

# The Many Benefits of Body Oiling

*“Herbal Body Oiling is the safest and most gentle form of Self-care and Holistic Healing. It provides the most bang for your buck by having a gentle and direct effect on every system in the body.”*

*-Kami McBride*

## Benefits of Body Oiling:

- Eases Back Tension
- Soothes Muscle Tension and Spasms
- Promotes Relaxation
- Relieves dry, itchy skin
- Improves Immune System
- Calms Anxiety
- Decreases Stress
- Increases overall sense of well-being and body image
- Helps facilitate a good night’s sleep
- Helps balance the skin’s natural oil production
- Helps your skin retain its moisture
- Improves Skin health

## How Body Oiling Works:

Body Oiling starts with a high-quality oil. This can include vegetable oils, nut oils and butters, and animal fats.

When the high-quality oil is rubbed onto the skin, it increases blood and lymph circulation while fortifying the skin’s lipid layer and nourishing the nervous system.

During this process, the mind and body are reconnected creating a general sense of well-being.

## Optimal Oils to Use:

- Sweet Almond Oil
- \*Apricot kernel Oil
- Avocado Oil
- Coconut Oil (\*Fractionated or Solid)
- \*Grape Seed Oil
- Jojoba Oil
- Mango Butter
- Olive Oil
- Shea Butter
- Sesame seed Oil (raw and untoasted)
- Sunflower seed Oil

\*drier oils that absorb quickly

DO NOT USE MINERAL OIL – mineral oil is petroleum derived and does not absorb into the skin but rather sits on top as a barrier.

### **Things to Consider When Buying an Oil to Use Topically:**

- Look for Organic or GMO free if possible
- Use cold-pressed Oil. Other extractions use chemicals or heat to extract the oil from the plant material. These chemicals or heat can adulterate and/or damage the beneficial constituents found in the oil.
- Look for an extraction or vintage date to determine how old the oil is. Different oils have different shelf lives.
- Consider your climate and skin type. For example: Dry climates benefit from heavier oils and butters while lighter oils are better for humid climates. Drier oils are also better for people who have naturally oily skin. These will help balance the amount of oil produced by the skin. Dry skin has a greater need for heavier and thicker oils to replenish the damaged lipid layer in the skin.

### **Take Your Body Oil to the Next Level by Infusing Herbs!**

Infusing herbs into your body oil is a simple and effective way to increase the psychosomatic effects of body oiling!

Herb infused oils are gentle. They are not sucker punch powerhouses like essential oils. Herbs are also more well-rounded in their constituents than essential oils. However, they do not have the concentrated aromatic effects that essential oils have.

### **Herbs to Infuse into Your Body Oil:**

- Lavender Buds
- Chamomile Flowers
- Calendula Flowers
- Rose Petals
- Dehydrated Citrus peel

### **How to Infuse Herbs into an oil:**

1. Use a sterilized pint or quart sized mason jar
2. Fill the mason jar 1/2 - 2/3 full of dehydrated herbs
3. Pour the oil of your choice over the dehydrated herbs until the jar is completely full.
4. Let the herbal oil soak for 4 weeks out of direct sunlight and shake regularly.
5. After 4 weeks, line a fine mesh strainer with several layers of cheese cloth and pour the oil through the cheesecloth into a sterile glass bowl.
6. Transfer to a clean container with a lid.
7. Use your herb infused oil often!

## How to Apply your Body oil:

1. Pour no more than a quarter size amount
2. of oil into the palm of your hand.
3. Rub your hands together to help prevent drips.
4. Apply to skin and massage body part until absorbed.
5. Repeat for the rest of the body.

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Oils absorb best when applied to clean, damp skin.

When applied in small amounts, body oil will not create a shiny, oily, slick that stays on top of the skin. It will fully absorb within a couple of minutes, just as a thick lotion would. If too much is applied, simply rinse with warm water (no soap) and then gently pat dry with a clean towel.

### **Tips for adding Essential Oils for an Aromatherapeutic experience:**

Essential Oils should never exceed 0.5% concentration (approximately 4 drops per ounce of carrier oil) in a body oil. Essential Oils are highly concentrated so a little goes A LONG way.

Always research every essential oil for allergy, phototoxicity, age appropriate, and general sensitivity.

### *Soothing Essential Oils for Body Oils:*

*Lavender*

*Manuka*

*Frankincense*

*German Chamomile*

*Rose*

*Peppermint*

*Mandarin*

*Patchouli*

*Cedar*