

# 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

**Michael Hoelscher**



## **Flavored Massage Oils Recipe:**

Flavored Massage Oils Recipe: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have charmed audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Uncover the Best : Taylor Jenkins Reid's "The Seven Husbands of Evelyn Hugo" This captivating historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reid's compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens' "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These top-selling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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## Table of Contents Flavored Massage Oils Recipe

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1. Understanding the eBook Flavored Massage Oils Recipe
  - The Rise of Digital Reading Flavored Massage Oils Recipe
  - Advantages of eBooks Over Traditional Books
2. Identifying Flavored Massage Oils Recipe
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Flavored Massage Oils Recipe
  - User-Friendly Interface
4. Exploring eBook Recommendations from Flavored Massage Oils Recipe
  - Personalized Recommendations
  - Flavored Massage Oils Recipe User Reviews and Ratings
  - Flavored Massage Oils Recipe and Bestseller Lists
5. Accessing Flavored Massage Oils Recipe Free and Paid eBooks
  - Flavored Massage Oils Recipe Public Domain eBooks
  - Flavored Massage Oils Recipe eBook Subscription Services
  - Flavored Massage Oils Recipe Budget-Friendly Options
6. Navigating Flavored Massage Oils Recipe eBook Formats
  - ePub, PDF, MOBI, and More
  - Flavored Massage Oils Recipe Compatibility with Devices
  - Flavored Massage Oils Recipe Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Flavored Massage Oils Recipe
  - Highlighting and Note-Taking Flavored Massage Oils Recipe
  - Interactive Elements Flavored Massage Oils Recipe
8. Staying Engaged with Flavored Massage Oils Recipe

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Flavored Massage Oils Recipe
- 9. Balancing eBooks and Physical Books Flavored Massage Oils Recipe
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Flavored Massage Oils Recipe
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Flavored Massage Oils Recipe
  - Setting Reading Goals Flavored Massage Oils Recipe
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Flavored Massage Oils Recipe
  - Fact-Checking eBook Content of Flavored Massage Oils Recipe
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
- 14. Embracing eBook Trends
  - Integration of Multimedia Elements
  - Interactive and Gamified eBooks

## Flavored Massage Oils Recipe Introduction

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