

Footsie Tootsie Party

Pictorial Instructions

By Chris Anderson

There is a separate handout with the text of what to say at a Footsie Tootsie Party.

This pictorial presentation is provided to show you step by step how to actually do the foot message part of the Footsie Tootsie Party.

One of the most important things you can learn in sharing essential oils with your guests is to learn to say, "I DON'T KNOW BUT I WILL FIND OUT". Almost anything you could want to know can be found in the pocket desk reference or the Essential Oils Desk Reference by Life Science Publishing.



You will find it helpful to make or purchase some kind of oil holder to keep the oils in the order you are going to apply them.



About one hour before the party starts, set the oven to 350 degrees



You will need two hand towels for each guest. Get them soaking wet.



The towels should be approximately 18 X 28 or 16 X 30 in size.

Stack the towels on a cookie sheet so you can place them in the oven to get hot.



When it is time to apply the oils, have the first guest remove their shoes. You will want to sit on the floor in front of the guest as you put the oils on their feet. It will also be helpful to put a towel on your lap so no oils get on your clothes.



Before you start applying the oils, use a sanitary hand wipe like Handy Wipes on each foot.



Apply V6 Carrier Oil to each foot before you start putting on the essential oils. Rub the oil in really well as you begin to give them the foot message.



Apply each of the essential oils as outlined in the instruction handout. You should spend about 2 to 3 minutes applying each oil. You can talk about the oil you are applying as you message it into the feet. It will take you about 15 to 20 minutes to apply all of the oils, depending on how many you use for this session. Give them a good foot message as you apply each oil.



Have someone bring you the first towel from the oven. It is best to use tongs because the towel will be very hot.



When they hand you the towel take it by the edges and hold in the air and shake it a little to cool it down. Do not apply it to their feet until it is cool enough for you to handle with your bare hands.



When the towel is cool enough for you to touch it, fold it in half



then put it under both of their feet.



Place you hand on top of their feet before you fold the towel over the top. This will make sure that you do not wrap it over their feet while it is still too hot.



Once they tell you the heat of the towel is comfortable for them, remove your hand and wrap the towel tightly around both feet.



Ask someone to bring you the next towel. Again take it by the edges and shake it a little until it is cool enough you can touch it with your bare hands.



Place the towel unfolded under both of the guests feet.



Wrap the front of the towel
over the guests toes



Now wrap the rest of the towel tightly around the feet from each side.



Place both feet inside of a plastic bag. This will help hold in the heat and moisture.



Place the guests feet in front of them where they will be comfortable to sit and enjoy the effects of the essential oils.



Move on to the next guest.



If you have a new team member with you that you want to train, have them sit beside you and apply the oils to a 2nd guest at the same time as you apply them to your guest. That way they can just follow what you are doing and learn how to do it themselves.

We have prepared a separate handout giving you instructions on what to say in the presentation of the Footsie Tootsie Party as well as what to say as you apply the oils.

If you have questions please contact me:

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