# The Best Essential Oils for Massage Therapy

One of the best things about essential oils is using them for massage therapy. Almost any of the oils can be used for massage therapy, but you should be aware of how much you’re using as your skin does absorb the oil and your blood transfers it throughout your body.

**Lavender**

You may have guessed that lavender would be a great oil for massage. Its light scent is relaxing in nature, and it’s gentle to the skin too. You can buy already made lavender massage oil, but you can make your own too. Four drops lavender oil to one tablespoon coconut oil works amazingly well.

**Citrus**

If you’d like a little wake-up with your massage, you may want to try something citrus. Citrus relaxes you while also waking you up, so it's especially good if you’re going for a morning massage. Try some mandarin oil mixed with olive oil for a great skin-softening massage.

**Frankincense**

This is really from an African tree called Boswellia. It has a sweet, clean, fresh smell with a little spice too. This works great with four or five drops to a tablespoon of coconut oil for massaging on your skin.

**Vanilla**

While vanilla itself doesn’t really have many medicinal properties, the scent is something you'll want to add to other scents to help make the massage more relaxing. Vanilla works great mixed with some of the other oils mentioned here due to the smell being so relaxing to most people.

**Sandalwood**

This essential oil is sweet and woodsy. It helps with relaxation and can help with tummy issues. Start with five to ten drops in one ounce of jojoba oil, add more if you want more of the scent. This is great for a foot massage.

**Eucalyptus**

Most people are very familiar with the scent of eucalyptus. Massage oil with this added to it will help relax your muscles, relieve cramping, and relax your mind. This is great for an after-workout massage. Add four drops to one tablespoon coconut oil. If it’s too strong, you can add more oil and even some vanilla to help dilute it.

**Peppermint**

Another after-workout option is peppermint oil. This can be quite strong so test out different amounts. Any carrier oil that you like can work with this essential oil. It can be harsh on the skin, though, so you may want to make it extra diluted.

If you have sensitive skin, you’ll want to test these oils out in a small area first. Also, be aware if you’re going to get sun because some essential oils can cause photosensitivity. With these precautions in mind, these oils can be great for enhancing the massage experience.