

GROUNDING OILS

BY CARE MOTIKA L.AC.

Oil carries a weighted quality to it that I find helpful for grounding and settling energy. I liken it to a humid day where you can feel the atmosphere all around you bringing a very tactile and sensory awareness. Energetically, oil is the essence of a plant, flower or fruit. A condensed version of itself carrying all of the intelligence and nutrients packed into a powerful liquid that doesn't take but a drop to transform and nourish us. I hope this guide is helpful and offers new possibilities on how to use and connect with these powerful plant allies.

BODY OIL

I like using a body oil that feels grounding and centering, like Wonder Valley's Hinoki Body Oil. To make one of your own, I would start with a quality oil, like WV Olive Oil, and infuse it with herbs collected if possible or purchased from a trustworthy source. Some options can be evergreen (I like fresh spruce tips), calendula and rose petals. Completely cover your herbs with the oil and let rest in a cool dark place for up to two weeks gently shaking daily. When it's ready you can strain and begin use. I love using this oil after a bath or shower on toweled off but damp skin. You can also use this at bedtime specifically on your feet. This can be a breast massage oil including armpits and down the arms. In Chinese medicine the heart and pericardium (heart protector) channels start in the chest and armpit respectively and both extend all the way down to the fingers. A nice way to tend to the heart by way of a gentle hand massage. I also recommend a warming stomach massage. You can warm the oil a little or use a hot water bottle after rubbing in a clockwise motion on your belly. Abdominal massage has been around since time immemorial and for good reason. It is a warming practice, good for digestion, fertility and making a connection with your energy center located just under your navel. Bath oils are really helpful too for grounding in that you are quite literally being immersed in warm oil for an extended period of time. I like using magnesium flakes for their instantly settling nature in addition to your oil and then soaking for as long as you want.

FOOT OIL

With this you can use any oil, however, if you want something a little more substantial you can opt for a salve. Salves are very easy to make consisting of two basic and easy to find ingredients of oil and beeswax. I really like to make time for this oil ritual especially during the winter months that are very drying and cold in Maine but also it's perfect for warmer months and climates.

After I massage the salve on to my feet I do an essential oil ritual. In this case I use 1 to 2 drops of a grounding oil, hold the bottom of my feet and breathe. I particularly like using the acupuncture point Kidney 1 but you can also rub the essential oil on the foot arch of your feet. Kidney points connect to the water element and to yin which is the quiet, still aspect of nature within and without. Making contact with this channel can connect us to more settled and restorative energy. I recommend using essential oils sparingly as they can be very powerful but a small amount ensures a good outcome.

HAIR OIL

This is a ritual that can be done anytime but I enjoy this one at bedtime. Particularly on a night before you need to wash your hair or after bathing when your hair is still damp. This ritual will connect you with your thoughts and just how much we hold on to. The scalp and head have meridians running all across them, holding and storing energy. There are many crossing points where meridians meet in the head particularly at the top at a point called Du 20, it is located on the top and center of the head at the midpoint of the line connecting the apexes of the ears. You can often feel a slight depression where the point is located. Du 20 can help release energy and uplift the spirit.. It is traditional practice to protect the head and neck from the outside elements. I think this is a good practice to connect us with what we want to welcome in and what we want to keep out.

I enjoy taking a few moments to rub the oil into the tips of my hair and then comb the oil through. If you want to encourage more growth and scalp health feel free to spend time massaging the oil into your roots and scalp. Next you can braid or twist up your hair if it's long and wrap it in a cotton bandana. You can use simple oils like coconut, olive, argan or sesame.

FACE OIL

This can be done anytime but I also like this ritual at days end. Take time massaging the oil in with your hands as this will help bring awareness about where you are holding, feeling tight etc. I then use a Gua Sha tool or palm stone and massage it into all of the lines and contours of my face and down into my neck. The face again has so many channels running through it. These channels can also get stuck and inform the way we are holding our expressions. Many meridians begin in the face, originating in the sense organs. This is a powerful reminder that most of our senses originate here, where we take our first and last breath. Take time to honor your senses. You have everything you need between your two ears. No need to get fancy with what tool you decide to use. In acupuncture school, they teach you with a soup spoon so use what resonates and feels good. My personal favorite is an obsidian palm stone but I also use my hands quite a bit too.

**ATMOSPHERE
OIL**

Oil can be used around your body and does not always have to go on your body. We are made up of energy and that energy extends outward. It benefits our feeling of grounding greatly if the energy around us is flowing and protected. Sometimes just inhaling a drop of an essential oil is all you need. You can also opt to use a diffuser wherein a few drops of an essential oil can prove very effective and gently scent a space. I have always loved hydrosols, which are aromatic waters produced by distilling fresh plants, fruits and flowers. This allows you to gently access the benefit of essential oils without the concentration. You can also make a grounding atmosphere mist. To make this you would fill a bottle with fresh spring water, a few drops of essential oil and a few drops of unscented witch hazel. Shake and then spray. I often keep one in the car and mist myself before driving or going into public spaces like the market especially during pandemic times. You can also spray your mask.

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INTERNAL OIL

You all know the benefits of consuming oil just remember any edible oil can be used on your body. I use my kitchen oils all the time for oil rituals. The point of this is to connect to yourself and oils can be a gateway to do just that.



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