

Raindrop TECHNIQUE®





Raindrop Technique®

Raindrop Technique incorporates calming, energizing, and soothing essential oils with traditional massage practices. When Raindrop Technique is performed correctly, application of the pure, Young Living Therapeutic Grade™ essential oils contained in this kit result in energy alignment, stress relief, and the harmonious balance of every system in the body.

Raindrop Technique is the result of combining ancient Lakota wisdom with the latest in essential oil research. By integrating gentle massage sequences with specific essential oils, Young Living has created an experience that balances energy, releases toxins, and facilitates open energy flow throughout the body.

Young Living's Raindrop Technique contains specially selected essential oils and blends, and a DVD with step-by-step instructions.

Performing a Raindrop Technique

Preparation:

1. Create a relaxing setting (cool room, dimmed lighting, soothing music, etc.).
2. Provide a massage table or other comfortable surface for recipient, along with a sheet, hospital gown, or towel for modesty. NOTE: Oils may stain certain fabrics and/or react with vinyl surfaces.
3. Gather two towels and a source of hot water (for compress).
4. Remove all jewelry.
5. Trim and file fingernails; remove nail polish.
6. Enter the space with healthy and positive intentions.
7. Offer recipient plenty of water to flush toxins from the system.
8. Ensure that Raindrop Technique products are within arm's reach.

Please refer to the enclosed DVD for a complete demonstration of the Raindrop Technique.

Performing the Raindrop Technique

Quick Reference Chart

1 Energy Balancing



OILS

Valor blend

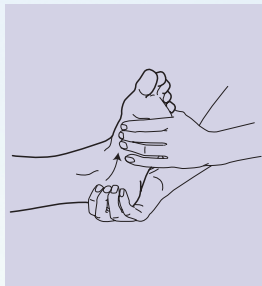
DROPS

6 drops

DESCRIPTION

Dispense oil blend into hands, hold hands on the soles of recipient's feet until you feel a shift in recipient's energy.

2 Vita Flex



OILS

Oregano, thyme, basil (or *balsam fir*), cypress, wintergreen (or *birch*), marjoram, peppermint

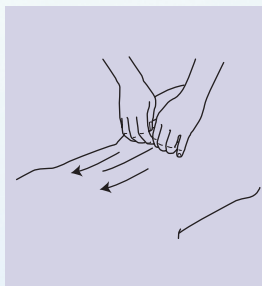
DROPS

6 drops

DESCRIPTION

Apply oils, one at a time, to the spine of each foot using Vita Flex technique. Perform Vita Flex three times. Apply all seven oils to the right foot before moving on to apply all seven oils to the left foot.

3 Feather Stroke



OILS

Oregano, thyme

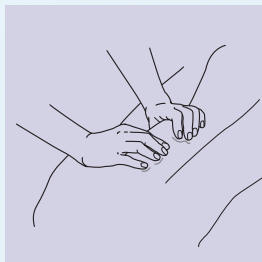
DROPS

2-4 oregano; 3-5 thyme

DESCRIPTION

Starting with oregano, drop oil along the length of the spine. Gently, using six-inch feather strokes, spread the oil along the back. Do this three times. Repeat with thyme. To reduce discomfort, apply V-6 Enhanced Vegetable Oil Complex if needed.

4 Circular Massage



OILS

Basil (or *balsam fir*)

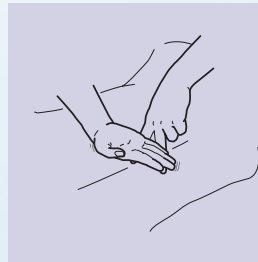
DROPS

6-10 drops

DESCRIPTION

Feather stroke three times up the spine to distribute oil. Place fingers next to spine and using small, circular motions massage all the way up the spine. Massage should be deep tissue. Complete three times on each side.

5 Saw Massage



OILS

Cypress

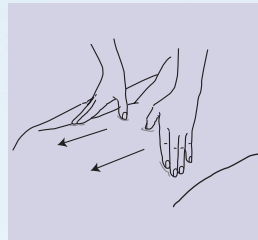
DROPS

6-10 drops

DESCRIPTION

Feather stroke up the spine to disperse oil. Place index and middle finger on either side of the spine. Using other hand, rub the index and middle fingers up the spine using a saw-like motion. Repeat two more times.

