

## Using Essential Oils in Salves and Massage Blends

### Salves

It's easy to make your own salves at home (a base salve can also be purchased on Amazon.) Below is a basic recipe for a salve that you can add essential oils to. An infused oil can also be used for the oil portion of the recipe. Common choices include calendula, comfrey or chaparral. If you grow St. John's wort in your garden, the fresh plant infused oil is an amazing healer and anti-inflammatory, the dry plant only retains its mood lifting capabilities.

### Basic Salve Base Recipe

- ¼ to ½ cup oil (such as olive oil, or can be a mixture of oils such as coconut & shea butter)
- 1 oz beeswax

Heat the oil and beeswax in a double boiler until the beeswax has melted. Transfer to your jar. When just cool enough to touch but still liquid, add any essential oils and mix well. Store in an airtight container out of direct light.

### Homemade Tiger Balm (3%)

- 1/4 cup oil
- 1 oz Beeswax
- 10 drops Camphor essential oil
- 9 drops Japanese Peppermint essential oil (*Mentha arvensis*)
- 7 drops Eucalyptus essential oil
- 5 drops Cinnamon essential oil
- 5 drop Clove essential oil

### Healing Salve (5%)

- 1/4 cup oil
- 1 oz Beeswax
- 15 drops frankincense essential oil
- 20 drops lavender essential oil
- 12 drops helichrysum essential oil
- 15 drops tea tree essential oil

Follow directions for Basic Salve Base recipe

### Here is a dilution table for formulating your own.

These amounts are for TOTAL essential oils added

<u>Carrier</u>	<u>2%</u>	<u>5%</u>	<u>10%</u>
1 teaspoon	2 drops	5 drops	10 drops
1 tablespoon	6 drops	15 drops	30 drops
1 ounce	12 drops	30 drops	60 drops
2 ounce	24 drops	60 drops	120 drops
4 ounce	48 drops	120 drops	240 drops

## Massage Blends

These are also easy and inexpensive to make at home. Simply choose your base oil and add the essential oils of your choice and mix well. Consult the dilution table for amount. Shelf life is dependent on storage conditions and the base oil used. Do a patch test of the finished blends on your skin if you aren't used to using essential oils.

### Pain and Inflammation Rub (3%)

This is one instance where essential oils will be of huge benefit. Simply massage the oil blend into the affected area. Does wonders on sinus pain and congestion (massage into facial area on forehead and around nose), joint pain and sore muscles.

- ¼ cup oil (if this is being used on your face, use sweet almond oil if you can)
- 12 drops peppermint essential oil
- 12 drops eucalyptus essential oil
- 8 drops rosemary essential oil
- 4 drops frankincense essential oil

### Circulation Rub (5%)

Use anywhere increased circulation is beneficial (slow healing, joint congestion, chilblains, ect.)

- 1/4 cup oil
- 5 drops ginger essential oil
- 5 drops black pepper essential oil
- 5 drops cumin essential oil
- 5 drops coriander essential oil
- 10 drops geranium oil
- 10 drops rosemary essential oil
- 10 drops frankincense essential oil
- 10 drops cypress essential oil

### Carrier Oils for Massage Blends

- Coconut Oil
- Jojoba (should be included in a blend, doesn't work as well alone)
- Coco Butter (should be included in a blend, doesn't work as well alone)
- Almond Oil (AKA Sweet Almond Oil)
- Sesame Oil
- Grapeseed Oil
- Apricot Kernel Oil

- Olive Oil

- Shea Butter (should be included in a blend, doesn't work as well alone)