

create your own

MASSAGE OILS

AAH! FABULOUS, EASY RECIPES

Is there anything more precious than a homemade gift to let someone know he or she is extra special? For the sweetest, greenest Valentine's Day this February 14, give your beloved some massage oils you have made with your own heartfelt, thoughtful blend of natural soothing oils and scents. You'll be pleasantly surprised to see how easy it is to create your own massage oil without harsh chemicals, artificial colorings, or preservatives, all in about 10 minutes.

In addition to Valentine's Day, Kindness Awareness Week is February 10 to 16, and remember your friends during National Friendship Week, February 17 to 23. And don't forget, you also deserve massage oils that bring you relaxation, luxury, and joy!

Sense and sensibility

When concocting your own special oil blend, start with an unscented carrier oil, preferably cold-pressed and unrefined. Look for natural or organic oils such as jojoba, avocado, apricot kernel, sesame, evening primrose, grapeseed, sweet almond, castor, or macadamia. If you prefer a creamy moisturizer base, select unscented lotion or shea butter. Glycerin, another excellent choice, glides on clearly and smoothly. Next, select essential oils—potent concentrations of flowers, leaves, and resins that should never be applied directly to the skin. Popular essential oils (and wonderful ones to have on hand) are peppermint (vitalizing and cooling), lavender (balancing and calming), eucalyptus (purifying and invigorating), and tea tree (cleansing and purifying). Scents for sensuality and romance are rose, ylang ylang, patchouli, and jasmine. TFL

ENERGY & INSPIRATION

Cinnamon, Ginger, and Orange Massage Oil

10 MINUTES PREP TIME ■ MAKES ABOUT 1 CUP

1 c light oil (jojoba, almond, etc.)

1 tsp vitamin E oil

8–10 drops cinnamon essential oil

8–10 drops ginger essential oil

8–10 drops orange essential oil

1. Thoroughly mix ingredients in a small bowl. Store massage oil in a clean, dark glass jar or bottle with a tight-fitting lid.
2. Before using: Stir the mixture in the jar or shake the bottle vigorously.

ROMANCE & RELAXATION

Rose, Jasmine, and Lavender Massage Oil

10 MINUTES PREP TIME ■ MAKES ABOUT 1 CUP

1c light oil (jojoba, almond, etc.)

4-6 drops rose hip oil (if available)

8–10 drops rose essential oil

8–10 drops jasmine absolute essential oil

8–10 drops lavender essential oil

1. Thoroughly mix ingredients in a small bowl. Store massage oil in a clean, dark glass jar or bottle with a tight-fitting lid.
2. Before using: Stir the mixture in the jar or shake the bottle vigorously.

SELECTED SOURCES *Essential Oil Directory*, www.auracacia.com ■ *Massage & Aromatherapy* (\$24.95, Reader's Digest Books, 2011)

SAFETY TIPS: Be sure to do a patch test, especially if you have allergies or skin sensitivities. Place a small dab of the massage oil in the crook of your elbow or inside your wrist. Cover with an adhesive bandage for 24 hours. Discontinue use if there's an adverse reaction. If you or your loved one has or even suspects having a nut allergy, avoid almond, sesame, macadamia, and other nut oils.