



Raindrop Technique



DISCLAIMER

Everyone's body is different and has different things happening within it. Therefore every person will experience this massage technique differently. Recipients may experience fatigue, increased energy, emotional release, or other short-term effects. Be sure to always provide a safe and supportive space for every experience. Because a license is required to perform massage in many states, please check with your state guidelines before performing the Raindrop Technique on individuals outside your family.

Information obtained here is meant for educational and informational purposes ONLY, and to motivate and empower you to make your own wellness journey based on your research and partnership with your healthcare provider. The statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.



What is the Raindrop Technique Massage?

Essential oils are dispensed by the facilitator in a certain order about 6 inches above the receiver's back - like drops of rain. The facilitator will start at the low back then "feather" the oils with the back of the fingers up along the spine, out over the back muscles, and over the shoulders to the neck. The entire procedure takes about 30-45 minutes. However, many recipients feel the benefits of the oils and massage several days after. Subsequent massages may also be needed.

Before we move on, it's important to mention that this massage technique is just ONE way to care for your body. There are many other ways - and this massage will bring about more benefits when combined with regular exercise, a proper diet and water intake, plus sufficient sleep.



So how did this technique come about? D. Gary Young (founder of Young Living Essential Oils) developed this special massage technique based on his research of essential oils and their body-supporting properties, his knowledge of the Vita Flex reflexology technique, and the effect of “feathering” on the muscles and nervous system.

Gary pulled from his experience with the Lakota Indians where he learned about their healing practices. The Lakota people would visit the area of Canada where the Northern Lights were visible. They would face the lights, hold out their hands, and inhale deeply. It was believed that the air they inhaled was charged with healing energy and they would feel that energy pass through their spine and on to affected areas of the body through neurological pathways.

After time, it became difficult for the Lakota people to travel to this area so they began to practice this technique mentally and coupled it with light stroking to facilitate the spread of energy and healing throughout the body.

Gary took this technique of light stroking (also known as “feathering”) and joined it with his beloved essential oils plus his knowledge of Vita Flex. After discovering the incredible effects the Raindrop Technique was born. It became an accepted therapeutic practice in 1989 and has since then been embraced by massage therapists, chiropractors, and other medical professionals around the world for its help with rejuvenation, alignment, and harmony within the body.



So why would you want to experience this special massage technique anyways? I mean, besides feeling super relaxed. Ha! What are the benefits?

Well, massage in itself - even without essential oils - has major benefits! According to [prevention.com](https://www.prevention.com)*, “No matter the type, the benefits of massage really come down to one thing: pressure. ‘The skin is moved during a moderate pressure massage, which results in a calming and slowing of the nervous system,’ says Tiffany Field, PhD, director of the Touch Research Institute at the University of Miami School of Medicine. And that slowing of the nervous system leads to other physiological effects, too, like a decrease in heart rate, lowered blood pressure, and changes in EEG patterns (electrical activity in your brain), says Field.”

Now add in essential oils and the special techniques associated with the Raindrop Technique and boom! You've got quite the experience. It's a safe, non-invasive way to target specific needs of the body via the spine. It promotes health, can help align the body and mind, and can be incredibly balancing and harmonizing for the body.

But why the spine? Check out what the [University of Maryland](#) has to say about the role the spine plays in the body. "The nerve fibers in your spinal cord branch off to form pairs of nerve roots that travel through the small openings (foramina) between your vertebrae. The nerves in each area of the spinal cord connect to specific parts of your body. The nerves of the cervical spine go to the upper chest and arms. The nerves in your thoracic spine go to your chest and abdomen. The nerves of the lumbar spine then reach to your legs, bowel, and bladder. These nerves coordinate and control all the body's organs and parts, and let you control your muscles."

How crazy is that?! It all makes sense now!



Before we dive into the technique itself, we need to discuss some safety and preparation tips. Here are some things to keep in mind...

