

RAINDROP TECHNIQUE

The Raindrop Technique combines the science of aroma Technique with the techniques of Vita Flex, reflexology, etc., in the application of essential oils, which are applied on various areas of the body to bring structural and electrical alignment.



It is designed to bring balance to the body with its relaxing, mild application. It will also help to align and clear the energy centers of the body without using force or excessive pressure. When you combine the electrical frequency and the intelligence of the body and the oil, a greater healing process begins.



The Raindrop technique was developed by Dr. Gary Young, founder of Young Living Essential Oils, based on techniques taught to him by a Lakota medicine man named Wallace Black Elk. 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.

Nine essential oils are used in Raindrop: seven single oils and two therapeutic blends. A person receiving raindrop lays facedown as oils are dropped up their back from a height of 6-12 inches. The oils are gently massaged in with the Lakota "feathering" motion. After the essential oils have been applied, a towel soaked in hot water is applied to the back to drive the oils further into the body.



Vitaflex, a foot reflexology technique, is used to apply the same oils to the spine reflexology points at the beginning of the raindrop.

Raindrop oils include:

- Valor - A blend that integrates the body's energies and can help align the spine and muscles of the back
- Oregano
- Thyme
- Basil
- Wintergreen - Originally birch, when pure birch oil was available
- Cypress
- Marjoram
- Peppermint
- Aroma Siez - A blend that helps ease cramping and muscle soreness with pain.