

RESEARCH: INFANT MASSAGE

In developing the Little Innoscents baby Massage Oil in our range we have come across some amazing research. Here's just a snippet...

- The infants who experienced massage therapy spend more time in active alert and active awake states, cry less, and have lower stress levels (1)
- Over the 6-week period, massage-therapy infants gained more weight, showed greater improvement on emotionality, sociability, and soothability temperament dimensions (1)
- Vagal (heart) activity increased following massage with oil versus massage without oil (2)
- Vagal activity is associated with both infant physical growth and emotional and social development (3)

1) Field, T., Grizzle, N., Scafidi, F. Abrams, S., Richardson, S., Kuhn, C., & Schanberg, S. (1996). Massage therapy for infants of depressed mothers. *Infant Behavior and Development*, 19, 107-112.

2) Field, T., Schanberg, S., Davalos, M., & Malphurs, J. (1996). Massage with oil has more positive effects on normal infants. *Pre and Perinatal Psychology Journal*, 11, 75-80.

3) Infant Behav Dev. 2008 Sep;31(3):361-73. Epub 2008 Mar 4. Vagal activity, early growth and emotional development. Field T, Diego M.