

# Essential Oil Application with REFLEXOLOGY

## For Bigs...

**dōTERRA**  
Independent Product Consultant  
**Reflex Feet Chart & Oil Use Guide**

**Right Foot**

- Outer Ankle— Ovaries or Testes
- Inner Ankle— Uterus or Prostate
- Ovaries: Rosemary, Geranium, Whisper, Basil, Ylang Ylang
- Testes: Rosemary, Clary Sage, Geranium, Lavender, Sandalwood
- Nerves: Helichrysum, Lemongrass, Clove, Geranium, Peppermint, Roman Chamomile

**Left Foot**

- Outer Ankle— Ovaries or Testes
- Inner Ankle— Uterus or Prostate
- Uterus: Frankincense, Lemon, Clary Sage, Myrrh, Geranium
- Prostate: Helichrysum, Frankincense, Immortelle, Cypress, AromaTouch

**1 Brain, Pineal, & Pituitary**  
Frankincense, Immortelle, Melissa, Patchouli, Sandalwood, Clove, Myrrh

**2 Parathyroid**  
Frankincense, Rosemary, Immortelle, Vetiver, Clove

**3 Thyroid**  
Clove, Frankincense, Immortelle, Lemongrass

**4 Thymus**  
Cassia, Melaleuca, On Guard, Rosemary, Thyme

**5 Pancreas**  
Frankincense, Rose, Cypress, Lemongrass, Marjoram, Ylang Ylang, Cinnamon/Cassia

**6 Stomach**  
Digest Zen, Ginger, Oregano, Peppermint, Wild Orange

**7 Small Intestine**  
Digest Zen, Ginger, Oregano, Peppermint, Wild Orange

**8 Kidney**  
Rosemary, Lemongrass, Thyme, Cassia, Geranium, Grapefruit, Citrus Oils

**9 Spine**  
AromaTouch, Melaleuca, Wintergreen, White Fir, Balance

**10 Descending Colon**  
AromaTouch, Deep Blue, Birch/Wintergreen, Past Tense, Peppermint, Ginger, Helichrysum

**11 Transverse Colon**  
Digest Zen, Lemon, Lemongrass, Peppermint, Slim & Sassy

**12 Bladder**  
Cassia, On Guard, Purify

**13 Adrenal**  
Rosemary, Basil, Clove, Citrus Oils

**14 Lung**  
Breathe, Eucalyptus, White Fir, Melissa, Rosemary, Thyme

**15 Appendix**  
On Guard, Purify

**16 Gallbladder**  
Geranium, Rosemary, Helichrysum, Lavender, Citrus Oils

**17 Liver**  
Geranium, Frankincense, Zencrine, Citrus Oils, Slim & Sassy

**18 Heart**  
Frankincense, Rose, Cypress, Lemongrass, Marjoram, Ylang Ylang, Cinnamon/Cassia

**19 Shoulder**  
AromaTouch, Birch/Wintergreen, Lemongrass, Deep Blue, Past Tense

**20 Ears**  
Helichrysum, Basil, Melaleuca, Frankincense, Lavender

**21 Eyes**  
Clary Sage, Frankincense, Helichrysum, Immortelle, Lavender

**22 Sinus**  
Breathe, Melissa, Eucalyptus, Peppermint, Rosemary

**23 Sciatic Nerve**  
AromaTouch, Deep Blue, Birch/Wintergreen, Past Tense, Peppermint, Ginger, Helichrysum

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Generally, the younger the skin, the more sensitive the skin. Pregnant mothers also tend to have more sensitive skin...and that spells...dilute, dilute, dilute. Littles need less essential oils than bigs, and bigs need less dilution.

Dilute 'warm' or 'hot' oils by applying a thin layer of carrier (I like coconut oil) to the bottoms of the feet - just enough to coat the skin and prevent irritation. If you feel any tingling or discomfort, add a little more and it will subside.

Then, add essential oil drops to your palm, Dip your fingertips into the drops and apply to the desired reflexology points.

*\*'Hot' oils can cause a warming or tingling sensation when applied, especially undiluted. Most common are Cassia, Cinnamon Bark, Clove, Oregano, and Thyme. Many people can apply 'Warm' or 'Sensitive' oils (like Peppermint or Wintergreen) without dilution, but for those with sensitivity, dilute with a little carrier before applying topically.*

## ...and littles



### dōTERRA for BABIES

**COLIC**  
marjoram, bergamot, ylang ylang

**CRADLE CAP**  
lemon, geranium

**DIAPER RASH**  
lavender

**EARACHE**  
melaleuca, lavender, Roman chamomile,

**FEVER**  
lavender, peppermint

**CROUP**  
marjoram, thyme, sandalwood

dilute as recommended. for more information please visit:

111 Heaven Scent