
22 AROMATHERAPY MASSAGE OIL RECIPES

Printable Guide with
Free Labels!



LovingEssentialOils.com

How to Make Massage Oils

Making your own massage oils is a fun and easy way to customize your massage experience. Not only can you choose the scents and ingredients that you like best, but you can also create blends that are tailored to your specific needs.

You will need to **choose a carrier oil** for the base of your recipe. You can use jojoba oil, grapeseed oil, fractionated coconut oil, and sweet almond oil are some of our favorites.

You will also need a **glass bottle for storage**. I would recommend a glass bottle with a lotion pump so it is spillproof and mess-free to dispense your massage oil. Dropper bottles can also be used to dispense your oil.

Next, you can **choose what essential oils** you want to use in your massage oil or pick from the blends we have created in this guide. Single essential oil massage oils can be as powerful as any blend, so no need for a recipe here because you will just need the single essential oil and carrier oil of choice.

Massage Oil Dilutions

For our massage oil recipes, we like to use a **2% dilution**. This dilution level is perfect for daily use and is safe for the skin.

- **For a 1 oz bottle:** You will need 10-12 drops of essential oil total.
- **For a 2 oz bottle:** You will need 20-24 drops of essential oil total.

If massage oil is to be used on a child (5-12 years old), person with sensitive skin, pregnant or breastfeeding mother, it is recommended to use a **1% dilution**. Please be sure the essential oils you are using are safe for kids, pregnant, or breastfeeding women as some oils are contraindicated.

- **For a 1 oz bottle:** You will need 5-6 drops of essential oil total.
- **For a 2 oz bottle:** You will need 10-12 drops of essential oil total.

----->>>> [Click here to read full blog post](#)

1. Moisturizing Massage Oil

2 oz Size Recipe

12 drops Lavender essential oil

4 drops Roman Chamomile essential oil

4 drops Myrrh essential oil

1/4 cup Grapeseed Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

6 drops Lavender essential oil

2 drops Roman Chamomile essential oil

2 drops Myrrh essential oil

1/8 cup Grapeseed Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Best to use after showering or bathing but can be used anytime you need some all-natural moisturizing.

2. Breathe Happy Massage Oil

2 oz Size Recipe

12 drops Frankincense essential oil

4 drops Eucalyptus essential oil

4 drops Lavender essential oil

1/4 cup Fractionated Coconut Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

6 drops Frankincense essential oil

2 drops Eucalyptus essential oil

2 drops Lavender essential oil

1/8 cup Fractionated Coconut Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage onto chest and neck for respiratory support.

3. Relaxation Massage Oil

2 oz Size Recipe

10 drops Cedarwood

8 drops Lavender essential oil

2 drops Ylang ylang essential oil

1/4 cup Jojoba Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

5 drops Cedarwood

4 drops Lavender essential oil

1 drop Ylang ylang essential oil

1/8 cup Jojoba Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage onto the chest and arms when ready to relax and unwind.

4. "Elevate My Mood" Massage Oil

2 oz Size Recipe

8 drops Frankincense essential oil

8 drops Grapefruit essential oil

4 drops Ginger essential oil

1/4 cup Grapeseed Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

4 drops Frankincense essential oil

4 drops Grapefruit essential oil

2 drops Ginger essential oil

1/8 cup Grapeseed Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage on full body or on chest and arms for emotional support.

5. Sore Muscle Massage Oil

2 oz Size Recipe

8 drops Cardamom essential oil
8 drops Lavender essential oil
8 drops Rosemary essential oil
1/4 cup Jojoba Oil (or carrier oil of choice)
2 oz glass lotion pump bottle

1 oz Size Recipe

4 drops Cardamom essential oil
4 drops Lavender essential oil
4 drops Rosemary essential oil
1/8 cup Jojoba Oil (or carrier oil of choice)
1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage onto sore muscles.

6. Stress Free Citrus Massage Oil

2 oz Size Recipe

12 drops Bergamot essential oil

12 drops Grapefruit essential oil

1/4 cup Sweet Almond Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

6 drops Bergamot essential oil

6 drops Grapefruit essential oil

1/8 cup Sweet Almond Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage onto the body to reduce stress and tension. Bergamot is phototoxic, it can cause skin damage when bergamot oil on the skin is exposed to sunlight or UV rays. Substitute with orange essential oil if needed. Otherwise, wait 24 hours before sun exposure.

