

## **CAYCE MASSAGE OILS AND LINIMENTS**

Oils in the Cayce readings were more than simply a lubricant for massage strokes. His most commonly recommended massage oils were olive oil, peanut oil, Nujol (also known as Usoline, Russian white oil, or mineral oil), cocoa butter, and castor oil. There are many other massage oils on the market, such as almond, sesame, avocado, sunflower, safflower, apricot kernel, and so on, but they were not mentioned by Cayce. Many massage therapists who are unaware of the therapeutic effects of Cayce's oils use powder and lotions, which dry out quickly.

### **Olive Oil**

Olive oil is food for muscles and mucous membranes, according to Cayce, and was suggested for both internal and external use. Many combinations have sassafras, pine needle oil, tincture of benzoin, cedar wood oil, or wintergreen added to olive oil.

An ancient formula calls for equal parts of olive oil and tincture of myrrh, usually about 1/2 teaspoon of each. The olive oil is warmed first and then the myrrh is added; otherwise they do not mix together very well. The reason for using this formula is explained in the following reading:

Q-7. How often should the manipulations or massage be given?

A-7. Three times each week.

Q-8. How often should the olive oil and tincture of myrrh be applied?

A-8. As indicated, the massage of these properties into the spine should be applied particularly soon after the use of the deep therapy machine. For, while there is the activity of the electrical forces in the body, the ganglia along the spine will respond to the necessary forces for absorption better than when there is less electrical force in the body, see? Hence, these massages would be given in this manner, for the activity of such would be as this:

The oil, as it were, is to relax the tendencies for contraction through impulses that are lacking, as indicated, or that are excessive (for both occur), in the ganglia of the cerebrospinal system.

The myrrh, as an activative force with the oil, acts as a healing influence to the tendency of inflammation or drying of the texture or tendril effect of muscular activities of the system. (372-8)

The combination of olive oil and myrrh was advised for scar tissue in 440-3.

For, the therapeutic value of the properties given to the skin itself is as follows: As given, as known and held by the ancients more than the present modes of medication, olive oil—properly prepared (hence pure olive oil should always be used)—is one of the most effective agents for stimulating muscular activity, or mucous-membrane activity, that may be applied to a body. Olive oil, then, combined with the Tincture of Myrrh will be very effective; for the Tincture of Myrrh acts with the pores of the skin in such a manner as to strike in, causing the circulation to be carried to affected parts where tissue has been in the nature of folds—or scar tissue, produced from superficial activity from the active forces in the body itself, in making for coagulation in any portion of the system, whether external or internal. (440-3)

Another scar massage formula was given in 2015-10: camphorated oil (olive oil and camphor), lanolin, and peanut oil. This individual was to receive a daily massage over many months with “patience, persistence and faith” if the removal of scars was to be fully realized. (See “Scarban™” p. 153.)

## **Peanut Oil**

Peanut oil is suggested for use alone or in combination with other oils for such symptoms as low vitality, fatigue, arthritis, poor circulation, and paralysis:

Daily, for at least half to an hour and a half, massage the body; not rudely, not crudely, not with the attempt to make adjustments—for many weeks yet massage with Peanut oil, —yes, the lowly Peanut oil has in its combination that which will aid in creating in the superficial circulation, and in the superficial structural forces, as well as in the skin and blood, those influences that make more pliable the skin, muscles, nerves and tendons, that go to make up the assistance to structural portions of the body. Its absorption and its radiation through the body will also strengthen the activities of the structural body itself. (2968-1)

Although Cayce said peanut oil does not turn rancid on the body, any oil can go rancid very quickly in bottles. Therefore, all stock bottles of massage oils should be kept refrigerated, and old bottles replaced with fresh ones. Of course, refrigerated oils must be brought up to body temperature before using them in a massage.

Peanut oil was the most frequently mentioned oil in the Cayce readings, particularly for arthritis (which he said was preventable through its use), and massage along the spine. In 1206-13, he said if peanut oil rubs were given once a week, one would never develop rheumatism.

