

## A Nurturing Touch Raindrop Technique – Essential Oil Treatment

**What are essential oils?** Only therapeutic grade products are used for their purity and healing properties. They are not actually “oils” nor do they have an oily feel. These “oils” are extracted by distillation and are the lifeblood of plants. Their complex constituents cleanse, purify, protect, oxygenate, nourish and offer many therapeutic benefits. Frequencies of essential oils can raise body frequencies for improved health and wellness.

Throughout the ancient world, essential oils (frankincense, sandalwood, spikenard) were among the costliest commodities because of their healing properties. Historical records reveal that healing oils were used widely in Egypt, China, and India. Essential oils were so highly regarded that ancient rulers bartered them for gold, land, and even slaves.

These same plant origins are the source of the pure essential oils used in my treatment. Many aromatherapy oils are on the market, however may be synthetic, diluted, and may cause allergic reactions. Only Grade A, therapeutic oils provide the powerful effects in the realm of personal, holistic healthcare. These are not available on the shelves to the consumer. No matter how costly pure essential oils may be, there can be no substitutes. Therefore, treatments using them are not inexpensive, however a more natural approach toward wellness. **Only about 2 percent of essential oils are produced for therapeutic and medicinal applications.**

**Pure essential oils fight infection, contain hormone-like compounds and initiate regeneration.** They possess antibacterial, anti-fungal and anti-viral properties, stimulate endorphins, enzymes and many work as hormones to help bring balance to many physiological systems of the body.

**RAINDROP TECHNIQUE** is a powerful therapy for helping to correct defects in the curvature of the spine. During the years it has been practiced, it has resolved numerous cases of scoliosis and kyphosis as well as eliminated the need for back surgery for thousands of people. It is important to realize, however, that the technique is not intended to treat, diagnose, or prevent disease. RDT originated from the research of Dr. Gary Young and a Lakota medicine man almost two decades ago. It integrates a technique called VITA-FLEX and massage therapy with a certain blend of essential oils to bring the body into structural and electrical alignment. It is based upon the theory that many types of spinal misalignments are caused by viruses or bacteria that lie dormant along the spine. These pathogens create inflammation, which can contort and disfigure the spinal column.

The oils and massage techniques are applied to the spinal area, surrounding muscles, and at times, the feet, with a specific sequence of highly anti-microbial oils designed to simultaneously reduce inflammation, kill viral agents, and affect the electrical frequencies of the body. The principle oils used are as follows:

1. A blend called VALOR is the most important oil because it works on the physical and emotional levels. The key to this blend is patience. Once the frequencies begin to balance in these areas, an alignment of the spinal column may occur.
2. OREGANO is even more aggressive. It also has anti-inflammatory properties.
3. THYME acts directly on the viral or bacterial activity responsible. It penetrates the skin and travels throughout the body.
4. BASIL is anti-spasmodic and relaxes the muscles. It is also anti-microbial.
5. CYPRESS improves circulation and relieves spasms and swelling.
6. WINTERGREEN is anti-spasmodic and analgesic for pain. Excellent for bone as it has a cortisone-like activity.
7. MARJORAM is anti-spasmodic and relaxes the muscles.
8. PEPPERMINT has pain-killing properties. It works synergistically to enhance the other oils.
9. AROMASIEZ is used to spread all of the oils out along the entire back.
10. ORTHO EASE (or mixing oil) is a blend that completes the back treatment and contains much of the above.

Once the oils have been applied and VITA-FLEX massage techniques are used, hot or cold packs are applied along the spinal area to enhance penetration.

The treatment lasts approximately 40-60 minutes. The session may be slightly shorter or longer, depending upon the processing and state of health of the client. It is important to allow patience for balancing to occur.

**The oils work immediately within the body and will work on a metabolic or cellular level for up to 7 days. Clients may notice immediate results or subtle ones during the days that follow the technique.**