

WHERE TO APPLY ESSENTIAL OILS ON YOUR BODY



HEAD

PEPPERMINT
M-GRAIN™
TRANQUIL™ ROLL-ON

Apply Tranquil to the forehead and temples to soothe and relax.

NECK

DEEP RELIEF™ ROLL-ON
JOY™
STRESS AWAY™

Rub Deep Relief onto the back of the neck for a soothing and cooling sensation.

SHOULDERS

PEPPERMINT
PANAWAY™
WINTERGREEN

Massage Peppermint on the neck and shoulders for a cooling experience.

HEART

RELEASE™
FRANKINCENSE
BERGAMOT

Apply Frankincense over the heart during prayer or meditation to promote feelings of tranquility.

CHEST

EUCALYPTUS RADIATA
BREATHE AGAIN™ ROLL-ON
R.C.™

Apply Breathe Again to the chest and inhale for a refreshing respiratory experience.

WRISTS

LAVENDER
STRESS AWAY™ ROLL-ON
JASMINE

Apply Lavender to the wrists for its calming properties.

ABDOMEN

DIGIZE™
FENNEL
DRAGON TIME™

Apply Dragon Time to the abdomen for a gentle, relaxing massage.

LEGS

MELALEUCA
GERANIUM
GERMAN CHAMOMILE

Apply Geranium to legs to maintain healthy-looking skin.

KNEES

COPAIBA
COOL AZUL™
PANAWAY®

Massage Copaiba into muscles after exercise.

FEET

LAVENDER
CEDARWOOD
TEA TREE

Rub Cedarwood into the bottoms of feet as part of a nighttime routine.