

Classic & Custom Massage Oil Blends

By Mike, The 420 Formulator

www.420formulator.com

Choose your favourite essential oil blend and add it to the nourishing massage oil base. All blends start with the same carrier oils and are designed for a range of moods and needs.

Massage Oil Base (makes 100g)

- 30g Meadowfoam Seed Oil (light, non-greasy)
- 30g Rice Bran Oil (nourishing, antioxidant-rich)
- 30g Marula Oil (luxurious, smoothing)
- 6g Squalane (silky, quick-absorbing)
- 2g Vitamin E (antioxidant, skin-protecting)

Essential Oil Blends

Classic Calming

A balanced blend for relaxation, suitable day or night.

- 1g Lavender Essential Oil - relaxing, soothing
- 0.6g Rosemary Essential Oil - refreshing, clarifying
- 0.4g Geranium Essential Oil - balancing, floral

Everyday Bliss Massage

A great combination for setting you up for a good day or winding down in the evening. It is relaxing, but not sedating.

- 8 drops Lavender Essential Oil - relaxation, anti-inflammatory
- 6 drops Geranium Essential Oil - mood balance, skin toning
- 4 drops Sweet Orange Essential Oil - bright and happy
- 2 drops Frankincense Essential Oil - depth and grounding

Stress Melt Massage

Perfect for tension release and emotional grounding.

- 6 drops Clary Sage Essential Oil - hormonal balance + calming
- 6 drops Bergamot Essential Oil - uplifting, anxiety relief
- 4 drops Frankincense Essential Oil - deep grounding
- 4 drops Lavender Essential Oil - relaxation and a soft floral undertone

Earth & Calm

Slightly masculine or unisex, a great "evening chill" oil for deeper, nurturing self-care.

- 6 drops Cedarwood Atlas Essential Oil - calming, earthy
- 6 drops Bergamot Essential Oil - uplifting but grounding
- 4 drops Patchouli Essential Oil - rich, musky, balancing
- 4 drops Lavender Essential Oil - relaxing synergy

Sensual Glow Aphrodisiac

A warm, sultry, mood-enhancing mix for intimacy or self-love rituals.

- 10 drops Sandalwood Essential Oil - rich, creamy base note
- 6 drops Jasmine Absolute - intoxicating and floral
- 2 drops Ylang Ylang Essential Oil - sensual and euphoric
- 2 drops Patchouli Essential Oil - earthy, grounding sensuality

Deep Sleep & Chill

Designed to calm a racing mind and relax a restless body before bed.

- 8 drops Roman Chamomile Essential Oil - soothing to the nervous system
- 6 drops Lavender Essential Oil - classic sleep aid
- 4 drops Vetiver Essential Oil - deep, earthy and grounding
- 2 drops Cedarwood Atlas Essential Oil - warm, woody calm

Sore Muscle Recovery

Deep tissue support with anti-inflammatory and circulation-boosting power.

- 6 drops Sweet Marjoram Essential Oil - muscle relaxant and nervous system
- 5 drops Black Pepper Essential Oil - stimulates circulation
- 4 drops Ginger Essential Oil - anti-inflammatory, warming
- 3 drops Lavender Essential Oil - softens and soothes the combination
- 2 drops Roman Chamomile Essential Oil - tissue repair and inflammation

Radiant Morning Energy

A lively, citrus-forward blend to lift your mood and refresh body and mind. Great for starting the day, perking up, or post-shower pep.

- 8 drops Grapefruit Essential Oil - energising, clarifies mind
- 6 drops Lemon Essential Oil - brightening, fresh
- 4 drops Rosemary Essential Oil - stimulates circulation, clears brain fog
- 2 drops Peppermint Essential Oil - awakening, cooling

Comfort & Cuddle

A soft, gently sweet blend for comfort, nurturing touch, and emotional support. Lovely for a quiet evening, self-care, or soothing the spirit.

- 8 drops Vanilla Oleoresin - warming, comforting
- 6 drops Roman Chamomile Essential Oil - calming, stress relief
- 4 drops Sweet Orange Essential Oil - mood lifting, gentle sweetness
- 2 drops Benzoin Essential Oil - rich, sweet, skin-calming

Focus & Clarity

A crisp, fresh blend to help with mental focus, clear thinking, and easing mental fatigue. Perfect for before work, study, or clearing the air after a long day.

- 8 drops Rosemary Essential Oil - mental clarity, refreshing
- 6 drops Lemon Essential Oil - uplifting, clean
- 4 drops Eucalyptus Essential Oil - clears sinuses, boosts alertness
- 2 drops Basil Essential Oil - supports focus, relieves tension

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