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## Wellness Trading Post

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Clinical Herbal Therapy

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## Herbal Massage oil

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# Herbal Infused Oil Recipes

Herbal Massage Oil .....	3
Ingredients: .....	3
Crock-Pot Instructions:.....	3
Over the stove Instructions: .....	4
Therapeutic effects of Herbs: .....	4

# Herbal Infused Oil Recipes

## Herbal Massage Oil

### **Ingredients:**

500 mls	Extra virgin olive oil
250 mls	Almond oil
250 mls	Grape-seed oil
25 g	Rose petals
25 g	Lavender flowers
12 g	Calendula flowers
12 g	Chamomile flowers.
20 drops per 100 ml	Essential oils of your choice (lavender, rose, orange, marjoram, rosewoods, ylang-ylang, sandalwood, patchouli, etc)

Notes:

Preparation should yield 700 to 900 mls of massage oil.

Other herbs that can be used: St. John's wort flowers, jasmine flowers, rosemary.

### **Crock-Pot Instructions:**

1. Pour oil ingredients into a crock-pot.
2. Add rose petals, lavender, calendula, and chamomile flowers and mix.
3. Cover and cook in low heat for 2 to 2.5 hours (steer a bit every 30 to 45 minutes).
4. Turn off crock-pot, and allow preparation to cool down (with covered crock-pot).
5. Cook again for another 2 to 2.5 hours (steer a bit every 30 to 45 minutes).
6. Turn off crock-pot, and allow preparation to cool down.
7. Strain (the preparation is easier to strain when the oil is still a little warm. You may leave material straining overnight keeping material covered).
8. Add essential oil of your choice and bottle.

Notes:

1. Straining the preparation is easier when the oil is still a little warm.
2. You can use a fine stainless steel strainer, cheesecloth, and/or a press to filter the product.
3. You will lose some oil amount (100 to 300 ml, or more) depending on your straining method. The herbal material will absorb some of oil that is usually lost. You can maximize the oil you recuperate by using a press (as a grape presser use in wine making). You will also lose some oil to the cheesecloth material (cheesecloth allows for finer filtering, and the product can be press with hands easier).
4. Use cheesecloth made of thin cotton.
5. You can also use a fine-stainless steel strainer and allow the product to strain over a couple of days (just keep it covered).
6. The leftover material can be discarded in your garden. You could also placed some of the material in muslin bags that you can used as skin massage later (store bags in the refrigerator).

# Herbal Infused Oil Recipes

## **Over the stove Instructions:**

1. You need two pots: a pot big enough to hold material (avoid aluminum pot for this one, use stainless steel, ceramic, glass) and a larger one that can fit the first.
2. Place oil and herbal material on smaller pot and mix. Place this pot inside the larger pot. Pour water on the larger pot until 2/3 of the way of the inner pot.
3. Cover and cook at slow heat following the same cooking instructions as the Crock-pot.
4. Strain and bottle as note above.

## **Therapeutic effects of Herbs:**

Herb	Properties
Calendula	<p>General therapeutic properties: wound healing, soothing, anti-inflammatory, anti-spasmodic, anti-microbial (anti-bacterial, anti-viral, anti-fungal), astringent, hemostatic (anti-hemorrhagic).</p> <p>Topically, good for cuts, wounds, burns, acne, eczema, diaper rash, bee sting, fungal infection (athlete's foot), rash, greasy skin, inflammations, insect bites.</p>
German Chamomile <i>Chamomile recutita</i>  Roman Chamomile <i>Chamaemelum nobile</i>	<p>General therapeutic properties: vulnerary (promote wound healing), anti-inflammatory, anti-spasmodic, anti-microbial, , mild anti-fungal carminative, anti-emetic (reduce vomiting), anti-allergic, anti-pyretic (reduce fever), diaphoretic, nervous system sedative/relaxant/calming.</p> <p>Topically is beneficial for eczema, acne, boils, cuts, skin ulcers, wound healing, hemorrhoids, inflammations, insect bites, hair care, and rheumatic pain.</p>
Lavender <i>Lavandula angustifolia,</i> <i>Lavandula officinalis</i>	<p>General therapeutic properties: vulnerary (promote wound healing), antiseptic, analgesic, anti-microbial, anti-spasmodic, rubefacient (promote blood flow to skin surface), deodorant, nervous system sedative, anti-depressant, carminative, anti-emetic (reduces vomiting), emmenagogue (promote menstrual flow).</p> <p>Topically is beneficial for burns, wounds, cold sores, head-lice, scabies, fungal infections, hair loss, dandruff, and rheumatic pain.</p>
Rose <i>Rosa centifolia,</i> <i>Rosa maroc,</i> <i>Rosa damascena</i>	<p>General therapeutic properties: antiseptic, anti-spasmodic, anti-microbial, astringent, anti-inflammatory, hemostatic, mild sedative, antidepressant, aphrodisiac.</p> <p>Topically, rose is suitable for all skin types, esp. beneficial for dry, sensitive or aging skins. It has a tonic and astringent effect on the capillaries just below the skin surface (reduces redness caused by enlarged capillaries; good foe eczema, herpes, wrinkles).</p>

# Herbal Infused Oil Recipes

<p>Rosemary <i>Rosmarinus officinalis</i></p>	<p>General therapeutic properties: anti-inflammatory, anti-spasmodic, anti-microbial, rubefacient (stimulate blood flow to skin surface), diaphoretic, capillary tonic, antioxidant, circulatory stimulant, carminative (promote good digestion), nervous system relaxant, anti-depressant.</p> <p>Topically rosemary is beneficial for acne, dermatitis, pain and inflammations, neuralgias, rheumatic pain, hair loss, dandruff, head lice, scabies, seborrhea, varicose veins, , headaches, depression; to promote mental alertness, improve memory.</p>
<p>St. John's wort <i>Hypericum perforatum</i></p>	<p>General therapeutic properties: vulnerary, astringent, anti-inflammatory, nervous system restorative, anti-depressant.</p> <p>Topically is good for muscle and nerve problems such as muscle pain and inflammation, carpal tunnel syndrome, neuralgias, sciatica, rheumatic pain.</p>
<p>Jasmine <i>Jasmine officinalis</i></p>	<p>General therapeutic properties: mild analgesic, anti-inflammatory, anti-spasmodic, nervous system relaxant, anti-anxiety, anti-depressant, carminative, sexual tonic, aphrodisiac, parturient (promote/assist labor), galactagogue (promote breast milk flow),</p> <p>Topically is good for dry, greasy, irritated, sensitive skin; for muscle spasms and sprains.</p>