

RAINDROP TREATMENTS

Raindrop technique, created by Gary Young, the founder of Young Living Essential Oils, combines the art of aromatherapy with Vita Flex (a Tibetan healing technique used to increase vitality through the reflexes). Raindrop Therapy uses a layering process of nine different Young Living's therapeutic grade essential oils applied to the feet and spine which can provide immune enhancing benefits including:

- Re-aligning spine in non-manipulative manner
- Bringing balance back to nerve pathways
- Reducing stress and tension in body
- Helping detox the lymphatic system
- Decreasing and/or preventing cold/flu symptoms
- Increasing feelings of well-being/ stabilizing mood
- Promoting overall health, vitality and longevity

The principal oils used in the Raindrop Technique include:

- **Valor**(blend): cleanses the energy field, aligns & balances
- **Oregano**: attacks viruses and bacteria
- **Thyme**: attacks viruses and bacteria
- **Basil**: anti-spasmodic, headache relief
- **Cypress**: increases circulation
- **Wintergreen**: anti-inflammatory/anti-spasmodic, analgesic
- **Marjoram**: relaxes muscles, lowers blood pressure
- **Peppermint**: anti-spasmodic, assists "pushing" in all the other oils
- **Aroma Siez** (blend): relaxing and soothing

How many sessions will you need?

It depends on what your goals are...

- Are you looking for maintenance of your current health status?
- Are you healing from an injury or disease?
- Do you feel overwhelmed in life with increased feelings of anxiety and stress?
- Answers to these questions will help dictate the optimal frequency of sessions for you.

There is no "right" frequency. It is important to remember that healing and overall feelings of well-being are unique to each individual. There will be times in your life when you are feeling more stressed and unbalanced. Some may experience lasting improvements after one Raindrop session. Others may feel more health benefits from weekly, bi-weekly, or monthly sessions.

A Raindrop session typically lasts one hour and often continues to work on rebalancing and detoxifying the body up to several days after treatment. It is therefore, important to stay very hydrated and continue stretching for the rest of the week after a treatment.

I encourage you to give it a try and see for yourself how Raindrop improves your health and well-being!

<https://www.youngliving.com/raindrop/>

