

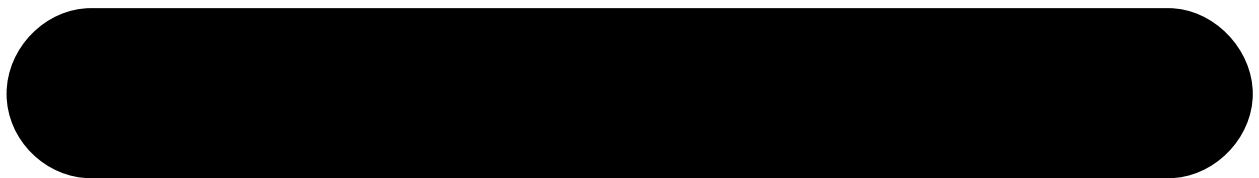
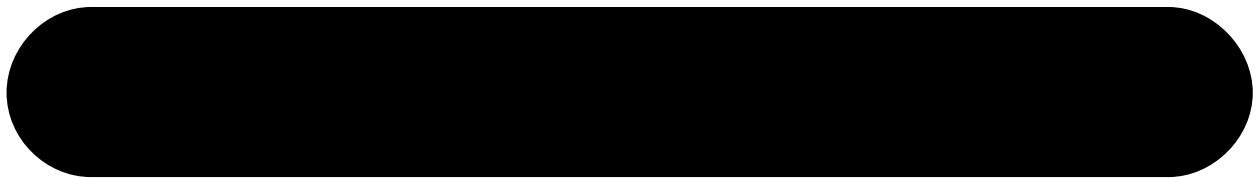
[?What are the best body massage oils](#)

Type of massage oils

Today, the advantages of [oil massage](#) are proven. From relieving muscle cramps to relaxing the body, skin benefits, etc., can be experienced with various massage techniques. Massage therapy can help you alleviate pain and reduce symptoms of depression, sciatica, etc.

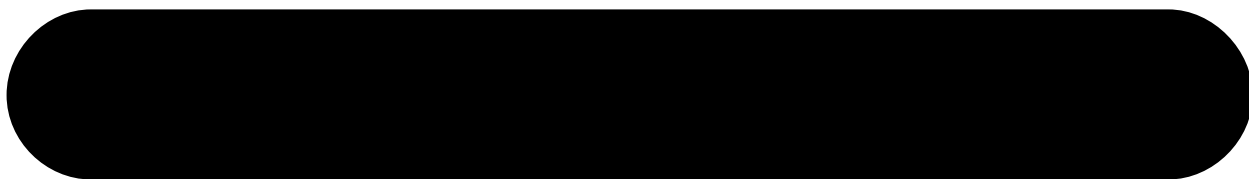
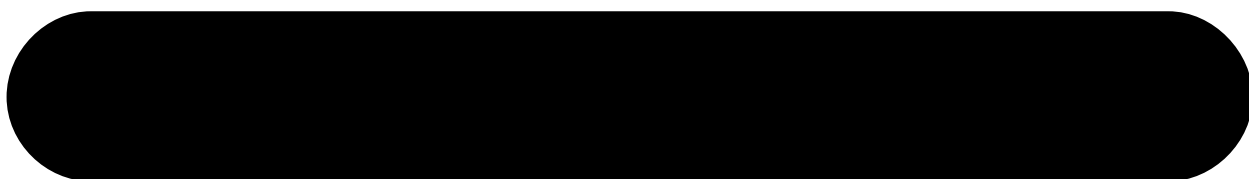
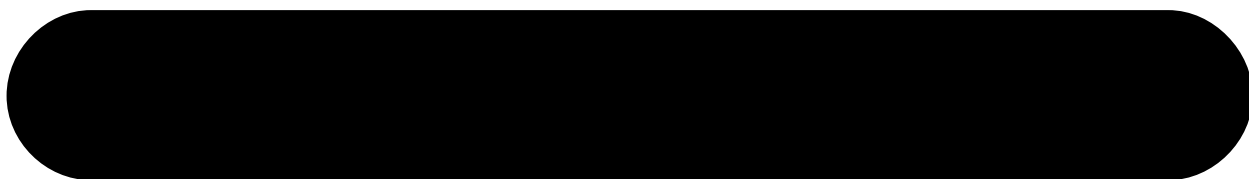
There are different types of [massage](#) oil depending on your purpose of massage. Learn more about some of the best massage oils in the following.

Sweet almond oil



Sweet almond oil is one of the most popular massage oils among professionals. This yellow oil, extracted from almonds, is rich in vitamin E, antioxidants, and unsaturated fatty acids. Sweet almond oil is usually non-allergenic, so it does not irritate the skin. However, this oil is not recommended for people who are allergic to nuts.

Apricot kernel oil



Apricot kernel oil has a very light texture, making it suitable as a facial oil, especially for sensitive, inflamed and dry skin. This oil is a source of vitamin A and essential fatty acids. It does not feel greasy on the skin after consumption, making it a suitable oil for massage. Apricot kernel oil is a good alternative for people allergic to sweet almond oil.

Coconut oil



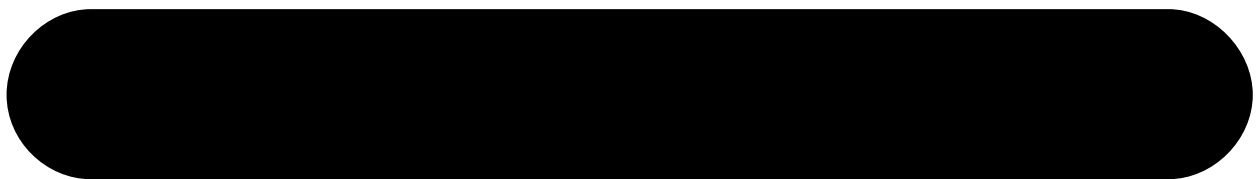
Undoubtedly, coconut oil is one of the best massage oils. Although you know coconut oil as white, solid oil, when it heats up, it is light and non-greasy. There are different types of coconut oil. Coconut oil's benefits include protecting and hydrating skin, preventing dryness, wrinkles, and aging, relieving muscle tension, and helping to reduce stress.

Jojoba oil



This oil is extracted from jojoba seeds, and of course, it's on the list of the best massage oils. Jojoba oil is antibacterial, so it is a good choice for those who suffer from acne. Jojoba oil has very high absorption and does not have a pungent odor. This oil is not skin irritating, so it does not cause skin allergies. Jojoba oil is a good source of nutrients needed by the body, including Vitamin E, Vitamin B Complex, Copper, Zinc, etc.

Avocado oil



This dark green oil is derived from the avocado fruit. Avocado oil is heavy oil mixed with lighter massage oils such as sweet almond oil. This oil is rich in vitamin E, vitamin A, essential fatty acids, etc. Also, it has many benefits for hair, skin, rheumatism, and arthritis.

Grapeseed oil



Grapeseed oil, in many ways, is the best oil for the body. It has many benefits for the body and is even used in skincare products. It has a smooth and silky texture and no fat. Get a massage with grape seed oil and enjoy its anti-inflammatory, antimicrobial and antioxidant effects.

olive oil



Most people think of olive oil as cooking oil, but it is sometimes used for massage. This heavy oil has a specific oily or sticky texture and odor, usually used with other oils. Olive oil contains omega-6 and omega-3 and has several benefits for the body.

Choose the best massage oil

Depending on what you expect from getting a massage, you can choose different oils. Just try to get a massage in a reliable massage center with people with enough knowledge and experience.