



## Aromatherapy oils to use after a massage

**Anti-inflammatory, muscle-relaxing essential oils that help with circulation, treat tight, inflamed, aching muscles and relieve headaches.**

Add a few drops of your chosen oil to a tablespoon of milk and add to your bath.

- **Lavender** – reduces pain, inflammation and is calming/relaxing
- **Cypress** – improves circulation and drains the lymph system
- **Basil** – anti-inflammatory and stops muscle spasms/cramps
- **Marjoram** – regenerates smooth muscle tissue
- **Peppermint** – powerful pain blocker

