

## Essential Oil Recipes to Pamper & Tone Your Muscles

It's that time of year again; our minds frantically become obsessed with getting in shape. We envision ourselves in skin revealing clothing for warmer weather. We have an inherent desire to be among the beautiful people, advertising well toned bodies in the sun!

As we embark on this tedious journey to achieve beauty, it's important to care for those tired and sore muscles. Essential oils are perfect for penetrating muscle tissue and offering relief from over exercised muscles. Not only can they relieve pain and stress, but they can actually tone your muscles tissue.

A classic and popular exercise for people that hope to get and stay in shape is running. Repeated running can cause what is called a "high" created by endorphin release. "Injuries are often the result of extending oneself too far for the need to achieve a runner's "high". Jogging is an activity that many people find enjoyable and it's an easy activity for the whole family to do together. I however, am much more partial to brisk walking to reduce the shock on joints. Whichever routine you chose, it is imperative not over-exert yourself; pounding the pavement can but "great strain on muscles, ankle bones, and the skeletal frame, especially the lower back".

Within this article you'll find essential oil recipes that are very helpful for the novice and experienced person seeking to get or stay in shape. You'll find that they are also helpful for lungs and respiratory system in general and the muscular and skeletal frame. Before running or preparing for any exercise, rub the essential oil blend over your feet, ankles, calves, thighs, buttocks, lower back and arms. The thyme in this recipe is said to help prevent sprains:

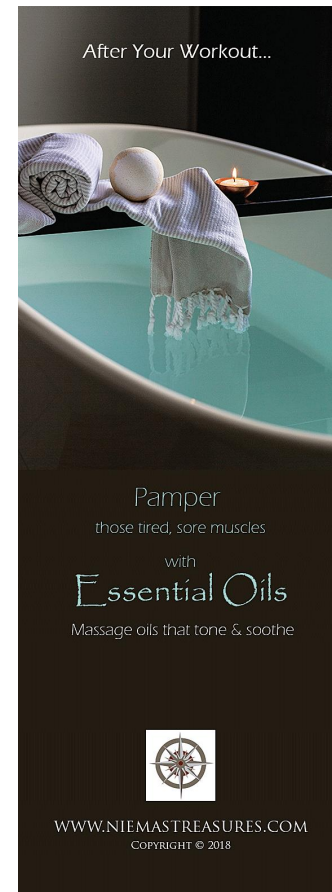
Eucalyptus .....10 drops  
Rosemary.....10 drops  
Thyme.....10 drops

Blend with a carrier oil (sweet almond, jojoba, argan, rosehip, coconut); at least 2 tablespoons is best.

If you're working on building yourself up, use 15 drops of the oils above per 2 Tablespoons of carrier oil.

Muscles can also be toned using essential oils in conjunction with exercise. Add the recipe below to a bath or as massage oil applied with before or after the bath. To keep muscles supple, put the essential oils onto a facecloth and rub on the muscle areas mentioned above (feet, ankles, calves, thighs, buttocks, lower back and arms) in the shower before exercise:

Black Pepper  
Ginger



Rosemary  
Lavender  
Cypress  
Basil  
Juniper  
Thyme  
Peppermint  
Grapefruit  
Orange  
Lime  
Birch

A good rule of thumb for this combination of oils is to use 5 drops of oil for each 1 teaspoon of carrier oil. If you feel you have an injury consult your physician first, but you can increase to dosage of oil by doubling the amount until the injury has subsided and return to the 5 to 1 application.

Massage can be very effective in treating muscular spasms and contractions. It can reduce swelling and fluid retention while stimulating blood circulation and lymphatic flow. Massage should always be gentle. Long, gentle, smooth strokes are the most helpful with injuries. Use the flat of the hand, moving away from the injured area, but always in the direction of the heart-from hand to shoulder, foot to thigh and so on. As always consult with your physician before using essential oil remedies in any form, especially if you have any existing illnesses or problems.

I hope this information helps with your workout routine. Here's to the beautiful body you have and your efforts to improve it!

## **Works Cited**

Worwood, V. A. (1991). *The Complete Book of Essential Oils & Aromatherapy*. Novato: New World Library.