'S SKIN FOR THE FIRST 90 DAYS

I like Shea Butter in its pure form because a little goes a long way and the results are immediately visible. It quickly relieves a baby's skin irritation in a matter of minutes or in some cases, a few hours.

In my experience, about 3 full tablespoons of pure Shea Butter was sufficient until my baby reached the age of 18 months since so little is needed per application.



## Tips:



Shea Butter can also be used to soothe the Mother's nipple pain after breastfeeding. Additionally, besides diluting its texture

with VCO, adding a few drops of fresh Vitamin E and/or Vitamin B5 to the Shea Butter every single time just before the application onto the baby's irritated skin, is beneficial. Make sure you find a pure version of Vitamin E and/or Vitamin B5. Store this 'adjustable Diaper/Nappy Cream' (Shea Butter, Vitamin E, Vitamin B5) in the refrigerator inside a separate airtight container.

# NATURAL CARE OF BABY'S SKIN FOR THE FIRST 90 DAYS

People constantly ask me why I don't make natural products for babies. Personally, I don't find a need to use any baby products, especially during the first 3 months of life. **(For more advice go to Bonus pages 43~49)**

Ideally, in the near future, **FridaSkincare** will launch our own '*Skin Ointment for Irritated Newborn & Baby Skin*' with a premium blend of botanical ingredients.

Until then...



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# **CHAPTER TWO**

**NATURAL CARE OF BABY'S SKIN  
UNDER 12 MONTHS**

# NATURAL CARE OF BABY'S SKIN UNDER 12 MONTHS

In the previous chapter, we discussed 3 natural products to preserve and treat baby's skin as naturally as possible, namely (Extra) Virgin Coconut Oil as a substitute for Moisturising Lotion, Corn Flour as a substitute for Talcum Powder, and Shea Butter as a Soothing Cream.

In this chapter, I have added a few more natural product recommendations to follow the development of the baby's skin.



# NATURAL CARE OF BABY'S SKIN UNDER 12 MONTHS

## UNDER 12 MONTHS

In addition to using the 3 products that I described in the previous chapter, here are some additional natural products that are needed to follow the skin needs of babies over the age of 3 months.

Entering the age of 6 months, babies start eating semi-solid foods in addition to breast milk or formula milk. This 'complementary food' thickens the texture and odour of their 'poop', becoming much like that of adults. This change of texture now contains fat and it is slightly oily. So, cleaning the buttock area by rinsing just with water when under 6 months, is no longer possible. Soap now becomes **MANDATORY** to remove the oily dirt.

I have outlined below, in number 4 and 5, additional natural products for babies under 12 months, including their benefits and how to use them.



# NATURAL CARE OF BABY'S SKIN UNDER 12 MONTHS

ADDITIONAL NATURAL BABY PRODUCTS,  
MY PERSONAL MAINSTAYS:

## 4. Telon Oil or Herbal Baby Oil

The Indonesians are already familiar with this product and know how to use it. I started to think about using Telon Oil on Axelle's skin after the age of 3 months. I had to consider the thinness of her 'newborn' skin and the nature of the herbal mix in Telon Oil.



### About Telon Oil:

Telon Oil is a mixture of coconut oil with several other herbal and plant oils. The main plant oil is either Eucalyptus Oil or Cajuput Oil (similar smell to 'camphor'). Other oils include Fennel Oil, Nutmeg Oil, and Citronella Oil - depending on the blend that different brands use. In short, Telon Oil is the diluted version of Cajuput Oil or Eucalyptus Oil in a Coconut Oil solution.

# NATURAL CARE OF BABY'S SKIN UNDER 12 MONTHS

Eucalyptus Oil itself can reach up to 70% 'cineol'. Cineol is a naturally occurring chemical compound in Cajuput Oil or Kayuputih Oil. Cineol is usually used to make balms for adult muscle pain. In addition to the cineol content, there are also 'limonene' compounds which naturally contain 10% in white palm oil, as in most citrus fruits in general.

## Caution:



Some skin types are allergic to this limonene compound. For example, just touching the outside of citrus fruit can cause dermatitis symptoms for people with this limonene allergy, even though drinking citrus juice may not trigger the allergy.



# NATURAL CARE OF BABY'S SKIN UNDER 12 MONTHS

Although the regular Telon Oil formula actually has diluted its herbal oils with Coconut Oil, it is always better and safer to avoid it.

The use of limonene in babies under 3 months must be limited and great care must be taken when using it.



Limonene is not a light compound that can be easily absorbed by a baby's skin. If it passes through its 'dermal limit' or the ability of the skin to process foreign compounds, it may irritate the skin, cause a rash or even lead to skin infections.

This super thin dermal limit requires us as the parents, to be very careful in applying any product to their skin.

# NATURAL CARE OF BABY'S SKIN UNDER 12 MONTHS

## Advice:



Do not rub or apply the Telon Oil or any other oil containing Cajuput Oil onto the facial area of babies under 6 months. In Indonesia, I often witness the facial area of the babies being covered with Telon Oil as this scent is considered to be a 'natural baby smell' that causes people around the baby to become addicted to the smell and want to kiss their little baby-cheeks. Inhaling cineol and limonene at an early age is not recommended by experts in aromatherapy.

