Mineral Oil Facts

Mineral oil is a common ingredient in many household products. It is found in lotions, soaps, cosmetics and motor oil. Mineral oil is a clear liquid oil with no scent and will not spoil. It is produced as a byproduct of the distillation of gasoline from crude oil. Mineral oil is the leftover liquid, and because it is abundant, it is very inexpensive. In fact, it is more expensive to dispose of mineral oil than to purchase it.

Mineral oil is the main ingredient in many baby care items as well. Baby Oil, Vaseline® (petroleum jelly), baby wash liquid soap and baby lotions all contain mineral oil as a key ingredient. As mentioned above, manufacturers can buy it very inexpensively and it will not spoil.

The problem is that mineral oil is foreign to the human body and has many harmful effects, especially on infants. Mineral oil acts as a thin plastic layer on the skin. It is difficult to absorb and clogs the pores, which slows the skin's ability to eliminate toxins. Remember, the skin is the body's largest organ and plays an important role in maintaining overall health!

Once the oil is absorbed, it is broken down by the liver. But because it is an unnatural product, the liver must work extra hard to remove it from the body. And once the oil is present in the intestinal tract, it will absorb all of the fat-soluble vitamins found there. It is essentially stealing important vitamins from the body, which the body will not be able to replace. This can eventually lead to nutritional deficiencies. Studies have also shown forms of pneumonia caused by mineral oil decreasing lung function, known as lipoid pneumonia. Because of these dangers, the medical community has condemned the use of mineral oil taken orally or as an ingredient in medications.

Given these harmful effects, when caring for babies, it is best to use all natural products. Many caretakers know that babies love to put their hands in their mouths. This also means that whatever is on their hands is also going in their mouth, and into their bodies. It is best not to chance your baby's health with mineral oil and petroleum-based products.

This is especially true for infant massage. Use of an all-natural, vegetable or fruit-based, unscented oil is best. Natural oils are easily absorbed and digested by the body. And oils with added vitamin E will
actually benefit the skin and act as an antioxidant. It is also best to avoid scented and aromatherapy products until your baby is one year old. Fragrances and essential oils can be highly allergenic and cause rashes. And scented oil during a massage will create sensory confusion for the baby, prohibiting many benefits of the massage.

For more information, questions or references, please contact Saasha Plefka, Certified Infant Massage Instructor at babysweetcheeks11@home.com.

http://www.hollyoil.ca/whatishollyoil.htm

There is no such thing as a cold pressed Holly oil. The Holly oil available is an extract of Holly which has been added to some sort of carrier. I don't really know what the carrier itself is, I have heard that it might be mineral oil but others have said it isn't. Of course if it is mineral oil than that forms a barrier on the skin and none of our oils can penetrate - sort of defeats the purpose of adding essential oils to any sort of massage oil. I know that many massage therapists like the slip but as I can't really find good reliable information on what exactly goes into the making of Holly Oil, and I am really happy with the alternatives that I have, know, trust and use this is not an oil I have used nor is it something I have a lot of information on.

I did a google search for Holly Oil

http://www.zooscape.com/cgi-bin/maitred/GreenCanyon/questc101199 is selling it and describes it as:

Holly Massage Oil Blend (Holly Oil / Mineral Oil) - 100% Pure

This company

http://www.hollyoil.ca/whatishollyoil.htm

has a list of its ingredients

of which one is paraffins which appears to be a synonym for Mineral oil.

http://www.chemistrystore.com/mineral_oil.htm lists Mineral oil as

**Mineral oil**

CAS # [8042-47-5]

**Synonyms:** Paraffin oil; Heat-treating oil; Hydraulic oil; Cable oil; Lubricating oil; Oil mist, refined mineral; mineral oil mist; oil mist, mineral, severely refined; Uvasol; Paraffin oils; Mineral oil hydrocarbon solvent (petroleum); Mineral oil (saturated paraffin oil); oil, petroleum; Nujo; liquid paraffin; white mineral oil; clearteck; drakeol; hevyteck; filtrawhite; frigol; kremol; kaydol; alboline; paroleine; Saxol; adepsine oil; glymol; lignite oil; blandol white mineral oil; carnea 21; Ervol; gloria; hydrocarbon oils; penetteck; primol; triona b; blandlube; crystosl; Molol; protopet; bayol f; crystol 325; fonoline; bayol 55; kondremul; neo-cultol; oil mist; penrec; perfecta; petrogalar; primol 355; primol d; tech pet f; Petroleum hydrocarbons; jute batching oil; paraffin oil (class); petrolatum, liquid; white oil; Mineral oil, aromatic; Mineral oil, paraffinic; Mineral Seal Oil; Electrical Insulating Oil; OIL MIST, MINERAL (MINERAL OIL)
http://www.babysweetcheeks.com/Pages/Mineral%20Oil.htm
Read this for information on Mineral Oil.

Hope this will help you

File saved on 20/5/2005