

# OH BABY, BABY!

Feeling overwhelmed about what to put on your precious little one's skin? Here's our edit of the best baby products – from the hero hair wash to the nourishing nappy cream – that you can trust

**B**aby-soft skin is a well-used phrase for a reason, but the idea can also be yet another source of anxiety for stressed-out parents. What do you apply to something so delicate? "Infant skin is functionally still developing and the barrier function is easily disrupted or irritated," says Dr Anjali Mahto, consultant dermatologist and author of *The Skincare Bible*. "Care is needed in managing this and the use of emollients can help control water loss and preserve skin integrity." According to baby brand Mustela, a newborn's skin is significantly thinner than an adult's. As a result, it's more prone to dryness and irritation. So that means lots of nourishing ingredients, gentle formulas and paediatric-approved products that will not only leave your baby's skin soft and cared for but will also give you one less thing to worry about. Hurray!



## THE TOP TEN GENTLE GIANTS



**1 Neal's Yard Remedies Organic Baby Massage Oil**, £7.50, from feelunique.com. Baby massage just got even more calming, thanks to the rose, camomile and lavender essential oils in this. An excuse for precious bonding time between Mum or Dad and baby, this is perfect to gently work over hands, feet, tummy and torso. It'll leave the masseuse's hands super-soft, too.



**2 Aveeno Baby Dermexa Good Night Emollient Balm**, £9.99, from boots.com. Don't let itchy skin disturb their sleep with this nourishing balm. Three different forms of oat – flour, extract and oil – team up with skin-strengthening ceramides to provide instant relief for irritable skin so you and your little one can get a good night's sleep. Try keeping your tube in the fridge for added cooling benefits.

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**3 This Works Baby Sleep Pillow Spray**, £19.50, from spacenk.com. Anyone who has tried the adult version will know the sleep-boosting benefits of this best-selling pillow spray. It comes in this infant version, too – an ultra-gentle spray that can chill out even the crankiest of babies.



**10 Bramley Little B Hair & Body Wash**, £12; visit bramley.co.uk. Suitable for infants from six months old, this gentle product has no parabens, silicones or petrochemicals and its blend of citrus and lavender essential oils will leave your baby's hair and scalp clean and sweet-smelling.



**4 Mustela No-Rinse Cleansing Water**, £7.99, from escentual.com. This gently cleanses the skin with avocado and aloe vera extracts. Apply to a cotton pad and swipe over skin before patting dry – no need to rinse, so no moisture loss. Swap your pads for reusable super-soft versions like EcoVibe.

**TOP TIP**  
Swap the flannel at bath time for a super-soft natural sponge. Scandiborn Kokoso Baby Sponge, £7.95; visit scandiborn.co.uk



**5 Aurelia Little Aurelia Probiotic Skincare Comfort & Calm Rescue Cream**, £28, from lookfantastic.com. Whether relieving nappy rash, dry patches or bruises of crawlers and toddlers, this does-it-all soothing balm contains shea and mango butters, calendula, camomile, pure silver and arrowroot.



**6 Burt's Bees Baby Nourishing Baby Oil**, £10.99, from amazon.co.uk. This outstanding oil helps to nurture dry skin thanks to a high concentration of antioxidants and vitamins, with apricot and grape seed oils combining to leave infant skin even more kissably soft and heavenly smelling.



**8 Weleda Calendula Nappy Change Cream**, £7.25; visit weleda.co.uk. Most parents would agree they couldn't cope without this baby product. A double whammy of lanolin and zinc oxide, which provide a protective barrier from moisture, and nourishing almond oil, organic calendula and camomile extracts, which help soothe the most delicate areas.



**9 Sister & Co. Little Sister Baby Balm**, £16; visit sisterandcompany.co.uk. Organic shea butter and coconut and apricot oils combine to create a nourishing treat for your baby. Massage it into any areas that need TLC. From every sale, £1 will go to Solace Women's Aid.



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**7 La Roche-Posay Anthelios Dermo-Pediatrics Baby Lotion** SPF50+, £12; visit larocheposay.co.uk. This is excellent for use at home or abroad, thanks to its high factor and UVA, UVB and infrared protection. Enriched with shea butter and thermal spring water, it hydrates and nourishes, too.

## Baby talk with Rochelle Humes

**How did My Little Coco come about?** "I was struggling to find products I could use on both my girls [Alaia-Mai, seven, and Valentina, three]. I found that if I used something on Alaia, it wasn't suitable for Valentina. Obviously, I want to look after both my girls' hair and skin, so I tried to find something gentle enough for the whole family. I realised there was a gap in the market and My Little Coco was born."

**Coconut oil is the main ingredient...** "I've always loved it. I've used it for years and it has so many uses. It also happens to be my favourite ever scent as it reminds me of being on the beach on holiday. "Embracing my natural curls is important to me and I wanted to create a product that would make children love their curls rather than wanting their hair to be straight. The My Little Coconut Curling Custard [£5.99, from boots.com] is the perfect product to style tight curls and take the stress out for mums."

**Which is your favourite product?** "The My Little Coco My Little Everything Balm [£5.99] can be used for literally everything – cut knees, sore skin, dry elbows, chapped lips and even as a highlighter for my cheekbones!" Follow @mylittlecoco for the cutest pictures and further product information.

