

Foot Reflexology Chart & Oil Use Guide

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

2Parathyroid
 Frankincense
 Rosemary
 Immortelle
 Vetiver
 Clove

3Thyroid
 Clove
 Frankincense
 Immortelle
 Lemongrass

4Thymus
 Cassia
 Melaleuca
 On Guard
 Rosemary
 Thyme

Clary Sage
 Frankincense
 Helichrysum
 Immortelle
 Lavender

Breathe
 Eucalyptus
 White Fir
 Melissa
 Rosemary¹⁴
 Thyme

Breathe
 Melissa
 Eucalyptus
 Peppermint
 Rosemary

Helichrysum
 Basil
 Melaleuca
 Frankincense
 Lavender

AromaTouch
 Birch/Wintergreen
 Lemongrass
 Deep Blue
 PastTense

Geranium
 Frankincense
 Zendocrine
 Citrus Oils
 Slim & Sassy

Frankincense, Rose
 Cypress, Solace
 Lemongrass
 Marjoram
 Ylang Ylang
 Cinnamon/Cassia

Geranium
 Rosemary
 Helichrysum
 Lavender
 Citrus Oils

Rosemary
 Lemon
 On Guard
 Coriander
 Basil

Rosemary
 Basil¹³
 Clove
 Citrus Oils

DigestZen
 Ginger
 Oregano
 Peppermint
 Wild Orange

Cassia
 On Guard¹²
 Purify

Descending Colon¹⁰

DigestZen
 Ginger
 Lemon
 Lemongrass
 Peppermint
 Slim & Sassy

Sciatic Nerve

9Spine
 AromaTouch
 Melaleuca
 Wintergreen
 White Fir
 Balance

Sciatic Nerve
 AromaTouch
 Deep Blue
 Birch/Wintergreen
 PastTense
 Peppermint
 Ginger, Helichrysum

8Kidney
 Rosemary
 Lemongrass
 Thyme
 Cassia
 Geranium
 Grapefruit
 Citrus Oils

Right Foot

Outer Ankle— Ovaries or Testes
 Inner Ankle— Uterus or Prostate

Ovaries
 Rosemary
 Solace
 Whisper
 Basil
 Ylang Ylang

Testes
 Rosemary
 Clary Sage
 Geranium
 Lavender
 Sandalwood

Nerves

Helichrysum
 Lemongrass
 Clove, Geranium,
 Peppermint
 Roman Chamomile
 Solace

Left Foot

Outer Ankle— Ovaries or Testes
 Inner Ankle— Uterus or Prostate

Uterus
 Frankincense
 Lemon
 Clary Sage
 Geranium
 Solace

Prostate
 Helichrysum
 Frankincense
 Immortelle
 Cypress
 AromaTouch