Reflexology is the application of appropriate pressure to specific points and areas on the feet, hands, or face. Reflexologists believe that the different organs and systems of the body can be mapped to reflex points on these extremities of the body. By applying pressure to the correct spots, a beneficial effect on a person’s health happens elsewhere in the body.

For example, reflexology holds that a specific spot in the arch of the foot corresponds to the kidneys. When a reflexology practitioner uses thumbs or fingers to apply appropriate pressure to this area, it may affect kidney functioning.

Although reflexology is not used to diagnose or cure health disorders, millions of people around the world use it to complement other treatments when addressing conditions of their health.

Reflexology is practiced without the use of oils or lotions and is solely focused on the application of pressure. It can be supplemented and enhanced with follow-up massages and aromatherapy diffusion of essential oils.

The following maps of the hands, feet, and face identify the reflex points and zones with their corresponding organs and systems. The maps also include listings for PURELY™ essential oils that are beneficial in supporting or stimulating the organs and systems associated with each reflex point.

The statements in this guide have not been evaluated by the Food and Drug Administration. These procedures and products are not intended to diagnose, treat, cure or prevent diseases. There is no substitute for a consultation with a competent physician for any matters regarding your health.
REFLEXOLOGY CHART: HANDS

GUEST’S RIGHT HAND

1-HIPS
Wintergreen
Bloc™
Peppermint
Eucalyptus
Helichrysum

2-STOMACH,
SMALL INTESTINE
Rosemary
Grapefruit
Peppermint
DePure8™
Wild Orange
Digeste™
Basil
Black Pepper
Coriander
Marjoram
Myrrh

3-LUNGS
Lemon
OxyZen™
Eucalyptus
Oregano
Thyme
Peppermint
Rosemary
Balsam Fir
Cypress
Myrrh

4-RECTUM
Clove
Lavender
Helichrysum
Frankincense

5-KIDNEY
Rosemary
Lemongrass
DePure8™
Geranium
Juniper Berry
Sinopec #1™
Sinopec #2™
Cypress

6-ADRENAL
Rosemary
Endo-fit™
Clove
Simmer™
Lemongrass

7-SPINE
Peppermint
Bloc™
Wintergreen
Eucalyptus
Lemongrass

8-PANCREAS
Rosemary
Walk the Lime™
Steadfast™
Shield™
DePure8™
Endo-fit™

9-PARATHYROID
Vetiver
Clove
Frankincense
Shield™
Patchouli

10-THYROID
Clove
Shield™
Endo-fit™
Rosemary
Lemongrass
Frankincense
Myrrh

11-BRAIN,
PITUITARY
Vetiver
Wild Orange
Rosemary
Patchouli
Peppermint
Lemon
Sandalwood
Frankincense
Walk the Lime™
Black Pepper
Marjoram

12-EYES
Clary Sage
Frankincense
Helichrysum
Lavender

13-NECK
Bloc™
Lavender
Relaxation™
Wintergreen
Eucalyptus
Helichrysum

14-SCIATIC NERVE
Steadfast™
Wild Orange
Bloc™
Wintergreen
Roman Chamomile
Peppermint

15-APPENDIX
Wild Orange
Cinnamon Bark
Rosemary
Lemongrass

16-COLON
Rosemary
Grapefruit
Garlic
Geranium
DePure8™
Peppermint

17-GALLBLADDER
Geranium
Shield™
Rosemary
Lemon
Helichrysum
Lavender

18-HEART
Prevail™
Ylang Ylang
Steadfast™
Frankincense
Vetiver
Clove
Lemongrass

19-LIVER
Grapefruit
Garlic
Geranium
DePure8™
Helichrysum
Wild Orange
Cypress

20-SPLEEN
Grapefruit
Wild Orange
Sinopec #1™
Sinopec #2™

21-SHOULDER
Bergamot
Lavender
Lemongrass
Walk the Lime™

22-EARS
Helichrysum
Vetiver
Lavender
Walk the Lime™
Frankincense
Wintergreen
Lemongrass

23-SINUS
OxyZen™
Spearmint
Eucalyptus
Prevail™
Peppermint
Rosemary
Balsam Fir
Cypress
Sweet Fennel

GUEST’S LEFT HAND

19-LIVER
Grapefruit
Garlic
Geranium
DePure8™
Helichrysum
Wild Orange
Cypress

20-SPLEEN
Grapefruit
Wild Orange
Sinopec #1™
Sinopec #2™

21-SHOULDER
Bergamot
Lavender
Lemongrass
Walk the Lime™

22-EARS
Helichrysum
Vetiver
Lavender
Walk the Lime™
Frankincense
Wintergreen
Lemongrass

23-SINUS
OxyZen™
Spearmint
Eucalyptus
Prevail™
Peppermint
Rosemary
Balsam Fir
Cypress
Sweet Fennel

