



## Massage Oil Recipe For Men



## INFORMATION

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

## TIMING

- Perform Time: 5 Minutes

## SUPPLIES

- [Digital Scale](#)
- Spatula or Spoon
- Spray Bottle w/ 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 / 210 g [Sweet Almond Oil](#)
- 1.5 mL [Spearmint 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!

