



# Aromatherapy Massage Oil Menu

*Enhance your massage experience by choosing the essential oil that suits your mood and wellness goals.*

## 1. Calming & Stress Relief

Oil Name	Scent Profile	Therapeutic Uses	Health Benefits
Lavender	Soft, floral, gently herbal	Reduces tension, eases anxiety	Improves sleep, soothes headaches, calms skin
Chamomile	Warm, sweet, comforting	Releases nervous tension, balances mood	Reduces inflammation, eases muscles, supports digestion
Gardenia	Lush, creamy, romantic floral	Enhances emotional uplift, reduces irritability	Relieves headaches, promotes relaxation, soothes skin
Rose	Velvety, luxurious floral	Comforts emotions, supports stress relief	Hydrates skin, reduces redness, balances hormones



## 2. Uplifting & Energizing

Oil Name	Scent Profile	Therapeutic Uses	Health Benefits
<b>Sweet Orange</b>	<b>Bright, juicy citrus</b>	<b>Elevates mood, relieves sluggishness</b>	<b>Revitalizes skin, improves circulation</b>
<b>Grapefruit</b>	<b>Crisp, tangy, refreshing</b>	<b>Reduces fatigue, refreshes senses</b>	<b>Supports detoxification, boosts metabolism</b>
<b>Lemon</b>	<b>Clean, vibrant, zesty</b>	<b>Sharpens focus, reduces mental fog</b>	<b>Antibacterial, supports immune health, rejuvenates skin</b>
<b>Bergamot</b>	<b>Citrus with soft floral &amp; spice undertones</b>	<b>Lifts mood, eases agitation</b>	<b>Reduces stress, balances skin, promotes alert relaxation</b>
<b>Peppermint</b>	<b>Crisp, cooling, invigorating</b>	<b>Enhances alertness, clears mental fatigue</b>	<b>Relieves headaches, eases muscle tension, supports breathing</b>





### 3. Muscle & Mind Relief

Oil Name	Scent Profile	Therapeutic Uses	Health Benefits
<b>Eucalyptus</b>	<b>Cool, clean, herbal-mint</b>	<b>Clears mind, supports respiratory ease</b>	<b>Reduces inflammation, relieves muscle soreness</b>
<b>Rosemary</b>	<b>Sharp, herbal, woody</b>	<b>Energizes mind, improves focus</b>	<b>Supports circulation, eases joint stiffness</b>
<b>Ginger</b>	<b>Warm, spicy, earthy</b>	<b>Counters fatigue, promotes alertness</b>	<b>Relieves muscular pain, boosts circulation</b>
<b>Tea Tree</b>	<b>Clean, herbal, medicinal</b>	<b>Purifies, clarifies mind and body</b>	<b>Antibacterial, supports skin healing</b>



## 4. Balancing & Grounding

Oil Name	Scent Profile	Therapeutic Uses	Health Benefits
Cedarwood	Warm, woody, grounding	Encourages calm and focus	Relieves muscle tension, nourishes skin
Frankincense	Resinous, warm, earthy	Promotes introspection and balance	Supports cellular repair, reduces inflammation
Jasmine	Rich, exotic, floral	Boosts confidence and emotional strength	Supports hormonal balance, hydrates skin
Basil	Fresh, green, herbaceous	Clears mental clutter, improves focus	Relieves muscular tightness, supports respiratory ease
Citronella	Bright, lemony, slightly grassy	Refreshes mind, lightens emotional heaviness	Natural insect repellent, mildly energizing
Lilac Blossoms	Soft, powdery, nostalgic floral	Promotes gentle emotional balance	Eases tension, supports relaxation
Vanilla	Warm, sweet, comforting	Soothes stress, nurtures sense of safety	Reduces anxiety, moisturizes skin