- The technique should only be used if the facilitator is feeling balanced and focused.
- Both facilitator and receiver should be relaxed and comfortable, wearing appropriate clothing.
- Keep the recipient modest at all times in order to maintain trust and respect.
- Keep fingernails clean, well-trimmed, and free of polish. Remove all jewelry.
- Once contact is made with the receiver the facilitator should maintain a constant physical connection to promote calmness, security, and trust.
- Use caution when working near the spine or applying direct pressure. If redness or skin warming occurs you can apply V-6 Vegetable Oil Complex to dilute the essential oils and reduce the redness or discomfort.
- If essential oils get in the eyes, use V-6 Vegetable Oil Complex to flush, not water.



Before we get into the application process let's chat about what oils you will need to perform or receive a Raindrop massage and WHY you'd want to use them.

- **White Angelica:** helps create a positive atmosphere and inspire feelings of security and optimism (optional)
- **Valor:** balances and aligns the body
- **Oregano:** awakens & cleans the body
- **Thyme:** cleans the body
- **Basil:** releases muscle tension
- **Cypress:** grounding; supports blood flow
- **Wintergreen:** cools and supports muscles
- **Marjoram:** supports muscles
- **Aroma Siez:** helps relax and soothe muscles
- **Peppermint:** promotes greater penetration for the oils previously applied

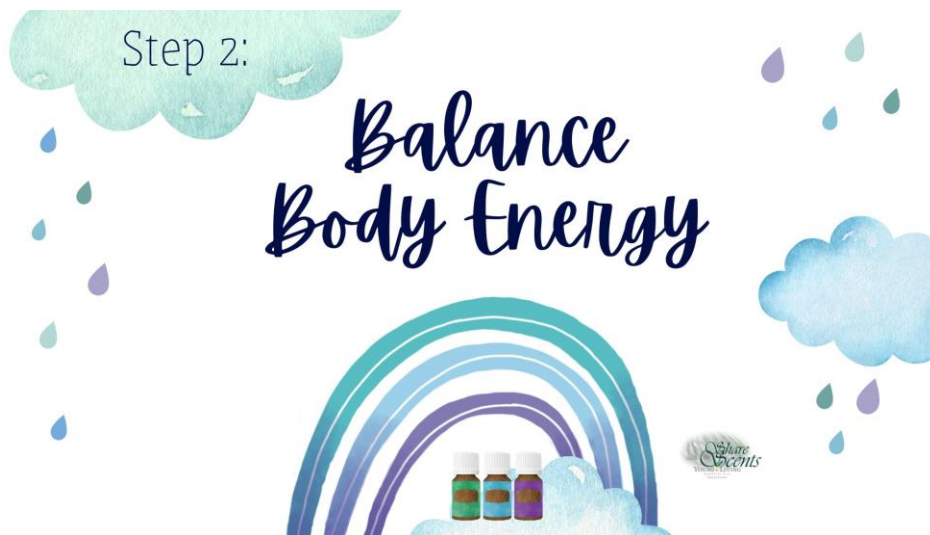
You will also need **V-6 Vegetable Oil Complex** or **Ortho Ease Massage Oil** to complete the massage.



Now it's time to walk through the Raindrop Technique step by step. First up - prepare.

- **Prepare the room.**
 - Create a relaxing setting with soothing music, dimmed lighting, little noise or distractions, and a comfortable room temperature.
 - Set up a massage table and cover it in a sheet or two. A soft, thin blanket may also be used.
- **Set up your supplies.**
 - Make sure to have all your essential oils set out in the order in which you will use them.
 - Valor
 - Oregano
 - Thyme
 - Basil
 - Cypress
 - Wintergreen
 - Marjoram
 - Aroma Siez
 - Peppermint
 - Set out your V-6 Vegetable Oil Complex or Ortho Ease to use during the massage.
- **Prepare the recipient & facilitator.**
 - Have the recipient disrobe to the waist in privacy and remove socks and shoes. Provide a large towel or robe and have him or her lay face up on the massage table.

- Optional: Apply **White Angelica** to your shoulders and enter the room grounded and with a positive attitude.



It is now time to make contact with the recipient. Remember - once contact is made with the receiver the facilitator should maintain a constant physical connection to promote calmness, security, and trust.

1. Prepare the recipient by holding his or her ankles then gently pull, stretch, and shake the legs to release tension.
2. Grab your **Valor** and apply 3-6 drops to the recipient's shoulders and bare feet. Apply 3-6 drops of Valor in the palm of your right hand and rub on the bottom of the recipient's right foot. Next, apply 3-6 drops of Valor to your left hand and rub on the bottom of the recipient's left foot. Hold this position for 3-5 minutes or until you feel a connection of energy.



