

# Benefit of Massage oil

## What is the Purpose of a Massage Oil



A massage can be done without oil. But, that becomes quite cumbersome. Massage oil is needed to reduce friction between the hands and skin. So, whether it is a regular massage, or a deep tissue massage, including oil in the session really enhances the benefits of that massage.

Different oils are suitable for different kinds of massage. Here we explore the “massage worthy” nature of carrier oils and even some essential oils. Massage has immense therapeutic value. To obtain the maximum benefits from a massage, the most suitable oil should be chosen for that purpose.

## Why We Don't Use Paraffin Oil with our massage session?

We don't use Paraffin as we don't like the feel of it on the skin. It feels “occlusive” oil and as though it coats the skin. The skin will feel moisturized because it has a greasy film of Paraffin Oil on top, but we prefer natural oils that more closely mimic the skin's own oil and offer super hydration.

Paraffin oils are petroleum products. These oils are used in a variety of industries ranging from food production to pharmaceuticals, cosmetics and engineering. Liquid paraffin, also known as "white paraffin" or "mineral oil" is transparent, odorless, colorless, waterproof and consists of "saturated hydrocarbons obtained from petroleum", says Dr. Billy Bourke, professor of medicine at University College Dublin.

## What's the problem?

Here are my top three reasons to avoid it.



### **1. It May be Contaminated with Toxins**

The World Health Organization (WHO) has found that this unpurified form contains contaminants that have been linked in studies to an increased risk of cancer. [2011 report by the National Toxicology Program](#),

“There is strong evidence that mineral oil hydrocarbons are the greatest contaminant of the human body, amounting to approximately 1 gram per person. Possible routes of contamination include air inhalation, food intake, and dermal [skin] absorption.” [A 2011 study](#)

Paraffin oil is harmful if swallowed or inhaled. It can cause irritation to the skin, eyes and respiratory tract. According to the Material Safety Data Sheet, inhaling paraffin oil mist or vapor can result in aspiration pneumonia. Ingesting paraffin oil can lead to nausea, diarrhea or vomiting. Leaving paraffin oil on the skin for long periods of time may lead to dermatitis, and people with a pre-existing skin condition are at a higher risk for skin irritation.

### **2. It Clogs Pores**

Paraffin Massage oil is considered “comedogenic,” which means it can clog your pores and increase the risk of acne and blackheads. The more refined, the less comedogenic, but there’s no way to know (unless the company is willing to tell you) how purified the mineral oil is that’s in Base Massage Oil product.

### **3. It Doesn’t Give Your Skin Anything Beneficial**

It’s not doing anything for your skin. It’s not infusing it with nutrients. It’s not providing hydration that actually goes into the skin where it counts. It’s just sitting there on the top of the skin preventing moisture loss.



Today we have so many better alternatives! We have natural plant extracts

## References

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For more information

[info@deeptissuemassage-biel.com](mailto:info@deeptissuemassage-biel.com)

077 937 04 85

Nopparat Gianfreda

DTM Biel