



## Romantic Massage Oil Recipe



Whether you're looking for the perfect Valentine's Day gift or a great addition to a romantic evening or weekend away, this massage oil is just what you are looking for! Say "I love you" with a romantic spa date featuring this all-natural massage oil. All you need to add are two glasses of champagne and you'll be set for romance!

This massage oil recipe uses sweet almond oil as a carrier oil because it is light, easily absorbed and won't stain the sheets. Feel free to substitute sunflower oil, apricot kernel oil or another carrier oil of your choice. We've used a sensuous blend of sweet orange, bergamot and patchouli essential oils. If you would like to use your own essential oil blend, check out our [essential oil blending guide](#) for tips.

## INFORMATION

- Difficulty: Easy
- Yield: 2x 4 oz Bottles

## TIMING

- Perform Time: 5 Minutes

## SUPPLIES

- [Digital Scale](#)
- Spatula or Spoon
- Spray Bottle with 70% Isopropyl Alcohol
- [Funnel Pitcher](#)
- [Pipettes](#) (for preservative and essential oil)
- Paper Towels
- 2 x [4 oz Plastic Bullet Bottles](#)
- 2 x [Disc Caps](#)

## INGREDIENTS

- 7.6 oz / 210g [Sweet Almond Oil](#)
- 2 mL [Sweet Orange Essential Oil](#)
- 1.5 mL [Bergamot Essential Oil](#)
- 0.5 mL [Patchouli Essential Oil](#)



## DIRECTIONS

Before starting this tutorial please make sure to read all instructions. Spray work surface, utensils and mixing bowl with 70% isopropyl alcohol and wipe with paper towels. Use disposable pipets when dispensing essential oils. Do not place undiluted essential oils in plastic ware.

Weigh the sweet almond oil into a funnel pitcher. Using disposable pipettes, add the essential oils. Stir to combine.



Pour into plastic bottles, cap and enjoy!

