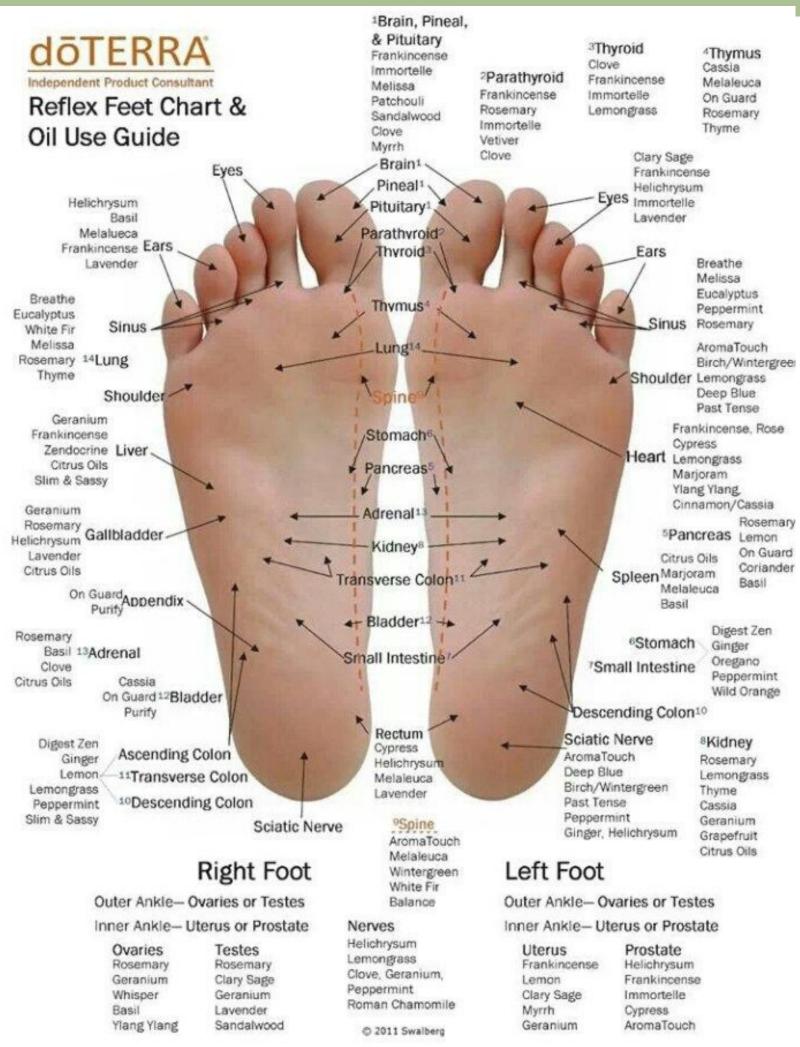
Essential Oil Application with REFLEXOLOGY

For Bigs...



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 (1 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



)ilo) (marjoram, bergamot, ylang ylang

»Diaper rash lavender

fever lavender, peppermint

Cradie (ap)

lemon, geranium

mearache

melaleuca, lavender, Roman chamomile,

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marjoram, thyme, sandalwood

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dilute as recommended. for more information please visit:

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