Let’s Make a Massage oil Blend!

by Penny Keay

Making a blend of essential oils for use as massage oil is very quick and easy to do. You do not need to know a lot about blending to be able to make a simple massage oil.

- You need to pick a carrier or fixed oil
- You need to pick up to 3 but not more than 6 essential oils or choose a synergy blend.
- You need a bottle to blend in, 4 ounce size is a good size.
- Finally, someone to use the massage blend on. This may be you!

First the Carrier oil:

There are several to choose from. The most popular is Fractionated Coconut oil or MCT. These wash out of clothing easily should the massage oil get on clothing or bedding.

Another great choice, provided there are no nut allergies, is Sweet Almond oil. This is a great oil for overall body massages as it provides a nice ‘glide’ on the skin, reducing the amount of massage oil you will need to use for the massage.

If you have oily skin or are massaging a young child or baby, you may want to use Grapeseed oil, as it has an astringent type action to help reduce excess oil from your skin to be added to the blend.

You can even blend two or more of the carrier oils together for your base. How about Jojoba and Camellia?

Again, be creative and try a few different ones.

Remember to Journal your blends i.e. recipes so you know what you have tried and what you thought.

So next, you are going to use about 4 ounces of your carrier oil or carrier oil blend.

Let say you have chosen to use: Fractionated Coconut oil 2 ounces and Jojoba 2 oz.

You should put those in your bottle. Be sure to use at least a 4-ounce size bottle.

Then you will be adding UP TO 40-50 drops of essential oils.

This will give you about a 1 ¾% to 2% blend of essential oils to the carrier oil. This is usually a very safe amount to use.

If however, you are mixing for a baby or young child please see our guidelines for proper amounts for those ages found on this page http://birchhillhappenings.net/Safe-Amounts-to-Use.html.

You can just add one essential oil, such as everybody’s all-time favorite, Lavender. Simply add 40 drops to your carrier oil. Then shake gently. TaDa! It is ready to use.

If you should choose a synergy blend – just add the 40 drops to your carrier oil. Calming Blend is great, as is Sports and More Blend.

Don’t forget to label the bottle with the ingredients you used. I usually write the full recipe on the bottle label AND on a recipe card, so I can blend it again.

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Here are a few recipe ideas for you to try.

**An After Bath body Massage for your legs and arms (and back if you have a partner).**

- **Jojoba** 2 ounces
- **Fractionated Coconut oil** 2 ounces
- **Lavender** – 15 drops
- **Frankincense** – 10 drops
- **Ylang ylang** – 10 drops
- **Patchouli** - 5 drops

Blend all together in a bottle (plastic is great). Then apply a few drops to your arms, legs etc. Gently massage in until absorbed. If you put on too much, simply wipe away the excess with a paper towel.

**Sore and Tired Massage blend**

- **Carrier oil(s)** of your choice – 4 ounces
- **Eucalyptus** - 10 drops
- **Peppermint** – 8 drops
- **Black Pepper** - 8 drops
- **Cypress** - 8 drops
- **Roman Chamomile** – 8 drops
- **Helichrysum** - 6 drops

Blend all together in a bottle (plastic is great). Massage as needed to sore areas. Don’t forget to rub your neck and shoulders. Rub a bit into your feet too!

As you see, the first blend has about 40 drops of essential oils this is about a 1 ¾% blend of essential oils. This is usually the appropriate amount for a nice relaxing or comforting type of blend.

The second blend has a more defined purpose to relieve pain and soreness. Here we use a bit stronger blend of essential oil to just over 2%.

Don’t be afraid to experiment. If you are not sure about blending, we suggest you purchase *Aromatherapy Recipes using Pure Essential oils Vol. 1*. It has over 250 recipes including many that can be used for massage.

For help with Blending see the following articles: All about measuring

[http://birchhillhappenings.com/aromatip/1062011measuring.htm](http://birchhillhappenings.com/aromatip/1062011measuring.htm)

To learn more about the various Carrier oils


See our Recipes Files Index for hundreds of more recipes!

Enjoy the massage!