## Advice:

If you feel you must use it, dilute Telon Oil (not the purest form of Cajuput Oil) with VCO and apply to babies after the age of 3 months.

# NATURAL CARE OF BABY'S SKIN UNDER 12 MONTHS

## Tip:

**Baby Massage Oil  
Blending Dose with  
Telon Oil:**



1/2 Tablespoon of VCO  
+  
5-10 drops of Telon Oil



I personally like to blend this on a small plate, even directly on the palm of my hand just before massaging my baby. Rubbing this blended oil with both hands before massaging, adds a warm sensation to the baby's skin.

Over the age of 1 year, I would never massage my baby with pure Telon Oil, without any extra VCO. By diluting it yourself like this, the levels of cineol and limonene contained naturally in Cajuput Oil (or Telon Oil) are definitely lower and much friendlier to the baby's skin.

# NATURAL CARE OF BABY'S SKIN UNDER 12 MONTHS

## Tip:

**Baby Cajuput Massage  
Oil Blending Dose with  
VCO:**



**2 Tablespoons of VCO  
+  
1-2 drops of Cajuput Oil**



If you can't access Telon Oil in a nearby Asian Mart, you can thin Cajuput Oil with VCO. Follow this Tip for the blending dosage.



So, the diluted dose contains a higher amount of VCO compared to the 'Massage Oil Blending Dose with Telon Oil' above.

# NATURAL CARE OF BABY'S SKIN UNDER 12 MONTHS

## 5. Saponifying Black Soap

This is soap for sensitive skin and is usually used by FridaSkincare's customers whose doctors have advised never to shower with any type of soap due to psoriasis or severe eczema. Even being exposed to water can aggravate those conditions. Our Black Soap soothes the inflamed skin of psoriasis or eczema conditions during bathing.

Being mild on troubled skin, our Black Soap is also safe to use as a daily facial wash for adults, to stay clean and radiant.



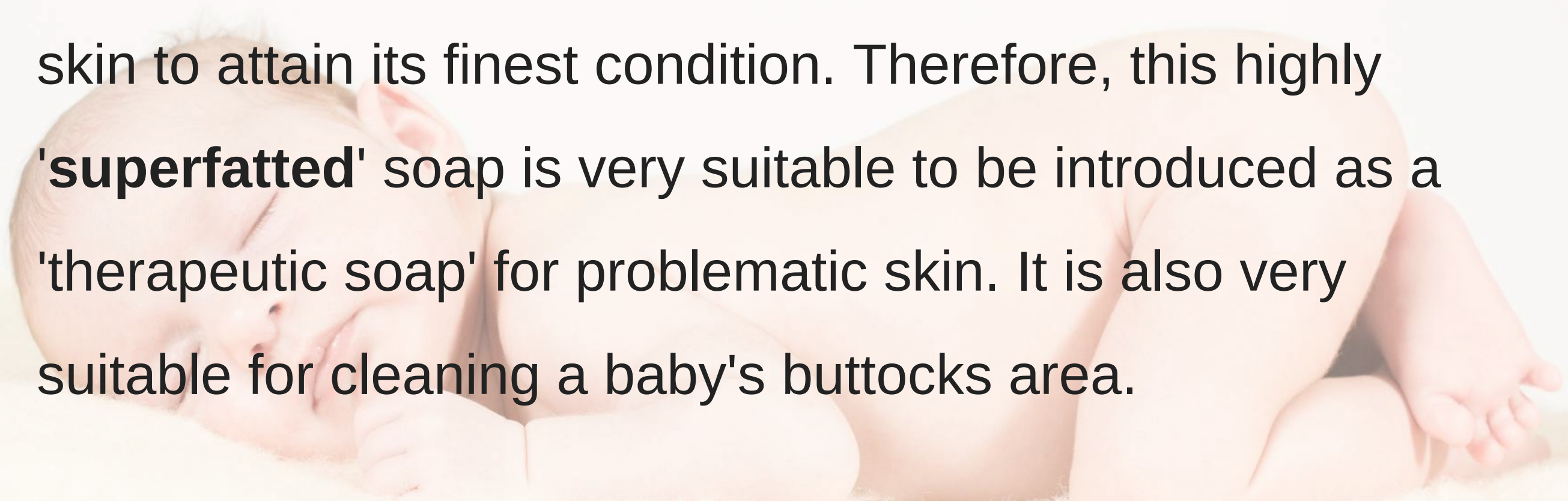
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This soap is the result of a process called 'saponification'.

So, FridaSkincare Black Soap is not an ordinary soap.

This soap is made from selected vegetable fats including Shea Butter, Cocoa Butter, and Silk Proteins that help the skin to attain its finest condition. Therefore, this highly

'**superfatted**' soap is very suitable to be introduced as a 'therapeutic soap' for problematic skin. It is also very suitable for cleaning a baby's buttocks area.



