

# this sud's for you!

tried & tested



PHOTO GETTY IMAGES

Giving bubba a soothing bath helps him wind down after a day of fun. **M&B** readers come clean on the soak stars that'll suit your sweetie. by **CINDY LIM**

**Y**our little one is more likely to go to sleep effortlessly if a relaxing bath is part of his bedtime routine. "Fixing a time for his bath will help your baby settle down," explains Sarah Ho-Lim, a nurse clinician and lactation consultant at the National University Hospital Women's Centre.

Enthuses Lisa Lee, 30, general manager and mum to Lucas Tan, 9 months, who looks forward to giving her son his bath every evening, "Lucas and I love bath time! Not only is bathing a great time of bonding, it helps him fall asleep very easily."

## the testers

**Sharon Kow**, 34, marketing manager and mum to Ayden Ng, 11 months. **Cynthia Lim**, 33, finance manager and mum to Janelle Koh, 13 months. **Selina Seah**, 42, recruitment consultant and mum to Shermaine Lee Zi Ning, 7 months. **Rebecca Sng**, 39, homemaker and mum to Duncan Khoo, 18 months. **Yap Lee Guei**, 37, accountant and mum to Jacinta Low Zhi Yi, 15 months.

m&b  
best  
organic



### California Baby Calendula Shampoo & Body Wash

PRICE \$29.60/250ml

FROM [www.iluvorganic.com](http://www.iluvorganic.com), Watsons.

**WHAT** Free from harmful chemicals, this natural wash contains only organic ingredients like calendula and pure essential oils, and is tear-free.

**PROS** Easy to rinse off and leaves baby's skin soft and moisturised.

**CONS** Pricey.

**SHARON SAYS** "Smells good! It cleans my baby's diaper barrier cream off much more easily than other baby washes."

**CYNTHIA SAYS** "Love that it's multi-functional."

**M&B SAYS** This gentle, all-natural moisturising wash cleans well.

### Pigeon Sakura Baby Wash 2 in 1

PRICE \$11.90/500ml and \$18.90/1 litre

FROM Leading department stores and supermarkets.

**WHAT** A gentle pH-balanced wash that protects baby's soft skin. Moisturises skin with natural sakura extracts. Free from harmful chemicals and colouring agents.

**PROS** Glides easily onto skin, foams and rinses off easily.

**CONS** None.

**LEE GUEI SAYS** "A reasonably priced wash that leaves my baby's skin and hair soft!"

**REBECCA SAYS** "Pleasant smelling, washing my son is a breeze!"

**M&B SAYS** Mild, sweet-smelling and great for baby's delicate skin and scalp.

m&b  
most  
gentle



### Weleda Calendula Shampoo & Body Wash

PRICE \$26/200ml

FROM [www.bgoecoshop.com](http://www.bgoecoshop.com), [www.cadencharles.com](http://www.cadencharles.com)

**WHAT** Gentle and tear-free, this all natural baby wash gently cares for and protects baby's delicate skin and hair. Lightly scented with natural essential oils.

**PROS** Moisturising and foams easily.

**CONS** Pricey.

**LEE GUEI SAYS** "Baby's skin feels soft and moisturised. Cleans well with only a small amount."

**SELINA SAYS** "Easy to wash off and baby smells great!"

**M&B SAYS** A creamy, hydrating wash with a subtle scent that cleans gently.

m&b  
ed's  
choice

### Mothercare All We Know Baby Bubble Bath

PRICE \$8.90/300ml

FROM Mothercare.

**WHAT** A gentle, no-tear bubble bath with moisturising olive oil and soothing camomile.

**PROS** A little goes a long way, with lovely bubbles that rinse off easily.

**CONS** Difficult to dispense with one hand. **CYNTHIA SAYS** "Produces nice powder-scented suds!"

**SELINA SAYS** "Love the classy packaging!"

**M&B SAYS** A baby wash that smells good and cleans great.



### Bübchen Baby Bath

PRICE \$8.90/200ml

FROM Robinsons, Guardian.

**WHAT** Developed to minimise the risk of allergies, this soap-free wash is free from preservatives and parabens.

**PROS** Boasts natural ingredients.

**CONS** Watery.

**CYNTHIA SAYS** "Leaves a nice powdery smell on baby's skin."

**SELINA SAYS** "Quite diluted, though easy to dispense."

**M&B SAYS** A natural wash that rinses off easily.

### Himalaya Herbals Gentle Baby Bath

PRICE \$7.90/200ml

FROM Himalaya Herbals outlet at Harbourfront, Mustafa.

**WHAT** Herbal, natural tear-free formula with soothing chickpea, hydrating fenugreek and green gram to soften skin.

**PROS** Washes off easily without a soapy feel.

**CONS** Unattractive packaging.

**SELINA SAYS** "Good and smells nice, although it's a bit diluted."

**SHARON SAYS** "Pleasant powdery scent, my baby's skin feels soft after use."

**M&B SAYS** Mild yet effective cleanser that moisturises baby's skin.

### Johnson's Baby Bedtime Bath

PRICE \$9.45/1 litre

FROM Leading supermarkets, pharmacies and department stores.

