

Caring for baby with calendula

The vibrant orange calendula flower, with its gentle yet powerful healing and anti-inflammatory properties, is the herb of choice for sensitive baby skin.

An infant's skin is five times thinner than an adult's, and such delicate skin means babies are prone to conditions such as nappy rash, cradle cap and dry skin. For centuries, calendula has been treasured in Europe for its ability to heal irritated baby skin. Commonly referred to as marigold, this annual herb comes from the sunflower (*asteraceae*) family, and its flowering heads contain carotenoids, flavonoids and essential oils that help to improve skin tone, strength and hydration. Nourishing and protective, plant-based oils also allow skin to breathe rather than clogging up pores. Delicate baby skin requires gentle products, and the Weleda Baby range is based on the soothing extracts of biodynamically grown calendula and organic chamomile.

Bathing

Bath time can be a real challenge for young babies! Calendula Baby Shampoo & Body Wash is an all-in-one product that delicately cleans and softens your baby's hair and skin, while being gentle on the eyes. Calendula Cream Bath is made with sweet almond and sesame oils that keep skin smooth, supple and protected from moisture loss, while gently cleansing delicate skin. Another suitable baby bathing product is Weleda's Calendula Soap. This contains not only the soothing and healing properties of calendula and chamomile flowers, but also iris extract, which has moisture-regulating effects – this is also great for anyone with sensitive skin.

Nappy rash

Calendula is good for fighting bacterial infections, which is necessary for healing and protecting against the all-too-common nappy rash. As well as calendula and chamomile extract, Weleda's Nappy Change Cream contains zinc oxide. This protects the skin against wet spots and dampness that encourage infections. Pure beeswax and gentle lanolin create a protective layer on the skin to guard against acidic moisture without impairing the skin's natural functions, while almond and sesame oils keep skin soft and support healthy skin renewal.

Cradle cap

Weleda Calendula Oil softens scabs and helps to heal the underlying skin quickly. Gently massage a little of the oil into the affected areas of your baby's scalp to loosen up the scabs so they fall out sooner. Avoid picking or scratching at the scabs because this can lead to infection, which only adds to the problem!

Dry skin

To moisturise dry skin and create a protective barrier, apply Calendula Lotion daily to your baby's skin or add a little to the bath. This lotion also contains almond and jojoba oils that leave skin soft and supple.

Sore nipples

Nursing mothers need help too! Weleda Nipple Care Cream helps to tone nipples in preparation for breastfeeding. It also conditions, protects and soothes nipples if they become dry, cracked and sore during breastfeeding. Containing all natural ingredients, you don't have to worry about removing the cream prior to breastfeeding.

All Weleda Mother & Baby Care products have been developed in conjunction with doctors, midwives and pharmacists, and are especially formulated for delicate skin. Made from 100 per cent natural ingredients, and free from synthetic colours, perfumes and preservatives such as parabens, they have been dermatologically tested and approved for even the most sensitive and eczema prone skins. 🌸



Biodynamic calendula

Weleda uses calendula flowers (*Calendula officinalis*) that are biodynamically grown and harvested at its own 40-acre medicinal plant garden in Germany. Each year, approximately 800,000 flowers are harvested to the highest of standards and under the strictest quality-control guidelines. The flowers are picked by hand, ensuring minimal damage, and blended into a tincture on the same day so their natural vitality is retained. 🌿