

Oil or nothing?



When it comes to skincare, 'natural' doesn't always mean safe, indeed olive oil can be harmful

Parents put their baby's health first and new parents, especially, **look to you for advice**. For baby skincare, parents and healthcare professionals often assume that 'natural' is best.

However, there is strong evidence to suggest that natural products are not necessarily better than carefully designed alternatives.

When it comes to oils, **vegetable oils** are often considered more wholesome than mineral oil; however, such oils are associated with a number of **potential disadvantages**. Depending on the type of oil, its composition and active ingredients, the biological activity and toxicology of vegetable oils can vary, and they are often sensitive to oxidation and/or light.¹

Parents are often advised to use shop-bought **olive oil** for infant massage or to treat areas of dry skin. However, a recent study concluded that this practice should be **discouraged**: direct application

of olive oil damaged the adult skin barrier and caused redness, likely as a result of the high levels of oleic acid present in the oil. It remains to be determined, with further research, the effect of other vegetable oils on the skin.^{2,3}

By contrast, **pharmaceutical-grade mineral oil is non-toxic and very stable**, and has a long history of proven efficacy in skincare.¹ In fact mineral oil used in cosmetic products is highly purified and certified to be free of impurities.

Delicate baby skin deserves **mild products** that help **maintain and enhance skin barrier function**. If you'd like to find out more about the use of oils on babies' skin, please contact jbhpccontact@its.jnj.com.

1. Rawlings A & Lombard K. *Int J Cosmet Sci* 2012; **34**: 511–8.

2. Danby S, *et al. Ped Dermatol* 2013; **30**: 42–50.

3. Tanojo H, *et al. J Control Release* 1999; **58**: 97–104.

The evidence is clear... it's time for a change

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