## **Nujol**

Nujol, also called Russian White Oil, Usoline, or mineral oil, is found in readings recommending formulas for paralysis, injured ligaments, leg and foot pain, muscular sprain, strains, and backache.

Q-4. Please give me something that will ease my back.

A-4. This is a very good specific:

To 1 ounce of Olive Oil, add:

Russian White Oil, 2 ounces,

Witch hazel, 1/2 ounce,

Tincture of Benzoin, 1/2 ounce,

Oil of Sassafras, 20 minims,  
Coal Oil, 6 ounces.

It'll be necessary to shake this together, for it will tend to separate; but a small quantity massaged in the cerebrospinal system or over sprains, joints, swellings, bruises, will take out the inflammation or pain. (326-5) (Gladys Davis Turner's note indicates that the same rub was suggested in 243-18, which followed the reading above.)

### **Cocoa Butter**

Cocoa butter is advised instead of oils for massage of infants and children, to prevent stretch marks in pregnancy, during weight loss, and sometimes for spinal massage of the cerebrospinal nervous system in adults.

Each evening, then, when preparing the body for bed, we would massage the spine—gently, not deeply but gently—with all the Glyco-Thymoline the body will absorb.

Each morning, just after the bath, massage with Cocoa Butter; ALWAYS AWAY FROM THE HEAD, in a gentle circular motion, on either side of the spine; from the base of the brain DOWNWARD to the 9th dorsal, and then from the end of the spine UPWARD to the 9th dorsal, see? (2999-1)

Each evening, then, we would apply this: Take a small quantity of cocoa butter—an ounce of same. To this we would add Oil of Cedar 10 minims, Oil of Sassafras 5 minims. Massage this thoroughly together, see, or mix or stir. Then use a small quantity to massage the whole cerebrospinal system, especially over the area of the 8th and 9th dorsal, and the sacral and lumbar area—see? (357-1)

### **Castor Oil**

Castor Oil is a very stable oil which does not turn rancid easily. It is not used for a general massage because it is too thick to rub over large areas. However, equal parts of castor oil, olive oil, and peanut oil make an excellent mixture for general massage. Castor oil alone, used with an infrared heat lamp for 15-20 minutes, can be used on a local specific area for muscular or joint pain, arthritis, and rheumatism.

In the Middle Ages, castor oil was known as “Palma Christi,” or “Palm of Christ,” because it was so helpful and healing. Cayce endorsed castor oil packs as a home remedy for all kinds of problems: lymph flow; inflammation; congestion; adhesions; constipation; gallbladder, liver, kidney, and pelvic disorders; muscle spasms; chronic muscle contractions; and back pain.

### CASTOR OIL PACKS

To make a pack, measure two to three thicknesses of washed and dried wool flannel or cotton flannel to fit over the area desired, then soak with prewarmed castor oil and apply to the body. Enclose a heating pad in plastic (or put plastic over the castor oil pack) to protect it and place over the castor oil pack, where it should remain for one to two hours.

An abdominal pack from ribs to groin, over the colon, is applied cyclically: three days on, then four days off for two to three weeks. Do not use the packs when fasting or menstruating. In the following reading, Cayce advocates using the pack two or three days apart.

First then, begin in this manner.

Every two or three days, for an hour to two hours, we would have the Castor Oil Packs over the lower portion of the liver, the gall duct, the lacteal duct, and extending to the caecum area; that is, those portions where there have been the disturbances as indicated through an engorgement of the colon itself. In these Castor Oil Packs we would use three to four thicknesses of flannel, as hot as the body can stand. These would be taken two or three days apart, for an hour at the time.

When the massage is given with the oils, let it be especially over the diaphragm area. The effect of the Castor Oil Poultice or the Castor Oil Pack is to loosen the adhesion, see? but the rubs over the area should not be too severe. All of these may be done at home. (1055-1)

If it is used for muscle spasms, it can be applied twice a day for one and a half hours.