# NATURAL CARE OF BABY'S SKIN UNDER 12 MONTHS

## Did you know...

Saponification is a process that involves the conversion of fat or oil into soap and alcohol through a mix between the alkaline solution and heat. So, basically, soap is a collection of hardened salts from fatty acids.

Putting the term 'fight fire with fire' into action, it is possible to cleanse the 'fatty dirt' from a baby's buttocks using the 'saponified fats'.

Black Soap Bar from FridaSkincare is higher in fatty acid than most other saponified soaps. It is easy to compare and feel the differences of the saponification processes between Fridaskincare's Black Soap and other saponified soap bars as it is highly 'superfatted'.

I started to 'soap-wash' my baby's bottom after she was 6 months old, once the 'poop' had changed in shape and smell.



# NATURAL CARE OF BABY'S SKIN UNDER 12 MONTHS

Advice:



It does not matter how natural a bar of soap is. Soap is still soap. My advice is NO 'soap-washing' for babies under 18 months, at least. Ideally, 'foamy' products should only be used on infants over 2 years of age, and even then following their skin needs in certain situations or for certain skin conditions. The air quality, climate and temperature of the environment where the baby lives also determine how soon the 'soap-wash' routine should start.



Ideally, I would have introduced saponified soap into Axelle's entire body routine (not only to clean the buttocks area) after she was 2 years old.

However, at the age of 18

months, we had a family vacation to Indonesia. The temperature and the weather there was hot and humid, like most typical tropical countries. Axelle's skin sebum went through shock and as a result, her skin produced more natural oil than when she was in her home country with the drier temperatures and climate.

# NATURAL CARE OF BABY'S SKIN UNDER 12 MONTHS

## Did you know...

Sebum is an oil produced by our skin glands, the 'sebaceous glands'. Sebum functions like a layer of wax on the skin that helps maintain the moisture of our skin and hair for 24 hours a day.



So, always look at products that follow the needs of a baby's skin condition as well as the environmental situation of the living conditions. Soap-washing, especially twice daily in a dry climate, may strip off the natural sebum in the baby's skin. To be safe and as a rule of thumb, DO NOT 'soap-wash' a baby's skin too often before the baby turns 2 years old.

# NATURAL CARE OF BABY'S SKIN UNDER 12 MONTHS

In a tropical and humid country like Indonesia, babies can start soap-bathing earlier, before reaching the age of 2 years. Over 1 year or close to 1 year, try bathing the baby with soap produced from a high-fat saponification process.

Soap-bathing at an age less than 2 years is ideally spaced once a week or once every 2 weeks and even then only when it is really necessary... for example, after the baby has played a lot outside, in contact with dirt and soil.

Soap-washing the area of the buttocks after 'pooping', is very important every single time. I began this ritual of 'soap-washing' after Axelle was 7-8 months old.

Always check the baby's buttocks' condition. If that area smells, it means it needs lathering!



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# **CHAPTER THREE**

NATURAL CARE OF BABY'S SKIN  
OVER 1 YEAR

# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

In this chapter, I present some additional natural products that are suitable for caring for the skin of babies who are over one year old.

Because it has been over 1 year, baby's skin has thickened and is much more 'resilient' than the first 2 stages we discussed earlier.

There are many damaging ingredients out there that should be known by parents so that a baby's skin can still be maintained in its purity after turning 1 year old.

This chapter is a little longer because I will explain the toxic ingredients in a bit more detail along with a complete set of natural tips for baby skin.



# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

## 12 MONTHS AND OVER

While still using the 5 products that I mentioned in the previous two chapters, there are some additional products that are needed, to follow the development of a baby's skin.

Over the age of 1 year, babies have become toddlers and are usually more often taken out from home without covering their entire body.



Some toddlers have been able to walk before they turn 1 year old, and tend to play in the open air and get dirty earlier than other babies who cannot yet walk and have stayed at home mostly crawling on a clean floor.

# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

ADDITIONAL NATURAL BABY PRODUCTS,  
MY PERSONAL MAINSTAYS:



## 6. Sunscreen

Sunscreen **MUST** be used on the skin of a baby if they are exposed to the hot sun, since a toddler's skin is still in a state of lacking melanin.

### Did you know...

Melanin is a natural pigment produced by melanocytes cells that grow in the outer skin tissue, namely our epidermis.

Exposure to hot sunlight during infancy even for adolescents under 18 years of age, may increase by more than double the chances of 'melanoma' in the melanocytes when they grow up.

This is the result of the 'American Academy of Pediatrics' study which was publicly revealed in 1999. They echoed it again in 2007, because of the high cases of skin cancer or melanoma.



# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

Did you know...



Melanoma is usually a skin cancer whose space starts in melanocytes. Melanocytes are cells that produce the melanin pigment which creates a variant colour of skin, hair and eyes. Melanocytes can also form moles on the skin, a point where melanoma often develops.



