

Techniques for self-massage applications:

- **Foot massage:** Your feet have pressure points that correspond to other body spots. By rubbing the soles of the feet with essential oils it may help to release tension.
- **Torso massage:** Rub essential oils into the area above the kidneys for an energy boost.
- **Jaw massage:** Located just below your ear lobe gently rub 1-2 drops of essential oils on the soft spot to release tension.
- **Face massage:** Start with a few drops of essential oils in your hands; rubbing the hands together next cup your face into your hands (the warmth of your hands and breathing of the aroma will create relaxation).
- **Head massage:** Three good spots to rub essential oils 1)in base of the skull 2)at the crown of the head 3) on the temples (in a circular motion).