



**Thank you** for choosing Nature Within baby skin care, The "Bath to Bed" concept was developed as a result of both my children developing eczema as very young babies.

Paediatric research has shown that a baby's skin is 5 times thinner than an adult, this means their skin is very sensitive and is able to absorb potential irritants very easily. A baby's skin also loses water faster than an adult so dry skin can occur very quickly which can lead to skin irritations and eczema.

Nature Within baby skin care products contain skin nurturing oils such as Avocado, Evening Primrose, Calendula Oil and Shea butter, ingredients that are rich in essential fatty acids, vitamins and minerals to help soften, soothe and protect your baby's skin. The range does not contain synthetic fragrances or essential oils, making it completely aroma free which is best for baby's skin.

Research has shown that bonding between mother and baby is promoted through smell. When considering this information the only real fragrance a mother and baby need is each other

As Eczema now affects 1 in 5 children, we have ensured Nature Within products are free from the following:

- Artificial colours, fragrances and essential oils
- Petrochemicals and mineral oils
- Sulphate surfactants and paraben preservatives
- Pesticides and fertilizers

Nature Within products are not tested on animals and we only use recyclable packaging.

By using natural, organic products we not only care for ourselves, but we also protect our environment by reducing dependence on non-renewable resources and aiming towards sustainability.

Our skin care products are made in Australia in a TGA manufacturing laboratory under strict sterile conditions, so you can be rest assured that the products you purchase have undergone strict quality control practices.

We hope you enjoy the Nature Within organic skincare and sleep wear range for babies. For more information on infant massage, aromatherapy and infant eczema please feel free to visit our website.

We welcome all feedback.

## Nadine Hall

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# Nurture your baby's skin



*from bath to bed  
with natural, organic skincare and sleepwear  
from Nature Within*

## Your Baby's Skin

### NEW-BORN BABY'S SKIN TO 2 YEARS OF AGE

Skin is the body's largest organ. A new born baby's skin is fragile; this is because the skin barrier function on a baby is not yet fully developed and is 5 times thinner than an adult's.

### HOW DOES THIS AFFECT YOUR BABY?

Our skin barrier helps to keep water in and potential irritants out, but because a baby's barrier is not yet fully developed, babies are more vulnerable to these potential irritants which upset the barrier balance and lead to dry, irritated skin or infant eczema.

### SKINCARE ROUTINE FOR YOUR BABY

#### Newborn skincare routine to one month of age

Babies do not need daily bathing as this can further damage the protective skin barrier; bathing 2 to 3 times a week is plenty.

The following are some helpful tips when bathing your baby;

- Use lukewarm water, and keep bath time to a maximum of 5 minutes
- The vernix should be left to absorb naturally as this is a natural emollient for your baby's skin.
- Do not use sponges or face washers as the friction can irritate the skin. Use soft cotton cloths or balls, better still use your hands to wash baby, do not rub the skin
- Pat baby's skin dry with a soft cotton towel, do not rub.
- Dress baby in breathable materials like cotton or bamboo clothing that has been washed in hot water with no fabric softener or perfumed washing powders.
- Always wash baby's hands, face and bottom with plain water in between bath days.

#### Skincare routine from one month of age

You can introduce a very small amount of baby bath and continue bathing 2 to 3 times a week.

- Use a bath product that is soap free, fragrance free and low foaming whether it be a bath wash or bath oil that is suitable for sensitive skin.
- Apply emollient, moisturiser within 2-5 minutes to lock in moisture and prevent dryness this will also reduce eczema flare ups.

## Baby Moisturiser 200ml



#### DESCRIPTION:

A rich blend of certified organic Shea Butter and Avocado oil, combined with the nurturing properties of Calendula and Evening Primrose oil, this rich moisturiser will leave your baby's skin feeling simply divine.

#### SKIN TYPE:

Suitable for sensitive, dry, itchy and eczema prone skin

## Baby Bath & Hair Cleanser 250ml

#### DESCRIPTION:

This very gentle low foaming, PH balanced, fragrance free blend has been specially formulated to cleanse and hydrate your baby's skin and hair using a nourishing blend of certified organic Avocado, Evening Primrose oils and Aloe Vera

#### SKIN TYPE

Suitable for sensitive, dry, itchy and eczema prone skin



## Baby Bottom Balm 50gm

#### DESCRIPTION:

A rich nourishing balm of Shea Butter, Beeswax, Calendula and Vitamin E will provide a light barrier and protect and soothe baby's skin.

#### SKIN TYPE:

Suitable for nappy rash, cradle cap and eczema prone skin



## Baby Soothing Moisturising Eczema Cream Aust L:168199 75gm



#### DESCRIPTION:

For the treatment of minor skin disorders such as wounds, eczema, dermatitis, may assist in the formation of scar tissue. Anti inflammatory, helps to reduce itch and irritation. Helps to moisturise and reduce the inflammation of sunburn.

#### SKIN TYPE:

Suitable for sensitive, dry, itchy and eczema prone skin

## Baby Massage & Bath Blend 125ml



#### DESCRIPTION:

A rich blend of Apricot Kernel and Safflower Oil combined with the skin softening properties of Calendula, Evening Primrose oil and Vitamin E. This blend will ensure your baby's next massage is sheer bliss.

#### SKIN TYPE:

Suitable for sensitive, dry, itchy, and eczema prone skin

## Bamboo Baby Rompers

#### DESCRIPTION:

Silky soft and antibacterial, bamboo absorbs sweat faster than cotton and keeps baby cooler in the heat and warmer in the cold. It grows freely without any fertilizers or pesticides and combined with organic cotton to keep baby's skin comfortable Follow your baby's skincare routine from bath to bed

#### SIZES:

0000 Age: New born – 3 months  
000 Age: 3 – 6 months  
00 Age: 6 – 9 months  
0 Age: 9 – 12 months

#### COLOUR OPTIONS:

Natural Cream

#### DESIGN:

Summer, Spring/Autumn, Winter