Another study also estimated that the regular use of sunscreens with an effective SPF throughout the first 18 years of life, can reduce the occurrence of skin cancer or 'nonmelanoma' by 78%. I support this info by presenting:

# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

## 6.1. Mineralizing Facial Blemish Beauty Balm

**Mineralizing Balm** – from **FridaSkincare**:

I use this creamy balm every day – as my facial 'day cream, sunscreen, face powder'. This is truly my all-in-one.

This cream is actually formulated to function as a sunscreen that is baby-friendly because I want to share-use this product with Axelle, since most sunscreen formulas sold usually contain "oxybenzone" as an absorbent material for ultraviolet light.

This all-in-one 'tinted-cream' is available in 3 different shades:

- White Snow
- Beige Souffle
- Brown Kernel



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# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

Did you know...



Oxybenzone is a substance that is highly condemned by experts, as a hormone-disrupting chemical. Oxybenzone also has some dangerous associates according to the experts, namely benzophenone-3, homosalate, 4-methylbenzylidene camphor (4-MBC), octyl-methoxycinnamate (OMC), and octyl-dimethyl-para-aminobenzoic acid (PABA).

We should be very careful in selecting a sunscreen product, always remembering to check the ingredients list to make sure that it does not contain any of the abovementioned toxic ingredients.

becomes mandatory, the purpose is to through the continued of use of their natural products. Even more, abovementioned toxic ingredients are NOT only in sunscreen products. They exist in various cosmetics formulations, such as in colourful nail polishes and even hair products such as hairspray.



Thoroughness especially when protect a child duration skincare the

So, imagine the effect on children's skin if the toxic ingredients are absorbed into their body through the application of skin products, which are usually used frequently and repeatedly every day!

# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

## Did you know...

Products that are displayed under the hot sunlight yet the texture and colour of the products remain the same, can certainly contain one of the UV absorbent materials mentioned above.

Logically, all natural products will be sensitive to light, heat and humidity. If you see products that are displayed outside the store and exposed to direct sunlight, try reading the full list of ingredients listed on the back of the packaging.

## **FridaSkincare's Mineralizing Facial Blemish Beauty Balm**

absorbs ultraviolet (UV) light into the skin cell tissue and converts it into heat energy. This UV absorbent formula in Mineralizing Beauty Balm is processed from sustainably-sourced natural ingredients.

This product contains the most natural absorbent UV material available and it does not trigger acne. It blends perfectly with the skin's sebum.



To get access to our **FridaSkincare Mineralizing Facial Blemish Beauty Balm**, please contact me at **FRIDASKINCARE.COM**

It is so important to wear sunscreen that does NOT contain the 'toxic' ingredients mentioned above...although it may be a very difficult task to find one!

# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

## Tips:



Even though the baby's skin has been coated with a safe sunscreen, always provide additional protection for them. For example, always walk under a tree to get some shade, dress them in long pants, long-sleeved clothes and a hat, and often give them a drink - every 5-10 minutes - to avoid dehydration.



# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

## 7. Hair Shampoo

**Perfecting Hair Treatment Shampoo** – from **FridaSkincare** is a shampoo that helps cleanse the scalp, treat the hair, and soften the skin during bathing. The formula of our shampoo is pH balanced and suitable for everyday use.

I started to apply shampoo to Axelle's hair when she was 18 months with a once-a-month shampoo routine. Her hair was very thin and sparse. I started the 'shampoo-wash' earlier than the initial 2-year old plan because her skin and scalp changed to adapt to the new climate during our stay in Indonesia, with the tropical humid temperatures.



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Shampoo may also be needed earlier (after 1 year old) if a baby has heavy, thick hair that needs to be cleaned. So, as the parent, we should be able to recognize when it is best to use foaming products on our baby's skin.

# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

Babies over 1-year-old, can be washed like an adult, with a pH balanced shampoo which lathers, that is friendly to the baby's skin. However, if it is still considered unnecessary, as it was for Axelle whose hair was so thin, a shampoo product is not a must, even though the product is marketed as 'baby shampoo'. Just hold off on shampooing until the time comes. Instinctively, parents will be able to see when the shampoo product is needed for the baby.

## Did you know...

All the foaming products from FridaSkincare are formulated for sensitive skin and suitable for use on baby's skin. Some of our loyal customers are a group of sufferers with severe dermatitis where their doctor has asked them to have a shower routine without any kind of soap. However, after routinely using only our soap and lotion, they said and reported that their skin has improved and they have fully recovered from their atopic dermatitis condition.



# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR



## Did you know...

Cleaning a baby's scalp is very easy. Within the first 3 months, just rinse it with warm water and a super soft washing cloth... without shampoo and without any soap. After the first 3 months, follow the same method until some sign shows that the baby's scalp needs to be washed with shampoo. A crusty scalp is NOT a sign that a baby shampoo product is needed.

## Tip:

Don't use shampoo to get rid of scalp crust. Under the age of 1 year, simply rub the baby's scalp with VCO. Leave it for a while until the crust softens and comb gently. Most of the crust will be successfully clinging to the baby's comb.



