

AURA CACIA® ESSENTIAL OIL SOLUTIONS RECIPE PAD
ENERGIZING SOLUTION



WARMING GINGER & EUCALYPTUS
Massage Oil

The penetrating menthol action of peppermint combines with activating eucalyptus and warming ginger to create this soothing massage oil.

Ingredients:

4 ounces Aura Cacia® sweet almond oil or
Aura Cacia® Unscented Massage Cream

10 drops Aura Cacia® eucalyptus essential oil

6 drops Aura Cacia® peppermint essential oil

8 drops Aura Cacia® ginger essential oil

Directions: Mix essential oils into sweet almond oil (or massage cream). Apply approximately 1 tablespoon at a time during massage.

PLANT PART USED

rhizomes

SOURCE

China

AROMA PROFILE

fresh, woody, floral, sweet

AROMATHERAPY BENEFITS

balancing, normalizing



Ginger
Zingiber officinale

Ginger is often added to skin-care oils to warm and invigorate muscles; it is especially effective in massage, where its warming sensations increase circulation. Ginger's earthy aroma grounds heady sensual oils such as patchouli, ylang ylang and rose absolute. It also combines well with sandalwood and sweet orange. A touch of ginger can add a robust, activating quality to otherwise ordinary aromatherapy.

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