

Essential Oil Therapies

Ways to Use Essential Oils – Part 2 Massage Therapy and Essential Oils

When afflicted with tight muscles, achy joints or low back pain, nothing is more relaxing than a light massage. For centuries, massage therapy has been the answer to these ailments and more. Adding the topical application of essential oils to your massage therapy practices heightens the healing abilities of this common remedy and enhances your experience.

Massaging with essential oils helps relieve muscle aches and joint pain, improves circulation and enhances our body systems. It can also have a powerful calming or energizing effect depending on the oils chosen and the strokes used. Because of this, Young Living offers the highest-grade essential oils on the market in order to help you find the physical and emotional healing you're in need of. Taking the healing power of massage to a whole new level, the essential oil blends in Young Living's massage oils have the power to restore mind, body and spirit and help you feel more relaxed and refreshed.



Tips for Use

- Rub essential oils into the base of the skull, the crown of the head, or on the temples in a circular motion.
- Place a few drops of essential oils onto your hands and rub them together. Lightly cup your face in your hands; the warmth of your hands and aroma of the oils will aid in relaxation.
- Rub 1–2 drops of oil into the soft spot just below your ear lobe to release tension.
- For a quick energy boost rub oils into the area above the kidneys.
- There are many pressure points in the feet that correspond to other body systems. Rubbing the soles of the feet with essential oils is a great way to release tension.

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V-6 Enhanced Vegetable Oil Complex

This vegetable oil complex is used to dilute certain essential oils and can be mixed to create custom blends, formulas, and massage oils.



Ortho Ease Massage Oil

Soothes and warms tired and stressed bodies, helping to combat the damaging effects of everyday activities.



Dragon Time Massage Oil

Uses powerful essential oils for their balancing effects with pure vegetable oils. The result is a soothing, stabilizing massage blend that helps calm and uplift women during challenging times of the month.



Cel-Lite Magic Massage Oil

Combines the health enhancing benefits of specially selected vegetable oils with vitamin E and YLTG essential oils to nourish and tone skin.



Sensation Massage Oil

Leaves skin feeling smooth, silky, and youthful. The beautiful fragrance of Sensation may stimulate feelings of romance.



Relaxation Massage Oil

Helps create a state of relaxation and restores vitality to the body, mind, and spirit.



Ortho Sport Massage Oil

Designed for both professional and amateur athletes, Ortho Sport Massage Oil has a higher phenol content, which has been used traditionally to produce a warming sensation and provide relief to tired muscles.

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