

HOMEMADE MASSAGE OIL RECIPES

Relaxing Massage

4 tablespoons of carrier oil of choice
10 drops of lavender essential oil
10 drops of rosemary essential oil
10 drops of begamont essential oil

Restore the beauty

This massage oil is to help keep mature skin supple and smooth

2tablespoons of other carrier oil
2tablespoons of rosehip seed oil
10 drops of palm rosa essential oil
10 drops of lavender essential oil
10 drops of patchouli essential oil

For my poor feet

4 tablespoons of carrier oil
10 drops of spearmint essential oil
5 drops of wintergreen essential oil
5 drops of rosemary essential oil

Baby Massage

2 tablespoons of oil
5 drops of lavender essential oil

For Couples only!

2 tablespoons of carrier oil
2 tablespoon of rosehip seed oil
10 drops of Patchouli essential oil
10 drops lemongrass essential oil
10 drops vanilla fragrance oil