7. Sore Joint Massage Oil

2 oz Size Recipe

8 drops Eucalyptus essential oil
8 drops peppermint essential oil
8 drops Rosemary essential oil
1/4 cup Sweet Almond Oil (or carrier oil of choice)
2 oz glass lotion pump bottle

1 oz Size Recipe

4 drops Eucalyptus essential oil
4 drops peppermint essential oil
4 drops Rosemary essential oil
1/8 cup Sweet Almond Oil (or carrier oil of choice)
1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage onto chest and neck for pain relief.

8. Headache Helper Massage Oil

2 oz Size Recipe

8 drops Peppermint essential oil

8 drops Lavender essential oil

8 drops Frankincense essential oil

1/4 cup Fractionated Coconut Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

4 drops Peppermint essential oil

4 drops Lavender essential oil

4 drops Frankincense essential oil

1/8 cup Fractionated Coconut Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage onto shoulders, neck, and temples (avoid getting near eyes).

9. Ease Tension Massage Oil

2 oz Size Recipe

6 drops Lemon essential oil

6 drops Orange essential oil

6 drops Cedarwood essential oil

4 drops Clove essential oil

1/4 cup Grapeseed Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

3 drops Lemon essential oil

3 drops Orange essential oil

3 drops Cedarwood essential oil

2 drops Clove essential oil

1/8 cup Grapeseed Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage on full body or on the shoulder, back, and arms for relief.

10. Mental Fatigue Massage Oil

2 oz Size Recipe

8 drops Basil essential oil

8 drops Lemon essential oil

8 drops Juniper Berry essential oil

1/4 cup Grapeseed Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

4 drops Basil essential oil

4 drops Lemon essential oil

4 drops Juniper Berry essential oil

1/8 cup Grapeseed Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage on full body or on chest, neck, and arms for energy and focus support.

11. Rejuvenating Massage Oil

2 oz Size Recipe

8 drops Bergamot essential oil

8 drops Lemon essential oil

4 drops Peppermint essential oil

1/4 cup Jojoba Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

4 drops Bergamot essential oil

4 drops Lemon essential oil

2 drops Peppermint essential oil

1/8 cup Jojoba Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage on full body or on chest, neck, and arms for rejuvenating effect.

12. "Pick Me Up" Massage Oil

2 oz Size Recipe

8 drops Lavender essential oil

8 drops Peppermint essential oil

4 drops Grapefruit essential oil

4 drops Lemongrass essential oil

1/4 cup Fractionated Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

4 drops Lavender essential oil

4 drops Peppermint essential oil

2 drops Grapefruit essential oil

2 drops Lemongrass essential oil

1/8 cup Fractionated Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage on full body or on chest, neck, and arms for an uplifting effect.

13. Stiff Muscle Massage Oil

2 oz Size Recipe

8 drops Rosemary essential oil

6 drops Juniper Berry essential oil

6 drops Lavender essential oil

1/4 cup Grapeseed Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

4 drops Rosemary essential oil

3 drops Juniper Berry essential oil

3 drops Lavender essential oil

1/8 cup Grapeseed Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage onto tight or stiff muscles as well as the surrounding area for relief.

14. Deep Sleep Massage Oil

2 oz Size Recipe

12 drops Clary sage essential oil
4 drops Roman Chamomile essential oil
4 drops vetiver essential oil
1/4 cup Sweet Almond Oil (or carrier oil of choice)
2 oz glass lotion pump bottle

1 oz Size Recipe

6 drops Clary sage essential oil
2 drops Roman Chamomile essential oil
2 drops vetiver essential oil
1/8 cup Sweet Almond Oil (or carrier oil of choice)
1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage on chest, shoulders and neck before bedtime.

15. Good Digestion Massage Oil

2 oz Size Recipe

8 drops Peppermint essential oil

8 drops Lavender essential oil

4 drops Fennel essential oil

1/4 cup Grapeseed Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

4 drops Peppermint essential oil

4 drops Lavender essential oil

2 drops Fennel essential oil

1/8 cup Grapeseed Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage on the belly after a meal or when the stomach is upset or gassy.

16. Goodnight Massage Oil

2 oz Size Recipe

6 drops Marjoram essential oil

6 drops Lavender essential oil

6 drops Chamomile essential oil

4 drops Orange essential oil

1/4 cup Sweet Almond Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

3 drops Marjoram essential oil

3 drops Lavender essential oil

3 drops Chamomile essential oil

2 drops Orange essential oil

1/8 cup Sweet Almond Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage on full body or on chest, shoulders, and neck before bedtime.