Now we will move onto incorporating additional oils into the massage and continue with the Vita Flex points. Vita Flex allows for quick absorption and oils through the bottom of the feet and prepares the body for oils on the spine. It is also highly relaxing. The receiver can still be laying on his or her back at this time.

1. **Left Hand:** Grab your **Oregano** and place 2–3 drops onto your left palm, and then circle the fingertips of your right hand around your left palm three times clockwise.
2. **Roll & Release:** Using your right hand, grip the recipient's right foot so that the fingertips rest on the spinal reflex points at the heel while the palm rests on the top of the foot. Roll fingers slowly until nails are flat against the bottom of the recipient's foot, then back to their original position. Repeat along the entire length of the foot's spinal reflex points and off the big toe, moving up about ¼ of an inch each time. End with several of these movements with the index finger on the center pad of the big toe.
3. **Right Hand:** Place 2–3 drops of Oregano in your right palm and circle the palm with your left fingertips in a clockwise, circular motion. Apply this oil with the Roll and Release technique on the left foot using your left hand to grip the foot. Repeat the Roll and Release technique with **Thyme, Basil, Cypress, Wintergreen, Marjoram, and Peppermint**, in that order.



Next up is the spinal application of oils, which includes the feathering and fanning techniques I mentioned earlier. It's a bit longer of a process so hang in there! The receiver will need to turn over and lie on his or her stomach. Again, be sure to provide and respect and privacy as needed. The receiver should place his or her arms comfortably alongside the body. The entire back will need exposed for this part of the massage. The oils here will mirror those used for the Vita Flex application and should be used in the same order.

1. **Feathering:** Apply 2-4 drops of **Oregano** to the spine - from about 6 inches above the skin. Divide the back into three horizontal sections and use your fingernails and fingertips to very gently brush up each section three times, following the length of the spine and alternating hands as you move. Next, divide the back into two equal horizontal sections and repeat feathering strokes in each section. Alternate hands to perform full-length feathering strokes along the entire length of the spine.
2. **Fanning:** Fan each horizontal section of the back three times by gently brushing the fingernails from the spine up and off the sides of the back. Conclude the fanning sequence by gently

brushing the fingernails up from the base of the back, along the entire length of the spine, and up and off the shoulders.

3. Repeat this process using 2-4 drops of **Thyme**.
4. Apply 3-4 drops of **Basil**. Complete the feathering and fanning sequence, followed by the Spinal Tissue Pull technique. Simply place finger pads side-by-side along the spine at the sacrum and complete three small clockwise motions and pull the muscle tissue toward you and then return to the original position. Move up the spine to the neck using this motion. Repeat the Spinal Tissue Pull on the other side of the recipient's back. Complete the step a total of three times on each side, alternating the side each time.
5. Apply 4-6 drops of **Cypress**. Complete the feathering and fanning sequence, followed by the Finger Straddle technique. Simply straddle the spine at the sacrum with the index and middle finger and place the bottom edge of the other hand perpendicular, pinky side down, just below the middle joints of the two straddling fingers. Press down with the straddling fingers and saw back and forth with the top hand while pulling the straddling fingers to the hairline. Once at the base of the skull, use the straddled finger to gently pull toward the head three times. Complete the technique a total of three times.
6. Apply 6-10 drops of **Wintergreen**. Complete the feathering and fanning sequence, followed by the Thumb Roll. Just place both thumbs, 1 inch apart, on either side of the spine at the sacrum. Roll the thumbs so the nails flatten against the bottom of the recipient's back and roll back to the original position with the pads of the thumb on the recipient's back. Continue to roll the thumbs lightly, working up the spine in small increments from the sacrum to the base of the skull. Complete the technique a total of three times.
7. Apply 3-4 drops of **Marjoram** on each side of the back and 3-4 drops on the spine. Complete the feathering and fanning sequence, followed by the Circle Massage technique. For this, place the palms of the hands near the sacrum on the right side of the back. Circle the hands in a firm clockwise motion three times, then move two hand widths up and repeat all the way up to the base of the neck. Complete the technique a total of three times.
8. Apply 3-4 drops of **Aroma Siez** on each side of the back and 3-4 drops on the spine. Distribute with the feather stroke, complete the feathering and fanning sequence, followed by the Palm Slide technique. Simply place both palms on the recipient's back on each side of the spine. One hand should be higher than the other. Slide palms in opposite directions, working up the length of the spine. Complete the technique a total of three times.
9. Apply 3-5 drops of **Peppermint** to the spine. Complete the feathering and fanning sequence.
10. Apply 3-5 drops of **Valor** to the spine. Complete the feathering and fanning sequence.

