

The Raindrop Technique Massage

~ at a glance ~

Step 1

Balance energy.
Apply **Valor** on the soles of the feet.

Step 2

Work the remaining **Raindrop oils** into the spinal reflex areas of the feet.

Step 3

Apply 2-4 drops of **Oregano** to the base of the spine and work upwards using the feathering technique.

Step 4

Apply 2-4 drops of **Thyme** to the base of the spine and work upwards using the feathering technique.

Step 5

Apply 3-4 drops of **Basil** to the base of the spine and work upwards using the feathering technique; then take hold of the feet and gently pull to stretch the spine.

Step 6

Apply 4-6 drops of **Cypress** on the spine and feather; then perform the Finger Straddle technique.

Step 7

Apply 6-10 drops of **Wintergreen** on the spine and feather; then perform the Thumb Roll technique.

Step 8

Apply 3-4 drops of **Marjoram** on the back and feather; then perform the Circle Massage technique.

Step 9

Apply 3-4 drops of **Aroma Siez** over the entire back and feather; then perform the Palm Slide technique.

Step 10

Apply 3-5 drops of **Peppermint** to the spine and feather.

Step 11

Apply 3-5 drops of **Valor** to the back and feather.

Note: 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.



Print this on cardstock paper to gift with a roller bottle.



Raindrop Roller

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

Simply add the essential oils into an empty 10 ml roller bottle and top with V-6 Vegetable Oil Complex or Ortho Ease.



Raindrop Roller

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

Simply add the essential oils into an empty 10 ml roller bottle and top with V-6 Vegetable Oil Complex or Ortho Ease.



Raindrop Roller

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

Simply add the essential oils into an empty 10 ml roller bottle and top with V-6 Vegetable Oil Complex or Ortho Ease.



Raindrop Roller

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

Simply add the essential oils into an empty 10 ml roller bottle and top with V-6 Vegetable Oil Complex or Ortho Ease.

Print this on label paper and put on a roller bottle to gift to someone.

