

## Physical ailment

### Beautiful Yards can mean lots of Sore Muscles

by Penny Keay

Finally, spring has arrived and everyone is busy in their gardens or outdoors in their yards.

Priming and preening the flower beds or as in our case, Al is busy doing some landscaping.

In either case, when you do gardening or yard work after a long winter it seems muscles that have also laid dormant for several months do not like all this 'strange' activity.

In the warmer months of the year we have lots of yard and gardening work that has to be seen to. That means lots of physical exercise and all too often sore muscles. Muscles you might not have even known existed!!

Pulling, pushing, lifting, kneeling, grunting! But you work hard and at the end of the day you see what you have accomplished. You sit down for a few minutes and then – oh my – you have muscles that say – what have you done to me?

The worst part is the exercise you get on Saturday may not make you sore right away, but come Sunday (or Monday) morning it could be very devastating and you have a full day of work again!!

What kind of relief can you find in the world of aromatherapy and essential oils? This is where your essential oils can come to the rescue. For most of us, we want something to help with the soreness afterwards but you need to think about 'warming' them up BEFORE you begin.

Start by making a "warm up" massage blend to help to get those 'not so often used muscles' a little boost in blood flow. Try making a massage blend using some of the 'heating' essential oils such as **Black Pepper**, **Ginger**, **Sweet Marjoram** and **Juniper berry**. Remember to make it no more than a 3% dilution of essential oils to your carrier oil. Rub a small amount on the largest muscles, using long massage strokes always moving towards your heart.

When you use muscles, like you do when you clean and do yard work, you cause them to build up a lot of waste product (lactic acid) that is trapped in the muscle tissue. In order to relieve this soreness you need to help increase blood flow, drink plenty of water and eat nourishing food and give your muscles a little rest, at least for a few hours.

Well, aromatherapy has some even more pleasant ways to encourage and increase the blood flow, to help the body remove the lactic acid.

After your 'workout' you can use the same blend that you used for your 'warm-up' or you might be want to use another blend with some pain relieving type essential oils. **Eucalyptus globulus**, **Rosemary**, **Peppermint** and **Lavender** mixed in a blend is helpful for the most mile soreness.

Have you ever noticed that naturally when you have soreness or aches and pains you begin to rub those areas? Well that is Mother Nature's way of telling you that light massage is a good thing. It brings warming relief as you increase the blood circulation to those over worked muscles.

Using any of our premixed massage blends and other essential oils can give quick relief. So you may want to have some on hand.

**Muscle Rub**, **Back rub** and **Muscle Relaxing massage blends** can work wonders. **Dar's blend massage oil** can be used when you have an extra sore area!

In the evening when we are done, we like to enjoy a warm bath. Here we add one or two of our favorite oils – **Eucalyptus globulus**, **Lavender**, **Peppermint** and **Rosemary** or one of our favorite blends like **Calming blend** or **Relaxing blend** or if we are going out after a bath we might use **Mint Energizing blend**!! Use no more than 4-6 drops total in your tub.

Oh and soaking in a tub with Epsom salts also helps those tired sore muscles too. Add a cup or two of Epsom Salt or our **Basic Bath Salt** blend to your tub. The salts help to remove toxins in your muscles and relax those that are tight.

Essential oils that are good and that help to penetrate the sore, tired and overworked muscles are: **Eucalyptus globulus**,

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Peppermint, Coriander, Cypress, Marjoram, Lavender, Vetiver Ginger, Nutmeg, Pine needle, Rosemary, Thyme, Oregano, Juniper berry and Black Pepper.

Any of these oils mixed with a little carrier oil like Sweet almond or Sunflower oil will also make a wonderful massage oil to rub into the extra sore areas.

Remember you can experience muscle soreness from just about any physical activity including any outdoor sports – canoeing, camping, hiking – you name it you can get sore. Or indoor sports too – has anyone tried P90X? If so you know what I mean! (We'll talk about P90X in another article!)

Here are a couple massage blend to help give you relief if you are tired and exhausted after a weekend of hard yard work!

Here is a Massage blend to try:

## Sore Muscle & Pain Relief Massage blend

Eucalyptus globulus – 15 drops

Peppermint - 8 drops

Rosemary – 8 drops

Ginger - 5 drops

Black Pepper – 5 drops

Juniper berry - 5 drops

Jojoba - 1 oz

Fractionated coconut oil – 1 oz

Blend essential oils together then add to carrier oils. Shake well. Use as needed on your muscles! Please be careful to not over work your muscles. Be aware that injuries can and do occur when you are over exerting.

If you should really pull a muscle and strain it – remember RICE – Rest, Ice, Compression & Elevate and of course seek medical attention for serious injuries.

Adding essential oils that relieve pain and soreness to your carrier oils will also help.

## Here is another recipe to try.

Rosemary - 10 drops

Peppermint - 10 drops

Marjoram - 5 drops - 10 drops

Mix together and add to 1 ounce of Almond Oil . Shake well.

Use this massage blend to work on sore muscles.

This recipe is especially good for sore back muscles.

Be sure to visit us on line at

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