

## Warm-up those Muscles before Exercising

Although it is always a wise idea to warm and stretch your muscles prior to exercising. This time of year it is very important to warm-up them up before exercising to avoid unnecessary injury.

Before you do your stretching use a few warming essential oils in a massage lotion. Not only will this start to increase the flow of blood but the lotion will keep moisture locked in from the now drying air in and out of our homes.

Remember to massage with long gentle strokes starting at your ankles or wrists and massage towards your heart. Light strokes are all that are needed. Do each limb about 6-8 strokes or the number you feel will be the best to get them warmed and ready to go.

Essential oils that are able to help improve circulation and to help the muscles 'warm-up' include the following: Cypress, Eucalyptus, Fennel, Geranium, Ginger, Juniper berry, Black Pepper, Marjoram and Rosemary.

Peppermint is considered heating but can also be cooling so - do not use in any blend if you will be exercising outdoors as this can actually have the opposite effect and when cooler air is exposed on skin where peppermint has been applied can make the muscles tighten.

### MUSCLE WARM-UP LOTION

Marjoram - 12 drops

Coriander - 9 drops

Rosemary - 9 drops

Black Pepper - 6 drop

Ginger - 6 drop

2 ounces of Carrier Oil of your choice or add to our massage lotion.

Now, what to do if you do get injured? Well, we'll cover that in another Tip of the Week.

#### Disclaimer:

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**Aromatherapy Tip of the Week**

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