

Aromatherapy Formulary

Massage Oils

****Per 10mL of finished product:**

Formulation for adults:

1. Prepare 10mL of any carrier oil.
2. Add 5 drops of the desired essential oil.

Formulation for babies or children:

1. Prepare 10mL of any carrier oil.
2. Add 2 drops of the desired essential oil.

Another effective way of using essential oils in massage is to dilute the essential oil or oils in a carrier oil at a dosage range of 2.5% to 5%.