

Raindrop Technique®



Product Summary

Raindrop Technique combines the art of aromatherapy with the techniques of Vita Flex and massage in the application of essential oils to various areas of the body. This collection is designed to bring physical, mental, and emotional balance to the body.

Product Story

Raindrop was developed by D. Gary Young, founder and president of Young Living Essential Oils, based on techniques taught to him by a Lakota medicine man. In Lakota Native American healing practices, healers sweep a feather upwards along the spine in imitation of the Northern Lights, which are revered for their healing energy. Young has adopted this technique and applied it with Young Living Therapeutic Grade™ essential oils. Nine essential oils and essential oil blends are used for the technique: oregano, thyme, basil, cypress, wintergreen, marjoram, peppermint, Valor®, and Aroma Seiz™. The kit also includes 8-ounce versions of the massage blends Ortho Ease® and V-6™ Enhanced Vegetable Oil Complex.

Primary Benefits

- + Provides a healthy balance to the body.
- + Produces deep relaxation and facilitates the release of stubborn emotions.
- + Works to unwind tight and sore muscles, tendons, and ligaments

How To Use

You don't need to be a massage therapist to enjoy the benefits of the Raindrop Technique. Simply have a comfortable area for the recipient to lie on, along with a twin-sized bed sheet or similar sized towel to help protect the modesty of the receiver. It is recommended that the Raindrop Technique be performed in a quiet, semi-darkened area, free from distractions. Follow the instructional booklet and DVD to learn the basic applications and techniques for the therapeutic massage.

Did You Know?

- + The Vita Flex Technique is a form of massage designed to distribute the benefits of essential oils throughout the body. Essential oils are applied to areas of the feet that

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correspond to various body systems, helping to alleviate tension, bodily imbalances, and more.

- + The spinal cord is thought to be the center of energy distribution throughout the body, which is why it plays such an important role in the Raindrop Technique.

Caution

If you are new to using essential oils, test the oils on a small area, such as the underside of the arm, to determine skin sensitivity. Dilute essential oils with V-6 Enhanced Vegetable Oil Complex if necessary.