

How to apply the emollient?

A massage with an emollient offers reinforced softening of the skin and is relaxing, thereby achieving greater acceptance of the treatment.

After thoroughly washing your hands, we recommend you apply a sufficient quantity of the emollient, warming it first between your hands, and apply in large circular movements.

N.B.

- Never apply an emollient on injured, weeping skin
- Never rub the skin to prevent irritation
- It is crucial to wash your hands before each application

✓ Lower limbs

Start by massaging the legs, moving up smoothly from the ankle to the upper part of the thigh in a front-to-back movement.

✓ Upper limbs

Then massage the arms moving from the wrist to the armpits, then end with the hands, starting with the fingers and moving up to the wrists.

✓ Trunk

Place your hands down flat on the lower stomach and, with circular movements, work upwards towards the neck.

✓ Back

From the neck level, the hands should move down along the shoulders in a sweeping movement, gently pulling the child to sit him upright, placing his head against your shoulder. You can then massage his back with your hands placed at the lower part of the back, then moving upwards to the nape, then up to the ears, if necessary.

✓ Face

After having warmed the cream with the tips of your fingers, place your fingers flat against the forehead and move downwards on the temples, around the nose, sliding under the eyes. Then, move towards the wings of the nose, the cheeks, down towards the chin.

In the evening, you can massage the feet for a relaxing effect, starting from the upper part of the foot and moving down towards each toe.

Your child will very rapidly learn to copy these movements.