**WHAT** A tear-free, gentle cleanser boasting a special blend of calming scents.

**PROS** Reasonably priced and easy to dispense.

**CONS** None.

**REBECCA SAYS** "An all-round winner! Thanks to the relaxing scent, baby fell asleep easily after his bath."

**LEE GUEI SAYS** "Moisturising and smells divine."

**M&B SAYS** Affordable and fuss-free.

m&b  
mums'  
fave





**Buds Baby Everyday Head to Toe Cleanser**

**PRICE** \$16.60/225ml

**FROM** Bud Cosmetics, [www.budcosmetics.com](http://www.budcosmetics.com), Takashimaya Department Store and Robinsons.

**WHAT** This gentle cleanser boasts soothing aloe vera, as well as organic sunflower oil, to protect the skin.

**PROS** Naturally scented with orange oil. Cleans well and rinses off easily.

**CONS** Watery texture, so more is needed to get the job done.

**CYNTHIA SAYS** "Very easy to rinse off, especially for babies who are adapting to running water on their faces and hair. Cute packaging!"

**LEE GUEI SAYS** "My baby's skin feels really clean and soft after his bath."

**M&B SAYS** Mild, gentle wash that is a breeze to use and cleans effectively.

m&b best for eczema



**Gaia Natural Baby Sleeptime Bath**

**PRICE** \$19.70/250ml

**FROM** [www.gaia.com.sg](http://www.gaia.com.sg), Guardian and Takashimaya.

**WHAT** A pH-balanced baby wash containing organic evening primrose oil to keep your baby's skin soft. Free from nasties like sulphates, parabens and preservatives.

**PROS** Free from harsh chemicals and artificial fragrances, a little goes a long way.

**CONS** Quite pricey.

**SHARON SAYS** "Great for washing the diaper cream off baby's bottom!"

**REBECCA SAYS** "Lovely, relaxing scent, though the texture is slippery."

**M&B SAYS** Soothing soap-free gel wash that's great for babies with sensitive skin.

**Aubrey Organics Natural Baby & Kids Bath Soap**

**PRICE** \$26.50/237ml

**FROM** [www.esslivstore.com](http://www.esslivstore.com), Brown Rice Paradise.

**WHAT** Gentle all-natural soap that is paraben- and gluten-free. Calms stressed skin and soothes redness.

**PROS** Easy to dispense, washes off easily and great on sensitive skin.

**CONS** Strong scent, pricey.

**LEE GUEI SAYS** "It moisturises well, though I'm not a fan of the scent."

**SHARON SAYS** "My son's skin felt silky soft and smooth after his bath."

**M&B SAYS** A moisturising, low-suds wash that is great for babies with sensitive or dry skin.



**Milk Baby Bath Time Wash**

**PRICE** \$28/375ml

**FROM** [www.esslivstore.com](http://www.esslivstore.com), [www.luxola.com](http://www.luxola.com)

**WHAT** This mild wash contains mostly organic ingredients,

including lavender and calendula oils, as well as camomile extracts.

**PROS** Full of organic goodness, a little goes a long way.

**CONS** Pricey, difficult to dispense with one hand.

**CYNTHIA SAYS** "Rich, moisturising texture with wonderful aromatherapy scent — my baby was relaxed throughout her bath."

**REBECCA SAYS** "Great, thick texture, so only a small amount is needed."

**M&B SAYS** Therapeutic wash containing only natural ingredients.

m&b best smelling



m&b best value



**Tollyjoy 2 in 1 Hair & Body Wash**

**PRICE** \$6.50/750ml

**FROM** Leading department and supermarkets.

**WHAT** A gentle, moisturising pH-neutral wash containing vitamin E and provitamin B5 to soothe, heal and improve baby's hair and skin.

**PROS** Economically priced, a little goes a long way.

**CONS** Scent takes a little getting used to.

**SHARON SAYS** "Foams easily and baby's skin feels soft after wash. Well worth the price."

**SELINA SAYS** "Love the easy dispensing!"

**M&B SAYS** Dual function wash that offers good value and cleans well.

**someone to wash over me**

SARAH HO-LIM, A NURSE CLINICIAN AND LACTATION CONSULTANT AT THE NATIONAL UNIVERSITY HOSPITAL WOMEN'S CENTRE, CLUES YOU IN ON THE BASICS OF BATHING BABY.

- Use hypoallergenic baby washes that are pH-neutral to reduce the risk of irritating baby's skin. Never use adult washes. Scented baby baths are acceptable, but check baby for any skin reactions.
- Bubble washes are suitable for toddlers, since they can play with the bubbles and enjoy an extended bath.
- The water should be warm and comfortable to the touch. With baby seated in the bathtub, the water level should be about two-thirds full and just reach his tummy.
- Bathe your baby an hour before or after his feeds, but not when he is feeling hungry.
- Keep bath time short for newborns — less than 15 minutes — as the water might turn cold.
- Switch off all fans or air-conditioners, then dry and dress baby immediately after his bath to prevent him from catching a cold.
- Never leave your baby alone in the bathtub!

**STOCKISTS**

**Brown Rice Paradise** #02-35 Tanglin Mall, 163 Tanglin Road, 6738-1121  
**Bud Cosmetics** #03-32 Mandarin Gallery, 333 Orchard Road, 6733-5782  
**Himalaya Herbals** #02-70 HarbourFront Centre, 1 Maritime Square, 6270-1268  
**Mothercare** #03-07 HarbourFront Centre, 1 Maritime Square, 6513-3270  
**Mustafa Centre** 145 Syed Alwi Road, 6295-5855  
**Robinsons** The Centrepoint, 176 Orchard Road, 6733-0888  
**Takashimaya Department Store** 391 Orchard Road, 6738-1111