

# Self-Massage Recipes

Personalize your body oil. To find out more about your body type, take a quiz.<sup>1</sup>



## STANDARD RECIPE

Purchase the following:

- 16 oz. bottle of your base oil. Store in fridge.
- 4 oz. PET plastic squirt.<sup>2</sup>
- 1–3 essential oils to experiment with. Smell the testers at the store. Choose based on what you like, above all else.

Fill your plastic bottle with the base oil. Add 20 drops of essential oil. Shake well. Test it out. If you want a stronger scent, add as much as is needed. For therapeutic effects, add more essential oil.

For more info, read *Ayurveda and Aromatherapy* by Dr. Light Miller and Dr. Bryan Miller.<sup>3</sup>

Try out the recipes below to boost your oils for particular maladies.

	For Vata	For Pitta	For Kapha
<b>Base Oil</b>	Organic sesame oil (untoasted) or almond oil	Organic sunflower oil (winter) or coconut oil (summer)	Organic sesame oil or corn oil
<b>Essential Oils to Balance Physical Body</b>	Chamomile, geranium, lavender, jasmine, jatamansi, rose, rosewood, sandalwood, vetiver	Geranium, jasmine, chamomile, rose, rosewood, peppermint, sandalwood	Rosemary, eucalyptus, clary sage, juniper, orange
<b>Essential Oils to Balance Mind</b>	Tulsi, vanilla, jasmine, ylang ylang, jatamansi, nag champa	Lavender, rose, sandalwood, chamomile	Tulsi, rosemary, clary sage, yarrow

Cold	Flu	Depression	Sinitus	Cough	Fever
Two drops each: eucalyptus, rosemary, camphor	One drop each: thyme, cajeput	Two drops each: bergamot, geranium, lemongrass	One drop each: angelica, eucalyptus, neroli, cypress, yarrow	One drop each: hyssop, sage, anise, sandalwood	Two drops lavender and one drop chamomile

1. Bodythrive.com/quiz.

2. Annie B. Bond, "Which Plastics Are Safe?" Care2, <https://www.care2.com/greenliving/which-plastics-are-safe.html>.

3. Light Miller and Bryan Miller, *Ayurveda and Aromatherapy: The Earth Essential Guide to Ancient Wisdom and Modern Healing* (Detroit: Lotus Press, 1996).

## Dos & Don'ts for Self-Massage

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### DOS

#### **Use the same spot for oil massage.**

Choose somewhere warm, private, and comfortable. Stand or sit on an old, clean towel. When you have a regular spot you'll feel pulled there when you need a massage.

#### **Take time once a week for a good session.**

While your day-to-day massage might be a quick affair, take ten to twenty minutes on a weekly basis to deeply explore the full benefits of self-massage.

#### **Make it a family affair.**

If you have young children or babies, get them greasy before, during, or after bathing. Children who grow up receiving regular casual massage with bathing naturally perpetuate the habit. Teach young kids that self-massage is part of whole body maintenance by doing your massage while they are around.

#### **Sculpt your inner god(dess).**

Your hands are yours to shape your body as you intuit. Let your hands intuitively explore what needs to get back into circulation. Notice what needs kneading, soothing, wringing, and rubbing. Have a blast.

#### **Start with your feet.**

If you're touch-averse, start oil massage with your feet before bed. As weeks pass, you might do your hands and head. Then limbs. And, finally, you might want to do a full-body massage. Take it slow and relax.

#### **Warm your oil for a special treat.**

When you have time, warm your oil bottle in a hot water bath (like a tea mug) before you do your massage.

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### DON'TS

#### **Use your favorite towels afterward.**

Your towels or bathrobe will pick up the residue of oil from your skin. Use old but clean towels after your oil massage. And don't put old towels in the dryer—they could ignite.

#### **Do it in a cold place.**

If you do oil massage in a less-than-inviting environment, you'll rush through it instead of taking time to enjoy your body.

#### **Use rancid oil.**

If the oil smells off . . . it is. Your skin is your body's largest digestive organ. What you put onto your skin goes into your blood, then into your liver. Buy organic, cold-pressed oil and add high-grade essential oils for specific healing benefits.

#### **Rush.**

Obvious as this may seem, rushing around with oil on your skin is downright dangerous. You're slippery.

#### **Clog your drains.**

Oil down the drain hardens and builds up into a plaque. Doing oil massage after showering prevents this. If you prefer to oil massage before you shower, flush heated diluted vinegar down your pipes.

#### **Give up.**

The benefits of oil massage on the mind and emotional body are profound. Often we think talking our problems out will help. Sometimes that works, but other times it brings more energy into the head. When you're feeling disconnected, self-loathing, or dissatisfied, feed your body love with oil and your hands. You may be surprised at how quickly you can shift into a balanced state of being.