1-LIVER
Grapefruit
Garlic
Geranium
DePure8™
Helichrysum
Wild Orange
Cypress

20-SPLEEN
Grapefruit
Wild Orange
Sinopec #1™
Sinopec #2™

21-SHOULDER
Bergamot
Lavender
Lemongrass
Walk the Lime™

22-EARS
Helichrysum
Vetiver
Lavender
Walk the Lime™
Frankincense
Wintergreen
Lemongrass

23-SINUS
OxyZen™
Spearmint
Eucalyptus
Prevail™
Peppermint
Rosemary
Balsam Fir
Cypress
Sweet Fennel

1-SCIATIC NERVE
Shield™
Walk the Lime™
Purify™

14-HIPS
Wintergreen
Bloc™
Peppermint
Eucalyptus
Helichrysum

2-STOMACH,
SMALL INTESTINE
Rosemary
Grapefruit
Peppermint
DePure8™
Wild Orange
Digeste™
Basil
Black Pepper
Coriander
Marjoram
Myrrh

3-LUNGS
Lemon
OxyZen™
Eucalyptus
Oregano
Thyme
Peppermint
Rosemary
Balsam Fir
Cypress
Myrrh

4-RECTUM
Clove
Lavender
Helichrysum
Frankincense

5-KIDNEY
Rosemary
Lemongrass
DePure8™
Geranium
Juniper Berry
Sinopec #1™
Sinopec #2™
Cypress

6-ADRENAL
Rosemary
Endo-fit™
Clove
Simmer™
Lemongrass

7-SPINE
Peppermint
Bloc™
Wintergreen
Eucalyptus
Lemongrass

8-PANCREAS
Rosemary
Walk the Lime™
Steadfast™
Shield™
DePure8™
Endo-fit™

9-PARATHYROID
Vetiver
Clove
Frankincense
Shield™
Patchouli

10-THYROID
Clove
Shield™
Endo-fit™
Rosemary
Lemongrass
Frankincense
Myrrh

11-BRAIN,
PITUITARY
Vetiver
Wild Orange
Rosemary
Patchouli
Peppermint
Lemon
Sandalwood
Frankincense
Walk the Lime™
Black Pepper
Marjoram

12-EYES
Clary Sage
Frankincense
Helichrysum
Lavender

13-NECK
Bloc™
Lavender
Relaxation™
Wintergreen
Eucalyptus
Helichrysum

14-SCIATIC NERVE
Steadfast™
Wild Orange
Bloc™
Wintergreen
Roman Chamomile
Peppermint

15-APPENDIX
Wild Orange
Cinnamon Bark
Rosemary
Lemongrass

16-COLON
Rosemary
Grapefruit
Garlic
Geranium
DePure8™
Peppermint

17-GALLBLADDER
Geranium
Shield™
Rosemary
Lemon
Helichrysum
Lavender

18-HEART
Prevail™
Ylang Ylang
Steadfast™
Frankincense
Vetiver
Clove
Lemongrass

19-LIVER
Grapefruit
Garlic
Geranium
DePure8™
Helichrysum
Wild Orange
Cypress

20-SPLEEN
Grapefruit
Wild Orange
Sinopec #1™
Sinopec #2™

21-SHOULDER
Bergamot
Lavender
Lemongrass
Walk the Lime™

22-EARS
Helichrysum
Vetiver
Lavender
Walk the Lime™
Frankincense
Wintergreen
Lemongrass

23-SINUS
OxyZen™
Spearmint
Eucalyptus
Prevail™
Peppermint
Rosemary
Balsam Fir
Cypress
Sweet Fennel
### Reflexology Chart: Feet

#### Guest’s Right Foot
- **1-Brain, Pineal, Pituitary**
  - Center™
  - Vetiver
  - Wild Orange
  - Rosemary
  - Patchouli
  - Peppermint
  - Lemon
  - Sandalwood
  - Frankincense
  - Walk the Lime™
  - Black Pepper
  - Marjoram

#### Guest’s Left Foot
- **2-Parathyroid**
  - Vetiver
  - Clove
  - Frankincense
  - Shield™
  - Patchouli

#### 3-Thyroid
- Clove
- Shield™
- Endo·fit™
- Rosemary
- Lemongrass
- Frankincense

#### 4-Spine
- Peppermint
- Block™
- Wintergreen
- Eucalyptus
- Lemon

#### 5-Stomach, Small Intestine
- Rosemary
- Vetiver
- Peppermint
- DePure8™
- Wild Orange
- Digestese™
- Basil
- Black Pepper
- Coriander
- Marjoram
- Myrrh

