

3 Awesome Massage Oil Recipes

Is there anything more relaxing than a deep-tissue massage? After a long week of running around, chasing the kids, working all day, and managing the hundreds of responsibilities we all have, there is nothing better than just indulging in the soothing power of massage. You can take your massage to the next level by adding aromatherapy treatment with homemade massage oils.

These massages oils can enhance the massage experience and promote stress-relief, muscle healing, and even mindfulness. So before your next massage, try to whip up some of these recipes.

Best Carrier Oils for Massage

Since essential oils are very powerful, it is best when making a massage oil to use a carrier oil. Carrier oils can help promote absorption of the essential oils while also preventing any kind of skin irritation. When choosing a carrier oil for massage, you want to choose an oil that is good for the skin, mixes easily with the essential oils and feels smooth and silky when massaged.

Sweet Almond Oil

Sweet almond oil smells wonderful, feels silky, promotes soft, moisturized skin, and is high in oleic acid which reduces blood pressure making it the perfect carrier oil for a standard massage.



Coconut Oil

Coconut oil is rich in lauric acid which promotes healthy skin. It is also rich and thick, making it perfect for a long massage.



Grapeseed Oil

Grapeseed oil has a high concentration of linoleic acid which can help it dry faster than other carrier oils, so it's the perfect oil for a quick massage.



Jojoba Oil

Jojoba is a great carrier oil because it absorbs easily into the skin. When mixed with essential oils, it can help deliver their healing properties more quickly than other carrier oils.



Olive Oil

Olive oil is also high in oleic acid, which helps reduce blood pressure. It also has antioxidant quality which can promote healing and reduce inflammation. This is the perfect carrier oil for people with sensitive skin or skin issues.



Massage Oil Recipes

Stress-Relieving Massage Oil Recipe

- 1-2 drops sweet orange essential oil
- 12-14 drops lavender essential oil
- 6-7 drops valerian essential oil
- 3-4 drops sandalwood essential oil
- 2-3 drops rose geranium essential oil
- 1 cup of sweet almond oil

Pain Relief Massage Oil

- 2-3 drops bergamot essential oil
- 10-12 drops lavender essential oil
- 8-9 drops myrrh essential oil
- 4-5 drops Roman chamomile
- 1 cup of jojoba oil

Energizing Massage Oil

- 2-3 drops clary sage essential oil
- 2-3 drops jasmine essential oil
- 12-14 drops bergamot essential oil
- 2-3 ylang ylang essential oil
- 2-3 drops grapefruit essential oil
- 1 cup of coconut oil

Diffusing essential oils can create a wonderful environment for your massage and can help you really get the full benefits of aromatherapy.

Make sure that if you do decide to also diffuse the oils, you use a **nebulizing diffuser**.

Flavored Massage Oils Recipe

Sandy Comfort



Flavored Massage Oils Recipe:

DIY Homemade Beauty Recipes Sonia Riley, 2015-02-11 Homemade Beauty Recipes to Tackle Your Skin Worries What do you know about your skin and its functions I bet your answer would be a resounding YES but can you truly say you know really know about your skin Are you affected by skin related problems Do you have an idea of what the skin needs to remain healthy Do you know what causes unhealthy skin and skin disorders If your goal is to have a youthful looking radiant fresh and healthy skin on a shoestring budget at no extra cost you are in the right place This book contains what you need to achieve the above and even more Inside You Will Find Simple homemade mixes Easy step by step directions 10 signs of poor skin health 10 crucial rules for a healthy skin How to create organic beauty recipes How to create homemade facial cleansers How to create organic body scrubs How to create organic body cream and lotion and much more Once you know how to prepare your own homemade skin care beauty products the need to spend tons of money on chemically produced skin care products won't arise Making your own beauty products isn't only fun but a fantastic skill to have Save tons of money from buying expensive beauty brands make yours at your time and convenience that meets your skin needs These homemade beauty treatments really work wonders on your skin

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discipline **Natural Beauty for All Seasons** Janice Cox,1996-12-15 Cox offers readers more than 250 brand new recipes for body bath and hair care with an eye toward special beauty needs and ingredient availability in each of the four seasons

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