

# Face Reflex Points & Bodily Organs by Danielle Huard

Discover the reflex points of the face that correspond to the different body systems and their respective organs. With this knowledge, you will be able to take care and treat your body weaknesses with the appropriate essential oils.

**Before reading the diagram below, I recommend following these indications for a better understanding.**

**Left** (reflex points with numbers identification)

Numbers represent points that are connected to different organs.

These specific areas are the points to be stimulated with the recommended essential oils.

Note that all the identified body organs in that diagram on the left side are the same spots to be stimulated on the right side.

**Right** (reflex points with letters identification)

Letters represent points that are connected to different body weaknesses that commonly occur. These specific spots are the points to be stimulated with recommended essential oils for the right treatment.

Note that all the identified body weaknesses in the diagram on the right side are the same spots to be stimulated on the left side.

## *How to read the reflex points*

### Indicated numbers

1. Digestive Syst. - Gall Bladder
2. Urinary Syst. -Bladder
3. Digestive & Endocrine Syst. - Liver
4. Digestive Syst. - Stomach
5. Urinary Syst. - Kidneys
6. Endocrine Syst. - Thyroid Gland
7. Cardiovascular Syst. - Heart
8. Digestive Syst. - Colons
9. Respiratory Syst. - Lungs
10. Immune Syst. - Spleen
11. Digestive Syst. - Intestines

### Indicated letters

- A. Hemorrhoids - Intestines
- B. Emotions
- C. Menstruations - Fallopian Tube - Uterus
- D. Pancreas
- E. Liver
- F. Sinus
- G. Constipation
- H. Sexuality - Extreme Tiredness - Burnout
- I. Ovarian Imbalance
- J. Large Intestine

## Bodily organs

Heart	see 7
Colon	see 8
Stomach	see 4
Liver	see 3
Thyroid Gland	see 6
Intestines	see 11
Lungs	see 9
Spleen	see 10
Kidneys	see 5
Gall Bladder	see 1
Bladder	see 2

## Body weaknesses

Constipation	see G
Ovarian Imbalance	see I
Emotions	see B
Extreme Tiredness - Burnout	see H
Liver	see E
Large Intestine	see J
Hemorrhoids	see A
Intestines	see A
Menstruations	see C
Pancreas	see D
Sexuality	see H
Sinus	see F
Fallopian Tube	see C
Uterus	see C

Reflexology - Young Living Oils to support the body system.

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These oils can be placed on the reflex points of the **feet** to support the organs reflected in the face mapping

Body System:	Oils:
Respiratory	Raven, RC, Eucalyptus
Skeletal	Panaway, Valor, Raindrop
Muscular	Relieve it, Basil, Aroma Seize
Digestion	DiGize, Peppermint
Liver/gallbladder	Juva Flex, Release
Endocrine	Endoflex, Lady Sclerol, Dragon Time
Immune system	Thieves, Frankincense, Purification
Urinary	Juniper, Melrose, Lemon , K& B
Nervous	Peace & calming, lavender
Circulatory	Aroma life