

How to Guide Using Your Meridian and Chakra Essential Oils

neurotouch.co.nz paige@neurotouch.co.nz 027 766 2511

What your Practitioner may do: Essential Oils

FIRST Check that the person using the oils has no allergies or skin sensitivities; if they do have sensitive skin, use on the bottom of the feet.

Using during a treatment:

- You can place a drop or a small roll into the persons palms to inhale during the session (alternatively spray in the air - only with 10ml bottles).
- You can place on the main weakened meridian start and end points
- Roll along their wrists.

After treatment:

- Same as above
- Deep breaths, inhale through hands for 60 seconds following a session

To assist in Healing and Recovery:

- Your practitioner may recommend you Buy a 10ml Roller blend from website
- Defuse a blend (special order message Paige)



Safety and Storage

FIRST Be sure that you have no allergies or sensitivities. It is recommended to do a patch text first.

- Store in a cool dry place
- Do not place around other substances that can be sensitive to aromas
- Store separately from other oils to ensure long self life and minimise effects and antidoting
- Use within 12 months



What you can do: Essential Oils

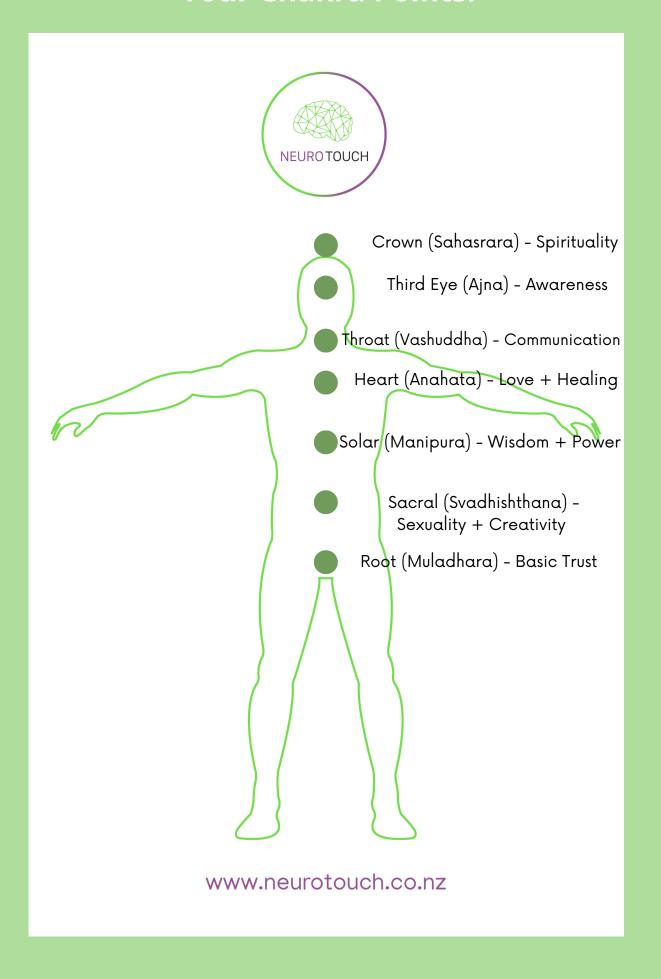
FIRST Be sure that you have no allergies or sensitivities. It is recommended to do a patch text first.

Where to use your oil:

- You can place a drop or a small roll into your wrist and rub together.
- You can place on your big toe and rub your toes together - why? Works with your hormones and brain connects automatically.
- Use on recommended meridian start and end points or an oil specifically for your meridians
- Use around your chakra locations or an oil specifically for your chakras
- Place in the palms and deep breath for 30 60 seconds. It takes up to 22 seconds for the aroma to work on the neural pathways in your brain



Your Chakra Points:



Your Meridian Insertion Points:

