

WHERE TO APPLY OILS

WE HAVE RECEPTORS ALL OVER OUR BODY. JUST LIKE YOU HAVE TASTEBUDS THAT SEND A SIGNAL TO YOUR BRAIN IF SOMETHING IS DELICIOUS.

WE OFTEN APPLY TO THE SPOT ON OUR BODY THAT NEEDS THE SUPPORT. OR YOU APPLY AN OIL WHERE YOUR SKIN IS THINNEST OR THICKEST DEPENDING ON THE OIL YOU ARE USING. OUR SKIN IS THE THINNEST ON OUR ABDOMEN, SO SLEEP SUPPORTING OILS ARE GREAT FOR THERE. OR WANT TO TRY A NEW OIL? START WITH THE THICKEST SKIN- YOUR FEET!



head

APPLY TO FOREHEAD TO RELAX AND TO TEMPLES TO SOOTHE ANY HEAD TENSION (EXAMPLE- PEPPERMINT, M-GRAIN)

neck

APPLY TO NECK FOR CALMING SENSATION. (EXAMPLE- DEEP RELIEF ROLL-ON, STRESS AWAY)

Shoulders

APPLY TO SHOULDERS TO LET-GO OF ANY TENSION. (EXAMPLE- PEPPERMINT, PANAWAY, WINTERGREEN)

heart

APPLY TO HEART TO PROMOTE FEELING OF TRANQUIL AND FOR EMOTIONAL SUPPORT. (EXAMPLE- RELEASE, FRANKINCENSE, BERGAMOT, VALOR, JOY)

chest

APPLY TO CHEST FOR REFRESHING RESPIRATORY SUPPORT. (EXAMPLE- EUCALYPTUS RADIATA, BREATH AGAIN ROLL-ON, R.C.)

wrists

APPLY TO WRISTS FOR CALMING. (EXAMPLE- LAVENDER, STRESS AWAY ROLL-ON, JASMINE, PEACE AND CALMING ROLL-ON)

abdomen

APPLY TO STOMACH FOR TUMMY SUPPORT, HORMONE SUPPORT AND SLEEP. (EXAMPLE- DIGIZE, DRAGON TIME, PROGESSENCE PLUS, TRANQUIL ROLL-ON)

legs

APPLY TO LEGS FOR SOOTHING AND HEALTHY LOOKING SKIN. (EXAMPLE- TEA TREE, GERANIUM, GERMAN CHAMOMILE)

knees

APPLY TO KNEES FOR MUSCLE RELIEF AFTER WORKING OUT OR WALKING. (EXAMPLE- COPAIBA, COOL AZUL, PANAWAY)

feet

APPLY TO BOTTOM OF FEET TO SUPPORT SLEEP AND AS A NIGHTTIME CALMING ROUTINE. (EXAMPLE- LAVENDER, CEDARWOOD, TEA TREE, PEACE AND CALMING)