

Young Living Raindrop Technique

Why?

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 led 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

What?

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.

How?

- 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



Contains

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

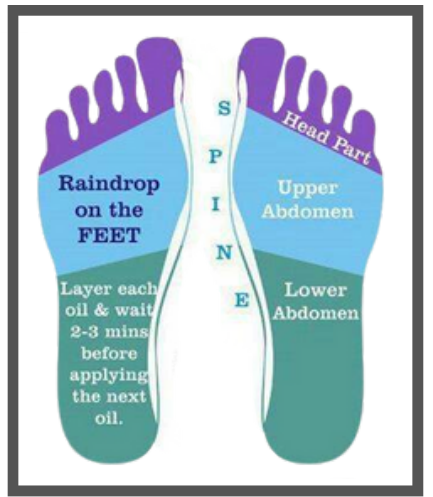
Young Living
Raindrop Technique for when you are alone

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
 - o 3 times on each foot with the Vita Flex Technique,
 - o 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



The Oils

- 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

