









An Essential Oils Application Technique

A step-by-step reminder chart

 Grounding Blend  Lavender	<p>Back</p> <p>Apply Heart Connect</p> <p>Apply Slide Zones Ear</p>	<p>Hello</p> <p>Stress Management</p> <p>Reduce chronic stress</p>
 Melaleuca  Protective Blend	<p>Back</p> <p>Apply Slide Zones</p> <p>Apply Slide Zones Thumb Walk</p>	<p>Immune Support</p> <p>Strengthens the immune system</p>
 Massage Blend  Soothing Blend	<p>Back</p> <p>Apply Slide Zones</p> <p>Apply Slide Zones Thumb Walk</p>	<p>Inflammatory Response</p> <p>Unchecked inflammation increases chronic illnesses</p>
  Wild Orange & Peppermint Layer together with Wild Orange first	<p>Left foot</p> <p>Apply Regions Zone Walk Zone Pull</p> <p>Right foot</p> <p>Apply Regions Zone Walk Zone Pull</p> <p>Back</p> <p>Apply Slide</p>	<p>Homeostasis</p> <p>Proper homeostasis maintains balance in the autonomic nervous system</p>
<p>Feet</p> <p>Lymphatic Rock</p> <p>Back</p> <p>Heart</p>	<p>Lymphatic Movement</p> <p>Goodbye</p>	<div style="border: 1px solid black; height: 100px; width: 100%;"></div> <p>Contact information</p>