



Young Living

RAINDROP TECHNIQUE

Suggestions & Information for Personal Use

What is the Raindrop Technique?

- Developed by D. Gary Young, ND – 1980
- Therapeutic technique dropping essential oils along the spine
- Includes Vita-Flex (reflex points on the feet) technique
- Includes Effleurage (finger stroking) along the spine
- Combined with warm compresses you have a powerful, relaxing treatment that offers many benefits to the mind, body & spirit

Who Can The Raindrop Benefit?

The Raindrop is not recommended for pregnant women. Children may benefit from the raindrop but it is essential to dilute the oils properly. Consult an Essential Oil Desk Reference for specific ratios.

The Raindrop Technique may also be used on horses, dogs and other pets in proper dilutions.

The Raindrop technique is for anyone healthy or ill, but especially helpful for anyone suffering from

- Stress
- Chronic back pain, tight shoulders, sciatica
- Autoimmune disorders: chronic fatigue, RA, fibromyalgia, lupus, MS
- Chronic health conditions
- Weak immune system
- Sports injuries
- Scoliosis
- Recovery from major illness

Benefits of Raindrop Technique

- Boost in the immune system
- Relaxed muscles
- Reduced stress
- Increased circulation and oxygenation of tissues to promote self-healing
- Reduced inflammation along the spine
- Relief from body and joint discomfort
- Quicker recovery from flu or colds, increased resistance to future bugs
- Detoxifying the body
- Lowering the body burden (effects of stressors on the body)
- Increased energy
- Improved sleep at night

Who Administers the Raindrop Technique?

- Doctors & nurses
 - Licensed Massage Therapists
 - Certified CARE instructors
 - Physical Therapists
 - Reiki Master
 - Cosmetologist
 - Doctor of Naturopathy
 - Reflexologist
 - Acupuncturist
 - Aromatherapist
 - Care Givers, family members
- While there are certifications (CARE) to educate people on administering the Raindrop Technique, it can easily be done at home by a caring family member. The main purpose is to get the essential oils along the spine where bacteria, viruses migrate and inflammation spreads.
 - These guidelines are very basic and intended for personal use, not for business use or professional use. Some states require that you be a licensed massage therapist, aesthetician or chiropractor prior to offering any service where physical touch is involved. Please check regulations for your jurisdiction.
 - For the most benefit, a Raindrop Technique should be repeated 1 time a week for 3 weeks.

Essential Oils Used In The Raindrop Technique

- Oregano
- Thyme
- Basil
- Wintergreen
- Cypress
- Peppermint
- Marjoram
- Valor essential oil blend
- Aroma Siez oil blend
- This is a powerful blend of oils that are synergistic with each other, when combined they can provide anti-inflammatory effects and have been researched extensively for their ability to kill viral and bacterial pathogens to support the immune system.

Oregano

- Young Living grows & distills it's own oregano on the farm in Ecuador which has been tested and found to be 4 x's as powerful as penicillin.
- Powerful immune stimulant, anti-fungal, anti-inflammatory.
- Grounding
- Researched for it's ability to stop mold growth . Journal of Environ Pathol Toxicol Oncol. 1994
- Considered a "Hot" Oil



Origanum compactum

Thyme

- One of the most powerful anti-bacterial essential oils
- Anti-viral, anti-fungal, anti-microbial, anti-parasitic
- Researched to be effective at killing many bacteria including E. coli, Listeria, Salmonella and Aspergillus (mold)
- Purifying
- Helps to overcome fatigue & exhaustion after illness



Thymus vulgaris

Basil

- Anti-spasmodic
- Anti-viral
- Anti-bacterial
- Anti-inflammatory
- Muscle relaxant
- Anti-microbial
- Fights mental fatigue
- Considered a “hot” oil



Ocimum basilicum

Wintergreen

- Supports the respiratory tract
- Anti-coagulant
- Anti-spasmodic
- Vasodilator
- Pain relief for arthritis, joints, muscles and nerves
- Warming oil
- Avoid use if epileptic
- Anti-coagulant effects may be enhanced if used with aspirin or prescription blood thinners



Gaultheria procumbens

Cypress

- Improves circulation
- Strengthens blood capillaries
- Anti-infectious
- Anti-spasmodic
- Discourages fluid retention



Cupressus sempervirens

Peppermint

- Cooling oil
- Anti-inflammatory
- Anti-parasitic
- Anti-bacterial
- Anti-viral
- Anti-fungal
- Pain reliever
- Digestive stimulant



