

## **Massage**

For thousands of years, massage has been used as a therapeutic tool to nurture and heal the body. The epidermis and the layers beneath are designed to process sensation. Feeling is transmitted to the body and brain through an elaborate network of touch receptors to form natural electrical charges. The skin's sensitivity as well as its ability to relay tactile messages is why massage can improve gland, organ, and nerve function. Massage relaxes muscles while producing a positive emotional feeling. When touch, in the form of massage is combined with essential oils, the result can be wonderful.

### **Massage Preparation**

- Add a soft fragrance to the room before massage treatment
- Hands should be clean and warm before beginning the massage
- Relax while giving a massage, since tension can be transmitted to the person receiving the massage
- Some people prefer to relax with soft music in the background.

### **Massage Techniques**

**Gliding Stroke** – Gently glide both hands over the skin, using long smooth strokes. Use this technique at the beginning and end of the treatment to relax the body.

**Muscle Kneading** – Use both hands alternately to grasp, lift, and gently squeeze the muscles in a continuous kneading motion. Keep your hands on the body at all times

**Deep Tissue Pressure** – Use the thumbs, fingertips, or heels of the hand to work deeper into the muscle and joints. With the fingertips or balls of each thumb, gradually press deeply into the muscle using small circular movements. Avoid applying pressure on bony areas such as the spine and rib cage.

When applying oils on the skin, carrier oil should always be added to the blend. Our massage base blend is an excellent base to make your formulas with. The importance of using carrier oil is to dilute the essential oil in order to protect the skin from becoming irritated. For best results massage formulas should be massaged for at least 30 minutes and fully absorbed by the skin. To remove any oil residue after a treatment, rub cornstarch on the area.

## Massage Formulas

### Calming Blend

Massage the blend into the shoulders, back of the neck, and down the spine area.

- Sandalwood ..... 5 Drops
- Rose ..... 4 Drops
- Lavender ..... 4 Drops
- Lemongrass ..... 2 Drops
- Massage Base ..... ½ fl. Oz (15 ML)

### Foot Rejuvenator

To rejuvenate tired and aching feet, try this formula. Massage the formula from the bottom of the feet up to the calves.

- Peppermint ..... 5 Drops
- Lemon ..... 4 Drops
- Tea Tree ..... 4 Drops
- Spruce Black ..... 3 Drops
- Massage Base ..... ½ fl. Oz. (15 ML)

### Muscle Relaxers

Massage the formula into tight muscles and the surrounding areas

- Ginger ..... 10 Drops
- Cypress ..... 10 Drops
- Juniper Berries ..... 5 Drops
- Black Pepper ..... 5 Drops
- Massage Base ..... 1 fl. Oz. (30 ML)

### Snoring Remedy

Massage the formula into the upper chest, back on the neck, shoulders, and along the back before going to bed

- Rose ..... 4 Drops
- Geranium ..... 4 Drops
- Basil Sweet ..... 3 Drops
- Allspice ..... 3 Drops
- Anise ..... 3 Drops
- Lemongrass ..... 3 Drops
- Massage Base ... ½ fl. Oz. (15 ML)