6 Thumb Roll Massage



OILS

Wintergreen (or birch)

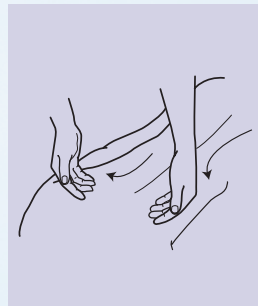
DROPS

6-10 drops

DESCRIPTION

Feather stroke three times to disperse the oil. Place thumbs on either side of vertebrae, slowly move up the spine using Vita Flex technique. Repeat three times.

7 Flare Feather Stroke



OILS

Marjoram, peppermint

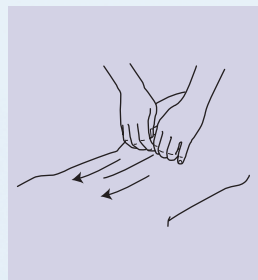
DROPS

6-10 drops

DESCRIPTION

Apply marjoram oil liberally all over the back. Feather stroke three times to disperse. Place hands at the base of the back and feather stroke up about eight inches and then flare off down the sides. Work your way all the way up the back. Repeat three times. Follow with peppermint.

8a Relaxing Massage



OILS

Aroma Siez blend

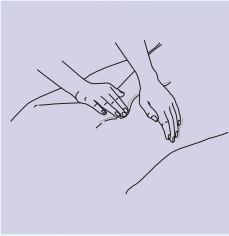
DROPS

15-30 drops

DESCRIPTION

Feather stroke to disperse oil all over the back. With the palms of the hands, move up each side of the back using large, circular massage strokes. Work shoulder and neck area with thumbs. Repeat three times.

8b Relaxing Massage



OILS

V-6 Enhanced Vegetable Oil Complex

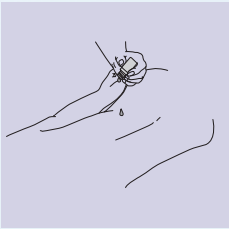
DROPS

As needed to cover back of client

DESCRIPTION

Dispense oil into palms of hand; massage all over back. Then, starting at base of back, massage using alternating horizontal back-and-forth motion. Repeat three times.

9 Energy Balancing



OILS

Valor blend

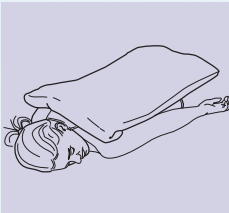
DROPS

10-15 drops

DESCRIPTION

Dispense oil along the spine. Feather stroke three times, then perform circular massage with full flat of the hand up the length of the spine. Repeat three times.

10 Compress



OILS

N/A

DROPS

N/A

DESCRIPTION

Apply moist, warm towel across entire back. Place a dry towel over the wet towel. Allow heat to penetrate for eight to ten minutes.

11 Compress Stretch



OILS

N/A

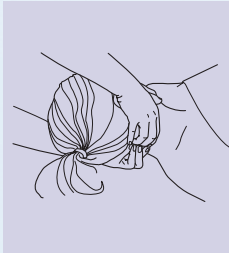
DROPS

N/A

DESCRIPTION

While compress is still on recipient's back, cross your hands and, starting at the base of the back, press down on the recipient's back and move your hands apart while creating a vibrating motion. Work your way up the back. Repeat three times.

12a Neck Stretch



OILS

N/A

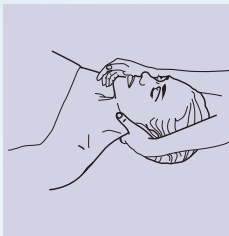
DROPS

N/A

DESCRIPTION

Turn recipient over, move to the head of the massage table, place fingers on either side of the neck, heel of the hand rested against the jaw, pull back and stretch in an arching motion. Hold three seconds. Repeat three times.

12b Cranial Hold



OILS

N/A

DROPS

N/A

DESCRIPTION

Place one hand on the back of the cranial bone, the other under the recipient's chin. Stretch back using full body weight. Hold five seconds. Repeat three times.

13 Neck Flex



OILS

N/A

DROPS

N/A

DESCRIPTION

Cross hands behind head of recipient, right hand on recipient's left shoulder, left hand on recipient's right shoulder. Bend neck so that it flexes chin towards chest. Flex center, left, right, then repeat three times.

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