#### 6-Pancreas
- Rosemary
- Walk the Lime™
- Steadfast™
- Shield™
- DePure8™
- Endo·fit™

#### 7-Adrenal
- Rosemary
- Endo·fit™
- Clove
- Simmer™
- Peppermint
- Lemon

#### 8-Kidney
- Rosemary
- Lemongrass
- DePure8™
- Geranium
- Juniper Berry
- Sinopec #1™
- Sinopec #2™
- Cypress

#### 9-Rectum
- Clove
- Lavender
- Helichrysum
- Frankincense

#### 10-Sciatic Nerve
- Steadfast™
- Wild Orange
- Block™
- Wintergreen
- Peat™

#### 11-Sinus
- OxyZen™
- Spearmint
- Eucalyptus
- DePure8™
- Helichrysum
- Wild Orange
- Cypress
- Sweet Fennel

#### 12-Eyes
- Clove
- Rosemary
- Helichrysum
- Lavender

#### 13-Ears
- Helichrysum
- Vetiver
- Lavender
- Walk the Lime™
- Wintergreen
- Lemongrass
- Peet™

#### 14-Shoulder
- Relaxation™
- Bergamot
- Lavender
- Helichrysum
- Wild Orange
- Lemon

#### 15-Liver
- Grapefruit
- Geranium
- Frankincense
- DePure8™
- Helichrysum
- Wild Orange
- Cypress
- Rosemary

#### 16-Gallbladder
- Geranium
- Shield™
- Rosemary
- Lemon
- Helichrysum
- Lavender

#### 17-Colon
- Rosemary
- Grapfruitfruit
- Digestese™
- DePure8™
- Peppermint
- Sinopec #1™
- Sinopec #2™

#### 18-Appendix
- Wild Orange
- Cinnamon Bark
- Clove
- Eucalyptus
- Helichrysum
- Rosemary

#### 19-Ovaries
- Bergamot
- Clary Sage
- Geranium
- Ylang Ylang

#### 20-Testes
- Rosemary
- Clary Sage
- Geranium
- Lavender
- Sandalwood

#### 21-Heart
- Preval™
- Ylang Ylang
- Steadfast™
- Frankincense
- Vetiver
- Clove
- Lemongrass
- Cinnamon Bark
- Marjoram

#### 22-Spleen
- Grapefruit
- Wild Orange
- Sinopec #1™
- Sinopec #2™
- Cypress

#### 23-Lungs
- Lemon
- OxyZen™
- Eucalyptus
- Oregano
- Thyme
- Peppermint
- Rosemary
- Balsam Fir
- Cypress
- Myrrh

**NOT SHOWN**
- Inner Ankle
- Uterus
- Prostate

**Essentially Conscious**
- Purely
- Visit BEPURE.LY

**Live Purely**
REFLEXOLOGY CHART: FACE

Before applying any essential oils to your face, please ensure they are properly diluted in a carrier appropriate for facial use. Be sure to test for sensitivity in a small area prior to full use.

REFLEX POINTS ARE MIRRORED ON BOTH SIDES OF THE FACE

1-BLADDER
Rosemary
Lemongrass
Depure™
Geranium
Juniper Berry
Sinopec #1™
Sinopec #2™
Cypress

2-GALLBLADDER
Geranium
Shield™
Rosemary
Lemon
Helichrysum
Lavender

3-LIVER
Grapefruit
Geranium
Frankincense
DePure™
Helichrysum
Wild Orange
Cypress
Coriander

4-KIDNEY
Rosemary
Lemongrass
Depure™
Geranium
Juniper Berry
Sinopec #1™
Sinopec #2™
Cypress

5-STOMACH
Rosemary
Grapefruit
Peppermint
DePure™
Wild Orange
Digestez™
Basil
Black Pepper
Coriander
Marjoram
Myrrh

6-SPLEEN
Grapefruit
Wild Orange
Sinopec #1™
Sinopec #2™

7-PANCREAS
Rosemary
Walk the Lime™
Steadfast™
Shield™
DePure™
Endo-fit™

8-HEART
Prevail™
Ylang Ylang
Steadfast™
Frankincense
Vetiver
Clove
Lemongrass
Cinnamon Bark
Marjoram

9-LUNGS
Lemon
OxyZen™
Eucalyptus
Oregano
Thyme
Peppermint
Rosemary
Balsam Fir
Cypress
Myrrh

10-SMALL INTESTINE
Rosemary
Grapefruit
Peppermint
DePure™
Wild Orange
Digestez™
Basil
Black Pepper
Coriander
Marjoram
Myrrh

11-COLON
Rosemary
Grapefruit
DePure™
Wild Orange
Digestez™
Basil
Black Pepper
Coriander
Marjoram
Myrrh

12-ENDOCRINE SYSTEM
Clove
Endo-fit™
Frankincense
Shield™
Rosemary
Lemongrass
Coriander

13-REPRODUCTIVE SYSTEMS
UTERUS
Clary Sage
Frankincense
Geranium
Lemon
Simmer™

OVARIES
Bergamot
Clary Sage
Lemongrass
Simmer™
Ylang Ylang

PROSTATE
Cinnamon Bark
Frankincense
Helichrysum
Sandalwood

TESTES
Rosemary
Clary Sage
Geranium
Lavender
Sandalwood

PURELY™ essentially conscious visit BEPURE.LY LIVE PURELY