GUIDE TO -

Using Essential Oils Topically

Temples





HELPS: Stress, nausea, motion sickness, insomnia, headaches





Outside of Ears



Lavender Juniper







Shoulder



Ylang ylang Clove Wintergreen HELPS: Shoulder and joint pain

Chest





Eucalyptus Peppermint Lemon

HELPS: Chest congestion, coaghs, asthma, bronchitis





Ylang ylang Bergamot HELPS: Depression, high blood pressure,

Wrists

Abdomen





Ylang ylang Bergamot

HELPS: Depression. high blood pressure, stress







Basil





Lemongrass Myrrh

Base of Big Toe





HELPS: Metabolism, thyroid and pituitary gland

Heels



Clary sage Myrtle

HELPS: Ovaries and



Essential Oil Usage Guide

Ying-Ying Zheng



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