



## RAINDROP TECHNIQUE

Raindrop Technique uses a sequence of essential oils that are immune enhancing, support the body's natural defenses, as well as the circulatory, respiratory, endocrine, digestive, nervous, and other body systems. These oils, which are high in antioxidants, are also mood elevating and antiseptic, creating an unfavorable environment for harmful viruses and bacteria that can hibernate in the body. Essential oils are known to boost stamina and energy, help you relax, help manage stress and frustration and promote overall health, vitality, and longevity. The principal single oils used include:

- Thyme (*Thymus vulgaris*)
- Oregano (*Origanum compactum*)
- Wintergreen (*Gaultheria procumbens*)
- Cypress (*Cupressus sempervirens*)
- Peppermint (*Mentha piperita*)
- Basil (*Ocimum basilicum*)
- Marjoram (*Origanum majorana*)

The oils are dispensed in little drops from a height of about six inches above the back, which is where Raindrop Technique gets its name. They are then massaged along the spine and back muscles. They are also applied to the feet.

The whole process takes about an hour and may continue to work in the body for up to one week following a Raindrop Session, with possible realignment and bodily adjustment taking place during this time.

### 7 BENEFITS OF RAINDROP THERAPY:

**1. Reduces Pain** – Since its development, it is becoming clear that the elements of Raindrop therapy not only reduces chronic back pain but also benefits other body systems. The analgesic ingredients in the essential oils help reduce pain and discomfort.

**2. Helps Relief Stress & Emotional Well-being** Therapeutic essential oils have a normalizing effect on the nervous system making them ideal for reducing stress, anxiety and tension.

The oils can immediately penetrate cell membranes and diffuse through the blood and tissues instantly in a matter of seconds! The oils also cross the brain-blood barrier and effect the limbic system (the Amygdale) parts of the brain that control our mood, behavior and emotions. So if you've lost your "Joie de Vivre" Raindrop therapy will have you smiling and back to your normal self in no time.

**3. Relax Muscles** – Muscles that are sore, spastic or stressed will also benefit from Raindrop Therapy. Basil, wintergreen, marjoram, cypress and peppermint essential oils help with all the common muscle conditions.

**4. Helps Reduce Inflammation** – World wide studies have identified several essential oils as powerful anti-inflammatory agents. These include wintergreen, peppermint and thyme. These essential oils are all used in the Raindrop essential oil body therapy.

**5. Helps Improve Circulation** – Essential oils can be most beneficial in boosting circulation due to oxygenating properties. The essential oils of cypress, thyme, marjoram and peppermint all have properties that increase circulation and act as a circulatory stimulant.

**6 Helps Detox the Body Systems** – The therapeutic oils used in Raindrop therapy are high in phenols hence, cleanse cellular receptor sites and enhance the lymphatic system.

**7. Helps improve Immune function** – Thyme and oregano essential oils are known to support the immune system. They also create an unfavorable environment for harmful viruses and bacteria that can hibernate and lay dormant in the body.

In short, the benefits of this therapy go well beyond the physical benefits. Raindrop can not only help relieve pain and restore immediate physical well-being, but it can set in motion the healing processes that will last for weeks.

"Raindrop Technique is not a cure-all or a magic bullet. A healthy balanced body is the result of a well-rounded program of exercise and proper diet. Health is everything we do, say, hear, see, and eat. The Raindrop Technique is only one tool to help restore balance in the body that will result in good health." (from the Essential Oils Desk Reference")

\*\*\*Recommended Raindrop sessions every week for 6 months to a year, and then every two weeks and then once a month. Continue to have a Raindrop once a month."