17. Monthly Blend Massage Oil

2 oz Size Recipe

10 drops Clary Sage essential oil

6 drops Marjoram essential oil

4 drops Lavender essential oil

1/4 cup Grapeseed Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

5 drops Clary Sage essential oil

3 drops Marjoram essential oil

2 drops Lavender essential oil

1/8 cup Grapeseed Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage onto the lower abdomen for relief.

18. Post Workout Massage Oil

2 oz Size Recipe

10 drops Marjoram essential oil

6 drops Peppermint essential oil

4 drops Ginger essential oil

1/4 cup Grapeseed Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

5 drops Marjoram essential oil

3 drops Peppermint essential oil

2 drops Ginger essential oil

1/8 cup Grapeseed Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage onto muscles after a workout.

19. Good Morning Massage Oil

2 oz Size Recipe

8 drops Lemon essential oil

8 drops Lavender essential oil

8 drops Rosemary essential oil

1/4 cup Fractionated Coconut Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

4 drops Lemon essential oil

4 drops Lavender essential oil

4 drops Rosemary essential oil

1/8 cup Fractionated Coconut Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage onto skin after a shower for a wonderful day ahead.

20. Youthful Glow Massage Oil

2 oz Size Recipe

10 drops Frankincense essential oil
6 drops Lavender essential oil
4 drops Helichrysum essential oil
6 drops Vitamin E Oil
1/4 cup Rosehip Oil (or carrier oil of choice)
2 oz glass lotion pump bottle

1 oz Size Recipe

5 drops Frankincense essential oil
3 drops Lavender essential oil
2 drops Helichrysum essential oil
3 drops Vitamin E Oil
1/8 cup Rosehip Oil (or carrier oil of choice)
1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. Massage onto areas of concern.

21. Romantic Massage Oil For Him

2 oz Size Recipe

8 drops Frankincense essential oil

8 drops Sandalwood essential oil

4 drops Lavender essential oil

1/4 cup Sweet Almond Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

4 drops Frankincense essential oil

4 drops Sandalwood essential oil

2 drops Lavender essential oil

1/8 cup Sweet Almond Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. A masculine aroma that is perfect for a body massage for him.

22. Romantic Massage Oil For Her

2 oz Size Recipe

8 drops Clary Sage essential oil

8 drops Geranium essential oil

4 drops Lavender essential oil

1/4 cup Sweet Almond Oil (or carrier oil of choice)

2 oz glass lotion pump bottle

1 oz Size Recipe

4 drops Clary Sage essential oil

4 drops Geranium essential oil

2 drops Lavender essential oil

1/8 cup Sweet Almond Oil (or carrier oil of choice)

1 oz glass lotion pump bottle

Directions:

Add all ingredients to the glass bottle, shake to blend together. A feminine aroma that is perfect for a body massage for her.

Moisturizing
Massage Oil

Breathe Happy
Massage Oil

Relaxation
Massage Oil

Elevate Mood
Massage Oil

Sore Muscle
Massage Oil

Stress Free Citrus
Massage Oil

Sore Joint
Massage Oil

Headache Helper
Massage Oil

Ease Tension
Massage Oil

Mental Fatigue
Massage Oil

Rejuvenating
Massage Oil

"Pick Me Up"
Massage Oil

Stiff Muscle
Massage Oil

Deep Sleep
Massage Oil

Good Digestion
Massage Oil

Goodnight
Massage Oil

Monthly Blend
Massage Oil

Post Workout
Massage Oil

Good Morning
Massage Oil

Youthful Glow
Massage Oil

Romantic Blend For
Him Massage Oil

Romantic Blend For
Her Massage Oil

Important Links

[Click Here](#)

Essential Oil
Diffuser
Blends

[Click Here](#)

Essential Oil
DIY Recipes

[Click Here](#)

Complete List
of Essential
Oils

[Click Here](#)

Complete List
of Carrier
Oils

[Click Here](#)

Essential Oil
Newbie?
Start Here

[Click Here](#)

Shop
Essential Oil
Guides

[Click Here](#)

Follow Us on
Pinterest



[Click Here](#)

Follow Us on
Facebook

