

Unique, Personalized Aromatherapy Blends for Foot Reflexology Treatment

Reflect on the essential oils that you may already enjoy. If you have specific oils that you really like or if there are oils that have properties that you know you might need, check off 3-5 oils that you would like to consider adding to your personal blend. Send me this worksheet or send me a list of the chosen oils, and we will discuss the oils and mix a personalized blend to use for your next reflexology session.

Support immune system

- Frankincense (*Boswellia carterii*)
- Lavender (*Lavandula angustifolia*)
- Lemon (*Citrus limon*)
- Tea Tree (*Melaleuca alternifolia*)

Emotionally uplifting

- Clary Sage (*Salvia sclarea*)
- Distilled Lime (*Citrus aurantifolia*)

Calming

- Indian Cedarwood (*Cedrus deodara*)
- Roman Chamomile (*Chamaemelum nobile*)
- Clary Sage (*Salvia sclarea*)
- Lavender (*Lavandula angustifolia*)
- Patchouli (*Pogostemon cablin*)
- Ylang Ylang (*Cananga odorata*)

Reduce pain

- Eucalyptus radiata (*Eucalyptus radiata*)
- Frankincense (*Boswellia carterii*)
- Lavender (*Lavandula angustifolia*)
- Peppermint (*Mentha × piperita*)