If at any point the receiver mentions skin discomfort or the skin is reddening too much, place two or three pumps of your V-6 Vegetable Oil Complex or Ortho Ease into your palms and massage it into the receiver's back and shoulders.



Step 5: Finalizing the Massage

As we near the end of the Raindrop massage, the receiver will need to lay face-up while the facilitator holds the sheet to cover his or her torso and legs. The facilitator should sit with his or her shoulders parallel to the recipient's shoulders.

1. Place both hands on the back of the head with the pads of the fingers resting on the base of the skull. The recipient's head should remain on the table.
2. Gently pull the head toward you in a soft rocking motion, so the recipient's entire body moves toward you. Sustain this motion for one minute and then rest for one minute. Repeat this process two more times.
3. *Optional:* Apply **White Angelica** to the recipient's shoulders and then place both hands above the recipient's nose to allow him or her to smell the oil. Allow the recipient to relax for 5-10 minutes.

Be prepared to support the receiver with emotional oils as he or she may have some emotions that surface post-massage. It is important that the receiver drink plenty of water to encourage the detoxification process. The facilitator should drink plenty of water as well.



Wouldn't it be nice to experience the oils from the Raindrop Technique any time you want? Well you can with this easy roller recipe! Simply add the essential oils into an empty 10 ml roller bottle and top with V-6 Vegetable Oil Complex or Ortho Ease. Using this on kids? Go ahead and cut those drops in half or more (based on your child's skin sensitivity) and voila! Roll it on the feet and spine as needed.

Raindrop Roller

- 20 drops Valor
- 10 drops Oregano
- 10 drops Thyme
- 10 drops Basil
- 10 drops Wintergreen
- 10 drops Marjoram
- 10 drops Cypress
- 10 drops Peppermint
- 10 drops Aroma Siez





Remember how I mentioned there was an entire Raindrop Technique collection available? It's such an easy way to grab all the supplies you need to perform this special massage. Take a look...

The Raindrop Technique collection includes:

- Seven Single Oils (5-ml bottles)
 - Thyme
 - Basil
 - Peppermint
 - Oregano
 - Wintergreen
 - Cypress
 - Marjoram
- Two Oil Blends (5-ml bottles)
 - Valor
 - Aroma Siez
- Also Contains
 - 8-oz. Ortho Ease Massage Oil
 - 8-oz. V-6 Vegetable Oil Complex

The Raindrop Technique collection also includes a mini brochure that teaches you how to perform the Raindrop Technique on others.

Don't have an account yet? Shoot me a message and I can hook you up!

[Order Raindrop Collection here](#)



Thank you so much for jumping in here with me and taking a look at what the Raindrop Technique has to offer. I truly believe these oils and products need to be in every home, starting with yours and mine. This wellness lifestyle has been such a blessing and I know it can be for you too.

If you'd like to watch the Raindrop Technique performed from beginning to end go here:

<https://youtu.be/gasJNDne3j0>

A Few Side Notes



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- The statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

- Young Living is no longer using "100% Pure" or "Therapeutic-Grade" coined phrases when speaking about their oils or products due to government regulations; however, you will still find the same premium essential oils you expect from Young Living backed by their Seed to Seal® quality commitment.
- [ShareScents](#)
- Visit my new website and create your free personal profile to get access to all the educational resources to help you learn more about natural wellness.
- You'll get a notification each time something is added to the community pages in the vault. I am always out there looking for some great content and resources to help you along in your wellness journey. This is a place where you can browse at your leisure and find topics that interest you.

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