## Advice:

To remove the excess oil from the baby's hair, simply apply a 'Corn Flour Paste' onto the baby's scalp and hair. Let it dry naturally or rinse with warm water and wipe it out with a soft cloth. Re-apply this Corn Flour Paste if needed. See '**How to Make Corn Flour Paste**' on the next page.

# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

The Corn Flour Paste helps lift the excess oil on the baby's head. Not all of the excess oil can be lifted since this is not shampoo.

This CornFlour Paste is a natural alternative while the baby is on the 'foam-free' period, as we discussed above, since using shampoo too early is not good for a baby's scalp.

The effect is the same as applying soap to the baby's skin. In short, postpone any 'foamy agents' as long as possible for the sake of the baby's healthy sebum.

Shampoo and soap will drain the natural moisture from ANY part of a baby's body that the shampoo or soap make contact with.



## Tips on Making "Corn Flour Paste"

Mix Corn Flour with enough filtered or clean water to mix into a paste-like consistency. Apply the paste with your finger(s) to the baby's skin.



# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

## Tips for Lifting Crust on the Eyebrows and the Forehead Section

You can also try applying these areas with the **Corn Flour Paste**. Alternatively, directly apply Corn Flour powder to the areas, without making a paste. I applied Corn Flour directly to Axelle's crusty eyebrows with the same result as when I applied it in its paste form. Axelle's forehead was covered in a heat rash during summertime and applying Corn Flour Paste routinely, helped to calm the rash.



## Advice & Info on BABY OILS

Do **NOT** remove the crust on the baby's skin with the help of a BABY OIL. Baby Oils are mainly composed of Paraffin, or Mineral Oil, or Petroleum-based Oil mixed with Fragrance Oil or Perfume. In general, the Baby Oils sold on the market are a combination of Mineral Oil and Fragrance. Although it can be claimed that 'natural' products have been used, due to the fact that Mineral Oil is a naturally derived ingredient, both of these ingredients have no nutritional benefits for a baby's skin.

# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

Mineral Oil, although it is natural, can hinder the skin from breathing which will actually cause damage by suffocating the skin, which may result in the skin cells losing their natural moisture on the skin surface.



In short, rubbing Mineral Oil on the skin is like wrapping the skin with plastic film. It is choking the skin and clogging the pores, making it unhealthy over time which eventually weakens the body's immune system.

## Advice:



If you cannot access our **FridaSkincare Shampoo** product that is free from toxins and uses only sustainably-sourced natural ingredients, to clean the baby's hair, try to avoid any bathing products or other baby skin products that contain these ingredients:

- Sodium Lauryl Sulfate (SLS);
- Sodium Laureth Sulfate (SLES);
- Polyethylene Glycol;
- Alcohol-denat;
- Paraffin, Mineral oil, or other Petroleum-based oils;
- Parabens, Formaldehyde/Formalin, DMDM Hydantoin preservatives.

# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

## 8. Wash-off Lotion or Hair Conditioner

**Wash-off Lotion or Hair Conditioner – from FridaSkincare:** Our Rejuvenating Hair Tonic Conditioner functions as a 'Rinse Lotion'. It is beneficial for toddlers whose skin is somewhat mature, over 20 ~ 24 months.

I began to apply this Rinse Lotion on Axelle in winter during her bathing, when she was 27 months old. The Rinse Lotion is needed when the drying winter temperatures are too much for a baby's skin to bear.

Simply wet the baby's skin with warm water while bathing. Then pump 1-2 times on your hand and rub it around with both palms as you would when rubbing on regular lotion. Directly rub and massage the lotion on baby's skin evenly all over the skin.



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AVOID rubbing on the baby's face, because it is really not necessary. Apply it just like a body lotion, on wet skin while bathing. Rinse thoroughly with water at the final stage.

Sometimes, bathing is just enough with only this Rinse Lotion, without soap.



# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

Although using soap for this age is not part of the main routine during bathing, if the baby is in need of a 'soap-wash' after playing in the dirt outside, then a soap-wash becomes important.

AVOID using soap on the baby's skin if it is not needed. I always apply Axelle's wet skin with **FridaSkincare's Rejuvenating Hair Tonic Conditioner** as her Body Conditioner or Rinse Lotion while bathing her.



# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR

Free the mind from the thought that without applying a baby lotion after bathing, the baby's skin will become drier. It will not be the case either in summer or winter because the baby will get a body massage routine after bathing. This massage routine needs a baby massage oil. My personal favourites of natural massage oils are:

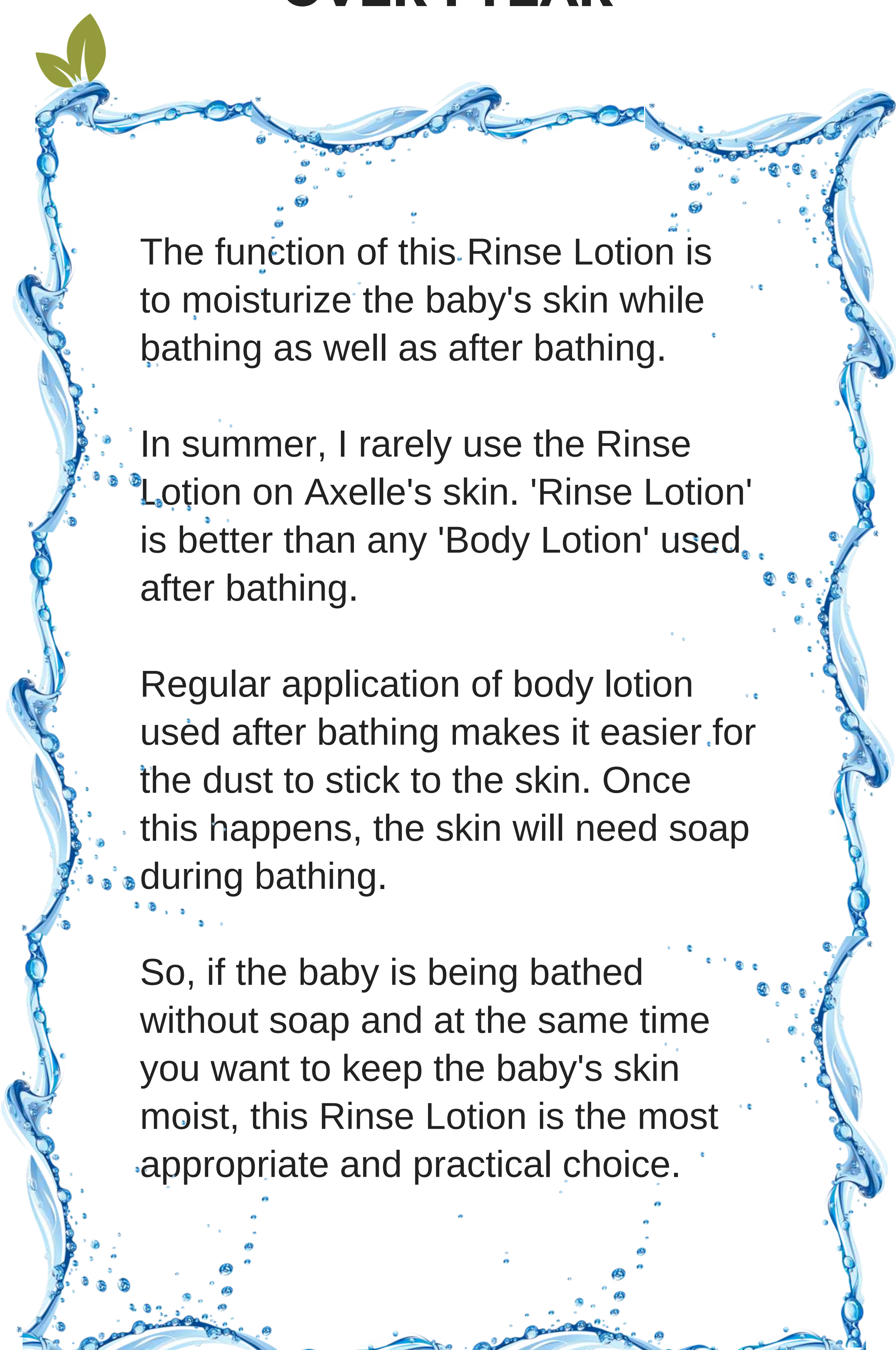
- ✓ Pure VCO,
- ✓ A mixture of VCO and Telon Oil, or
- ✓ Pure Telon Oil to warm the baby's whole body, especially in wintertime.



## Warning!!

The use of Hair Conditioner as a Rinse Body Lotion for babies' and children's skin is only with the use of **FridaSkincare's Rejuvenating Hair Tonic Conditioner** because each FridaSkincare product is especially formulated to fit the the skin needs of ALL family members. Therefore, other than the suggested FridaSkincare products, please **do NOT apply** any other Hair Conditioner to the baby's skin.

# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR



The function of this Rinse Lotion is to moisturize the baby's skin while bathing as well as after bathing.

In summer, I rarely use the Rinse Lotion on Axelle's skin. 'Rinse Lotion' is better than any 'Body Lotion' used after bathing.

Regular application of body lotion used after bathing makes it easier for the dust to stick to the skin. Once this happens, the skin will need soap during bathing.

So, if the baby is being bathed without soap and at the same time you want to keep the baby's skin moist, this Rinse Lotion is the most appropriate and practical choice.

