

# WARMING GINGER MASSAGE OIL

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## *Warming Ginger Massage Oil*

*10 drops Ginger essential oil*

*8 drops Cardamom essential oil*

*6 drops Orange essential oil*

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

*2 oz Lotion Pump bottle*

- 1. Add all ingredients into a glass bottle that has been pre-labeled.*
- 2. Place on lotion pump and shake well.*
- 3. To use, squirt 2-3 pumps into palm and warm oil between hands then massage onto desired location and enjoy. 2% dilution.*

-----> [Click here for Warming Ginger Massage Oil blog post](#)

-----> [Click here for our Favorite DIY Recipe Ingredients](#)



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