

Warm-up those Muscles before Exercising

by Penny Keay

It is always a wise idea to warm and stretch your muscles prior to exercising. During cooler months of year it is very important to warm them up before exercising to avoid unnecessary injury.

Before you do your stretching use a few warming essential oils in a massage lotion. Not only will this start to increase the flow of blood but the lotion will keep moisture locked in from the now drying air in and out of our homes.

Remember to massage with long gentle strokes starting at your ankles or wrists and massage towards your heart. Light strokes are all you need to do. Do each limb about 6-8 strokes or the number of times you feel will be the best to get them warmed and ready to go.

Essential oils that may be able to help improve circulation and to help the muscles 'warm-up' include the following:

[Cypress, Eucalyptus, Fennel, Geranium, Ginger, Juniper berry, Black Pepper, Marjoram and Rosemary](#)

What about Peppermint? Peppermint is considered heating most of the time but can also be cooling so – do not use in any blend if you will be exercising outdoors in cool weather as this can actually have the opposite effect. When cooler air is exposed on skin where peppermint has been applied this could make the muscles tighten and be subject to injury.

MUSCLE WARM-UP LOTION

Marjoram - 12 drops
Coriander – 9 drops
Rosemary - 9 drops
Black Pepper - 6 drop
Ginger - 6 drop
Unscented lotion - 2 ounces or a Carrier Oil of your choice.

Blend all together and lightly massage into your muscles before your exercise. You can also use post exercise too!

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