Raindrop Technique with Young Living Oils

Raindrop technique is a powerful technique using essential oils that combines several holistic modalities to bring balance and alignment to the body in a non-invasive manner. It also stimulates all the body systems on a physical and emotional level.

What is Raindrop Technique?
This technique involves applying therapeutic grade essential oils to the spine, neck and feet. The session lasts about an hour however the benefits may last up to a week or more. It was found that combining several holistic techniques created a synergistic effect for the body.

The three modalities that combine to form Raindrop Technique:

• **Aromatherapy** – Raindrop technique uses seven single essential oils, two blends and one essential oil massage blend during the session. It is congruent with the French application of aromatherapy where essential oils are applied NEAT (undiluted) to the body.

• **Vita Flex Technique** – Vita Flex was brought to the US in the 1920s by Stanley Burroughs. It is an ancient Tibetan healing methodology meaning “vitality through the reflexes”. Its theory is based on the fact that slight pressure applied to the body creates an electric charge that is therapeutic to the body. This is known as piezoelectric.

• **Feather Stroking** - This is similar to a massage term technique called effleurage. But this technique was actually termed by the Native American Indians.

How does Raindrop get its Name?
Essential oils are actually dropped from about 6 inches above your spine, simulating rain drops! It feels like a rain drop gently striking your spine, and it is very relaxing and comforting.

It is thought that the oils interact with a person’s electric field before even penetrating the skin of the back. Thereby, enhancing the electromagnetic properties of the oils as well. Amazing!

What is the Concept behind Feather Stroking?
The founder, Gary Young, worked with a Lakota elder and discovered learned that the Lakota people went to Canada to experience the Northern Lights or Aurora Borealis. The Lakota people would raise their hands toward the light and breathe in the energy of the lights for healing purposes.

Once the Lakota people could no longer cross the border, they created a stroking technique along the spine using a feather that simulated the healing energy of the Aurora Borealis.

What are the Benefits of Raindrop Technique?
• **Balances and Re-aligns the Energy Centers of the Body** – The combination of techniques brings electrical and structural alignment to the body. The essential oil blend of Valor helps the body align and is often referred to as “chiropractor in the bottle”.

• **Re-aligns the Spine in a Non-manipulative Manner** – Microbes along the spine contribute to deformities and can be the cause of spinal diseases such as scoliosis. The oils of oregano, marjoram, thyme and basil have anti-viral and/or anti-bacterial properties.

• **Reduces Stress and Anxiety** - Not only can the oils enhance positive emotions such as joy and happiness, but they can also help us release negative emotions that are subconsciously stored on a cellular level.

• **Reduces Inflammation in the Body** – Three known, natural anti-inflammatory oils, wintergreen, thyme and peppermint, are used in this technique.

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

• **Relieves Pain** - A study in 2001 confirmed that the existence of infectious microorganisms near the spine causes pain and inflammation.

• **Creates a Hostile Environment for Viruses and Bacteria along the Spine** – It is a known fact that microbes actually stay dormant and hibernate along the spinal column until our immune system weakens and they are activated.

• **Improves Circulation** – The essential oils of cypress, marjoram and peppermint all have properties that increase circulation and/or act as a circulatory stimulant.
• **Improves Immune System Functions** – Thyme and oregano essential oils are known to support the immune system. Also the body will be releasing toxins and eliminating viruses and bacteria which ultimately strengthen the immune system and your overall health.

• **Emotional Well Being and Release** – Essential oils cross the blood-brain barrier and effect the limbic system where emotions are stored and controlled.

• **Helps Detox the Body Systems** – The oils being high in phenols cleanse cellular receptor sites and enhance the lymphatic system detox of the body.

• **Increase in Height** – Yes, most people experience a slight increase in their height sometimes from ½ to 1 inch due to the realignment of the spine and detoxification along the spinal column.

What Essential Oils are used in the Raindrop Technique?

• Valor Essential Oil Blend
• Thyme Essential Oil
• Basil Essential Oil
• Wintergreen Essential Oil
• Marjoram Essential Oil
• Cypress Essential Oil
• Peppermint Essential Oil
• AromaSiez Essential Oil Blend
• Oregano Essential Oil
• Ortho Ease Essential Oil Massage Blend