indrop Technique Young Living

There are health threats all throughout our modern world today. Everyday we are at risk of exposure to toxins, nutrient-poor foods, high stress, & little exercise, etc. Exposure to these risks has lead to a rapidly growing number of long-term health problems in our world today. This is why **the Raindrop Technique was designed, to help bring balance back to the body.** This technique re-establishes proper structural alignment; restores electrical alignment; addresses imbalances in body; can help relieve back, muscle, & joint discomfort; eliminates toxins, & other pathogens; stimulates the nervous system; reduces stress; promotes tissue health; & boosts immune function



Through the Raindrop Technique & the use of Essential Oils, which contain various active compounds that can benefit a wide array of health conditions, health & restoration can be brought to the long-term health problems we face today. **The Raindrop Technique helps bring balance & harmony to the body by combining targeted massage & distinctive energy approaches.** It also includes pure essential oils to create an atmosphere of rejuvenation & immune support.



The Raindrop Technique involves several different parts: -Essential oils are dispensed in small, rain-like drops about 6 inches above the body -Utilizes a variety of massage techniques, including back massage, Vita Flex massage, & heat application

-Essential oils dispose of toxins within the spine, helping its structure return to normal -Brings the body back into structural & electrical alignment

Young Living Raindrop Technique Collection





Essential Oils: Basil, Cypress, Marjoram, Oregano, Peppermint, Thyme, & Wintergreen Essential Oil Blends: AromaSiez<sup>TM</sup> & Valor<sup>TM</sup> Massage Oils: Ortho Ease® & V-6<sup>TM</sup>

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Raindrop Technique for when you are alone

## Directions:

- 1. Use 2-3 drops of **Valor** on your shoulders & wait until you feel a change in energy. Valor aligns the spine
- 2. Put 3 drops of the EO in the palm of your hand
- 3. Circle the oils with the fingers of your opposite hand clockwise 3 times
- 4. Apply to the spine of the foot from the heel to the toe
  - 3 times on each foot with the Vita Flex Technique,
    - Waiting a minute between each oil
- 5. Rub excess oil on to the bottom of your foot
- 6. Repeat the same procedure for each oil in the order listed below

If your hands or feet start to have a burning sensation, use the V-6 Carrier Oil to slow the absorption of the oils





## <u>The Oils</u>

Oregano-Immune Support Thyme-Immune Support Basil-muscle relaxer Cypress-for circulation Marjoram-calming for muscles Wintergreen-for joints Peppermint-drives all the oils deeper into the skin Aroma Siez-muscle recovery & circulation

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