# NATURAL CARE OF BABY'S SKIN OVER 1 YEAR



## Tips:

- ✓ In addition to being a regular hair conditioner, **FridaSkincare's Rejuvenating Hair Tonic Conditioner** serves as Axelle's Rinse Lotion as well as my Rinse Lotion during bathing. It can also be used as the weekly Creambath routine as a hair treatment cream.
  - ✓ For Creambathing the hair, just cover your hair with a hot-warm towel right after applying a generous amount of this cream conditioner. Let it set for about half an hour at least, or 1 hour if you have the time. Rinse well after, with or without shampoo at the end, according to the needs of your hair type.
- Asian hair types may end this Hot Towel Treatment by washing the hair with our Shampoo. Meanwhile, Ethnic hair types may not need to even water-rinse at the final stage, and simply style the hair ready to go out from home, having turned this Hot Towel Treatment into the
- ✓ Hair Balm method.
  - ✓ Also, for my husband, this same product is used as a Hair Balm. Simply apply it as a Hair Gel, the leave-in method. It is not greasy or sticky.

My husband and I adore a healthy, green and minimalist lifestyle. This is why all of our products at FridaSkincare are formulated multifunctionally. So, each of the products can be used economically by ALL family members.



**BONUS**

BABY BATHING RITUAL

# BONUS

## BABY BATHING RITUAL

This is the summary on how to keep the baby's natural sebum balanced and active while keeping the baby's skin safe from the ingredients that may strip off its natural sebum, including daily contact with water.

## WARM WATER AND A SOFT WASHING CLOTH

You need warm water and a washcloth which is super soft. For newborns in the first 3 months, you don't need a large bathing bucket. Just a small basin filled with warm water and a soft handkerchief-like cloth is all you need. Just lightly wipe the whole body of the baby. The skin of a newborn baby is still very delicate and pure because most of the time, the baby is still fully wrapped in cloth and free from dust and other pollutants.

Do not immediately assume that newborns from Day 1 need soap, shampoo or any other baby products.

A warm wet soft towel is enough to cleanse the hair and the whole body of the baby. Let the skin cells system work their magic without any disruption from baby products which actually interfere with the system. The baby's skin will naturally adapt to the surrounding temperature of the environment. Again, free the mind from worry that without Baby Lotion, Soap and Shampoo, the baby's skin will not be taken care of well. This is NOT RIGHT!

# BONUS

## CLIMATE IMPACT

For babies who live in **cold or dry temperatures**, the use of baby products early in their lives will have very real adverse skin health effects. Skin disorders such as irritation, infection and atopic dermatitis in infants and children are very high and a common occurrence as a result. This is because the sebum's working system has been disturbed from the beginning. The self-healing system on baby's skin has been disrupted from the first 3 months of their lives, making it difficult for their skin to adapt to changes in environmental temperature.

For babies who live in **tropical countries with hot temperatures**, NO soap or shampoo should be used in the first 3-month period of life. This is because when the baby's skin is exposed to a Baby Lotion, it will definitely be exposed to Baby Soap, continued by a Baby Shampoo, and Baby Hair Lotion and so on. Removing the residue of the lotion on the skin or on the scalp, with soap, would be needed. So, hold off for as long as possible to avoid falling into the 'vicious foamy circle' of soaps and shampoos.

**"NO soap NO shampoo in the first 3-month period of life. ONLY WARM water & SOFT cloths."**

## BUTTOCK CLEANING



To clean the buttock area while the baby is still in the full-term of breast milk and semi-breast milk stage, I recommend still using the warm water and a soft cloth routine, and continuing drying the skin with a dry soft cloth towel. After that, apply Corn Flour on the skin, especially in the skin folds, like the buttocks, to keep these areas dry and to avoid rashes and chafing. For rashes, chafing, blisters or reddened skin, apply immediately with just a little 'adjustable soothing cream' made with pure Shea Butter.

**(See No.3 on page 7-9)**

Again, don't use products other than the natural products that I have mentioned above. There is still plenty of time after the baby has perfectly thickened its skin when the baby is nearing the age of 2 years or is over 2 years old, to try other products.

## LAUNDRY WASHING BABY'S CLOTHES

Washing detergent and fabric softener mostly contain harsh chemicals. People with a thinner and sensitive skin may greatly suffer from these toxic contacts. Can you imagine how newborn baby skin would react?

The process of transmitting harmful chemicals through the clothing fibres may be invisible. Yet, the consequential skin problems for newborns can be seen sooner compared to thicker adult skin.

Laundry detergent carries harsher cleaning agents than regular shower soaps. Also, the pH number for laundry powder is alkaline, which is above the neutral level 7.

Human skin's pH is acidic. It is between 5.5 and 6.5 for the newborn and 4 and 5.5 when the skin is fully mature in developing its 'acid mantle'. Besides being higher in pH level, the scary ingredients inside fabric softener and laundry detergent have been linked to various forms of cancer, brain damage, respiratory problems and ecological stress.

Therefore, be very picky about the clothes detergent and softener that you choose for your baby.



