

# Share Scents News

Essential Oils for Every Day and Every Body

## *Enhance Your Wellness Journey With Raindrop Technique*

### *What is Raindrop Technique ?*

The Raindrop Technique was developed by D Gary Young as a way of applying essential oils to the feet and back. He learned to combine techniques of wellness from the Native Americans. It is easy to learn and anyone can do it.



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### *What are some of the benefits of Raindrop ?*

The Raindrop Technique can be used as a tool to rejuvenate the mind and balance the body. It is a great way to soothe sore muscles and tight tendons. Targeted massage and distinctive energy approaches are also used during Raindrop. It is very supportive to the immune system while having detoxifying benefits.

The atmosphere of spirituality and serenity is also a great benefit.

### *Techniques used during Raindrop*

- 💧 Balance Body Energy
- 💧 Roll and Release
- 💧 Feathering and Fanning
- 💧 Spinal Tissue Pull
- 💧 Feather Straddle
- 💧 Thumb Roll
- 💧 Circle Hand Massage
- 💧 Palm Slide
- 💧 Gentle massage
- 💧 Occiput Pull

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Watch a demonstration <https://www.youtube.com/watch?v=kJJCiN9DhZw&t=44s>





## Raindrop Technique Oils

The beautiful Raindrop Technique kit (pictured above) consists of nine different essential oils plus the V-6 Vegetable Complex and Ortho Ease Massage Oil. Together these oils support many systems of the body and provide an experience that leaves you refreshed and relaxed from head to toe!

### The Nine Oils

#### Valor

- 💧 Helps balance body electricity
- 💧 Stimulates spinal balance
- 💧 Affects the limbic system in a positive way
- 💧 Enhances feelings of confidence, courage and self-esteem

#### Oregano

- 💧 Cleansing to cell receptor sites
- 💧 Warming benefits
- 💧 Has been studied for anti-microbial properties

#### Thyme

- 💧 Immune enhancing
- 💧 Supportive of body's natural defenses
- 💧 Can bring a sense of purpose

#### Basil

- 💧 Relaxing to both voluntary and involuntary muscles
- 💧 Calming and refreshing
- 💧 Mentally energizing and invigorating
- 💧 Benefits sense of taste and smell

#### Wintergreen

- 💧 Minty aroma is stimulating and invigorating
- 💧 Supports joints and skeletal structure
- 💧 More than 80% methyl salicylate which may stimulate the body's own production of natural cortisone
- 💧 Has analgesic properties similar to that of aspirin

#### Marjoram

- 💧 Relaxing to the involuntary and voluntary muscles
- 💧 Soothing to nerves

#### Cypress

- 💧 Can promote a sense of security and grounding
- 💧 Supportive of the circulatory and lymphatic systems
- 💧 Stimulates the body's natural white corpuscle production
- 💧 May help maintain health and wellness

#### Aroma Siez

- 💧 Calming and relaxing
- 💧 Helps relieve tension
- 💧 Relaxes muscles, including tight muscles and spasms of various types

#### Peppermint

- 💧 Supports digestive system, respiratory system and nervous system
- 💧 Invigorates the mind and senses, while inspiring a sense of peace
- 💧 A synergistic oil that supports and improves the beneficial actions of other oils used with it

If you are interested in Raindrop Technique, please contact me for more information.  
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