

Aura Cacia.



*pure aromatherapy*

# Love Massage Oil For Your Valentine

3 ounces Aura Cacia® grapeseed oil

1 ounce Aura Cacia® sweet almond oil

15 drops Aura Cacia® lavender essential oil

6 drops Aura Cacia® sweet orange essential oil

3 drops Aura Cacia® patchouli essential oil

Combine ingredients in a bottle.

Massage 1-2 teaspoons in gentle, circular motion



**PLANT PART USED**

flowers and leaves

**SOURCE**

Ukraine

**AROMA PROFILE**

fresh and flowery-sweet

**AROMATHERAPY BENEFITS**

balancing, calming



# Lavender

*Lavandula angustifolia*

Lavender is one of the best essential oils for creating aromatherapy blends. It goes well with potent floral oils—like rose absolute—as well as powerfully herbaceous ones like rosemary. Lavender is a gentle oil that can be applied by the drop directly to the skin and is applicable to a wide range of mental and physical conditions. Easy to use in blends and moderately priced, lavender is especially useful for the beginning aromatherapist.

For more information and recipes for every season visit [www.auracacia.com](http://www.auracacia.com)

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