

How to use essential oils on the body

Temples or back of neck

lavender, basil, peppermint for stress, nausea, motion sickness, insomnia, headaches

Outside of ears

* juniper for tinnitus
* lavender, basil, cajeput for earache, swimmer's ear

Behind ears

* peppermint, lemon, eucalyptus for headaches, dizziness, anxiety, fatigue
* lavender, chamomile for insomnia

Shoulders

* ylang ylang, clove for shoulder or joint pain

Over heart

ylang ylang, bergamot for depression, stress, high blood pressure

Chest

* eucalyptus, peppermint, lemon for chest congestion, coughs, bronchitis, asthma

Abdomen

* clary sage for menstrual cramps
* peppermint, ginger, fennel for digestive issue, nausea

Heels

* clary sage for ovaries and reproductive system

Wrists

* vetiver, basil, lemongrass, myrrh for carpal tunnel syndrome

Inner arch

* marjoram, cypress for back pain
* clove, grapefruit, rosemary for kidneys, adrenal glands

Sole of foot

* peppermint, eucalyptus, lemon for asthma, bronchitis, coughs
* ylang ylang, bergamot for heart, high blood pressure

Outer arch

* grapefruit, juniper, lemongrass for colon, bladder and liver

Bottom of middle toes

* sandalwood, frankincense, clove for breast health

Bottom of big toe

* peppermint, rosemary, lavender for headaches

Base of middle toe

* peppermint, frankincense, chamomile for eye health, eye strain

Base of big toe

* myrrh for metabolism, thyroid, pituitary gland

Base of pinky toe

* ylang ylang, clove for shoulder or joint pain

Bottom of pinky toe

* lemon, lavender, basil for earaches, vertigo