Mentha peperita

Marjoram

- Known as the “herb of happiness” to the Romans
- Muscle soothing properties
- General relaxant
- Expectorant
- Mucolytic
- Anti-bacterial
- Anti-fungal
- Promotes peristalsis
- Calms the nerves



Origanum majorana

Aroma Siez

Essential Oil Blend of

- Basil
- Marjoram
- Lavender
- Peppermint
- Cypress



Valor



Valor essential oil blend includes:

- Spruce – helps to balance emotions, gives a sense of grounding
- Rosewood – relaxing, empowering, uplifting, grounding, strengthening
- Blue Tansy – Helps overcome anger and negative emotions
- Frankincense – Stimulates the limbic region of the brain, may help combat depression

- Balances electrical energies in the body
- Gives a boost to confidence & self-esteem
- Effective when applied to soles of the feet or the shoulders

Getting Started



Prepare Your Space

- Massage table or comfortable flat surface for recipient to lie on, preferably on a towel to protect surfaces
- Sheet or towel to cover receiver at all times (robe worn backwards with front opening onto the back works well)
- Stable tray to hold oil bottles, loosen caps before beginning
- Lights should be dim, space should be quiet or filled with soothing music

Prepare The Receiver

- Make sure to drink plenty of water before and after treatment for a few days to help remove toxins
- Communicate often to make sure they are comfortable
- Temperature should be cool enough to prevent sweating, but warm enough to be comfortable
- Facilitator and recipient should remove all jewelry
- Essential oils can remove nail polishes
- Use caution if receiver has been exposed to chemicals which could cause a reaction to the oils (the oils will be drawing out toxins)
- Use the restroom before beginning
- Ask permission before starting the technique
- Offer assistance when receiver is standing up

Applying the Oils

Begin the Technique

- Apply 2-3 drops of Valor to each foot and optionally to the shoulders.
- Apply each oil, 3-5 drops each up the spine, feather stroking across the spine, allowing oils to soak in before applying the next. Use less oils for fair skinned or sensitive individuals.
- Adjust the amount of oils depending on the height of the person.
- If receiver becomes uncomfortable apply some V-6 vegetable oil on top of the oils to dilute.

Order of oils:

- Oregano
- Thyme
- Basil
- Check to see if temperature is good
- Wintergreen
- Cypress
- Peppermint
- Marjoram (2-4 drops on each side of spine)
- Aroma Siez (2-4 drops on each side of spine)
- Apply more vegetable oil. Optional back massage.
- Turn receiver over onto back and apply moist cloths along spine. After the first few minutes, check to make sure temperature is not uncomfortable.
- Allow packs to stay on about 20 minutes

Considerations



- There may be some redness on the skin, this is normal and is not an indication of a burn.
- The skin is the last place toxins exit the body, the essential oils help draw out the toxins. Any redness will lessen within an hour or so. If there is discomfort during the session, apply more vegetable oil (Young Living's V-6 oil)
- Only use Young Living Therapeutic Grade essential oils for the Raindrop Technique
- Make sure recipient drinks plenty of pure water before and after a treatment to help remove toxins.
- Ideally allow the oils to remain on the skin for 24 hours, as they continue to penetrate the skin and support the immune system.
- For more detailed information consult the Essential Oil Desk Reference

The Raindrop Technique Kit

Includes

- 5ml bottles of Aroma Siez, Valor, basil, cypress, marjoram, oregano, peppermint, thyme, wintergreen
- 8 oz OrthoEase massage oil
- 8 oz V-6 vegetable oil
- Instructional DVD
- Booklet
- Wholesale \$120
- Retail \$157.57

Get Wholesale pricing

- Order a Start Living Kit (\$40) Includes 5ml peppermint, 5ml lavender, \$40 off a diffuser coupon, DVDs, catalog, Ningxia Red samples, lifetime wholesale pricing, no annual renewal
- Enroll with the person who shared this information with you



The information in this presentation is intended for personal use. These statements have not been evaluated by the FDA and Pure Home and Body does not intend to diagnose, treat or cure any disease. For treatment of disease, seek the advice of your medical doctor

Resources

- *Essential Oil Desk Reference* – 4th edition. 2009
- *Statistical Validation of the Raindrop Technique*, David Stewart PhD. 2009
- *Raindrop Technique*, D. Gary Young, ND. 2008
- *7 Powerful Benefits of the Raindrop Technique*, Essential Science Publishing. 2006
- *Raindrop Therapy* – quick reference, Auriel Coleman CMT