**"If it is NOT good for the baby, it is NEVER good for the whole family."**

## Advice:

Avoid these harmful ingredients in family laundry products, both for detergent and softener:

- ✘ Sodium Lauryl Sulfate (SLS),
- ✘ Sodium Laureth Sulfate (SLES),
- ✘ Sodium Borate/Sodium Tetraborate/Disodium Tetraborate (Borax),
- ✘ Sodium Hypochlorite/Clorox (Bleaching agent),
- ✘ 4,4'-Diamino-2,2'-stilbenedisulfonic Acid,
- ✘ Ethylenediamine Tetraacetic Acid (EDTA),
- ✘ 1,4 Dioxane,
- ✘ Benzyl Acetate,
- ✘ Benzyl Alcohol,
- ✘ Ethanol/Alcohol-denat,
- ✘ Alpha-Terpineol,
- ✘ Chloroform,
- ✘ Fragrance/Perfume\*.

\*Some other toxic ingredients may be hidden under the authority regulatory permission, such as **Phthalate**. It is usually part of the fragrance-making component. Phthalate is extremely hazardous to human health as it can attack internal organs and the reproductive system. Yet, it can be legally removed from the product's ingredient list, as the dosage used is below the minimum percentage, and CAN BE HIDDEN from the eyes of the customer.

## Tip:

### SELECTING FRAGRANCED PRODUCTS:

Make sure it is stated on a product's label that the product is Phthalate-FREE or Toxin-FREE!



## Advice:

Find an eco-friendly and toxin-free laundry detergent and fabric softener. Avoid the above-listed ingredients as much as you can. The best move is to avoid every single hazardous ingredient.

Considering that the pH in laundry detergent plays an important role in removing dirt and killing the bacteria in clothes, we can easily replace a laundry detergent's alkalinity with Baking Soda and a fabric softener's acidity with Vinegar or Citric Acid.

## How To Safely Launder Baby Clothes:

**LAUNDRY WASH.** With just enough water (best with warm/hot water) covering the dirty baby clothes in a bucket of 2 litres of water, pump about 3 tablespoons of **FridaSkincare's Redefining Hand & Dish Wash** into the washing water, along with 3 tablespoons of Baking Soda. Mix well into the dirty clothes. Let it sit for about 2-3 hours (or an overnight soaking is good) then put through the washing machine with a collective wash. Whenever working with a Baking Soda/Acid solution, wear gloves to protect the hands from direct skin contact.



± 2 Litres Water



Baking Soda



## Make Your Own Fabric Softener

**FABRIC SOFTENER.** In another bucket with 2 litres of water, pour 3 tablespoons of Vinegar or 1/4 teaspoon of Citric Acid to warm/hot water. Use this Acidic Dilution to rinse the washed clothes. Do a final clear rinse of the clothes and remove excess moisture. Alternatively, put clothes in a net washing bag and put through the wring cycle of the washing machine.



± 2 Litres Water



Colourless Vinegar



## How To Make 'Fabric Stain Remover'

You can use the same method as the Laundry Wash and Fabric Softener above, for this purpose, just with less water involved. Wet the stained spot, pump **FridaSkincare's Redefining Hand & Dish Wash**, lightly rub the liquid wash with a fingertip onto the stain, coat the stained surface with Baking Soda and pour a few drops of Vinegar directly on it. Enjoy the 'fizzy' magic. Let it sit for a few hours/overnight. Repeat this method if the stain still remains the next day. Put the clothes in the washing machine with a collective wash.

**Tip:**

**Stubborn Stains**

Boil clothes soaked with Baking Soda, Vinegar, and Hand & Dish Wash on low heat for a few hours. After heating, rinse & wring normally. They will be clean and bright as new!

“  
Soap & Education  
are not as sudden as a  
massacre, but they are  
more deadly in the  
long run.”

Mark Twain



"If you want to SERIOUSLY COMMIT to wellness and to protecting your family's health and at the same time achieve a naturopathic and minimalist lifestyle, then be **everything Frida!**... with **FridaSkincare's head-to-toe, toxin-free, sustainably-sourced, natural products.**"

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# ABOUT THE AUTHOR

Written by H.M.Imam

“ How would you perceive someone when you know that person grows her hair using the purest possible hair care products to ensure that her next batch of donated hair is going to be completely safe when it will be used to make hairpieces for cancer patients? I see the caring, considerate, and compassionate mind of an innovator who is not afraid of walking the extra miles to create a strong social impact that really counts! Frida is that inspirational personality.

When she could not find the appropriate hair care product that fulfils her stringent safety standard, her non-chemist background could not stop her from initiating the formulation of professional-quality multifunctional beauty products, starting from scratch, studying each individual ingredient. Now, she is sharing that journey through her **FRIDASKINCARE brand** to redefine how pursuers of beauty should perceive being comfortable in their own skin, using the minimum number of products that are healthy, effective and sustainable.

Most appearance-enhancing products are filled with toxic ingredients in the form of emulsifiers, surfactants, active and inactive ingredients that are taking a toll on the health of the wearers. Frida's effort to create awareness and offer the healthiest formulas is truly impactful and well-timed.

A brave leader, a great mother and a supportive wife, it is heartening to know that she is carrying this inspiration with her in raising her daughter and making her innovative products accessible to the world. ”



 @FRIDA.PIGNY

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