

## Raindrop therapy – Quick Reference

1. **Prepare your room** with soft music and low lighting. Open the oil bottles and line them up in order, with lids unscrewed and lightly resting on tops of bottles for easy access . Have heat packs and towels, massage oil and unscented oil for massage and diluting nearby.
2. **Explain cautions** , ask client about any conditions which would be a problem , overview of treatment with client , tell them to let you know if anything is uncomfortable.
3. **Client face up – apply Valor** on feet 3 drops on each foot, activating with clockwise circles hold for 10 -20 min's or until balance is felt in feet with your right hand to their right foot , left to left. Think positive thoughts, ground yourself , do guided visualization to help them relax if necessary.
4. **Ask Client to Face Down-** apply oils in following order, telling client what each oil does if you'd like
  - A. **Oregano** – 3-6 drops up spine, feather stroke up spine 3X
  - B. **Thyme** - 3-6 drops up spine , feather stroke up spine 3X
  - C. **Basil** - 3-6 drops up spine, feather stroke, up spine 3X  
**Check with client to see if oils are getting too hot – if they are, apply V-6 oil over entire spinal area**
  - D. **Wintergreen** – 3-6 drops up spine, feather stroke up spine 3X
  - E. **Cypress** – 3-6 drops up spine, feather stroke up spine 3X
  - F. **Peppermint-** 3-6 drops up spine, feather stroke up spine 3X  
**Switch to 2-4 drops either side of spine 1” lateral to spine for next 2 oils.**
  - G. **Marjoram** – 2-4 drops up sides of spine , cross feather strokes across spine 3X
  - H. **Aroma Siez** – 2-4 drops up sides of spine , cross feather strokes across spine 3X
5. **Apply Massage Oil**
6. **Pull Muscles away from spine with deep rolling movements , 3X each side alternating sides**
7. **Vita Flex Flick up spine, 3X each side alternating sides**
8. **Vibrate \ Squiggle up spine 3X**
9. **30 minute back massage Optional**
10. **Turn client over, sit up and have them lay down on moist heat packs or warm, wet towels.** Make sure they are aligned under back| hips \ neck with appropriate towels or cloth to insulate from heat.  
**After a Few Minutes ask client if heat is getting to warm or uncomfortable** as oils on the back can sensitize skin to heat packs **20 minutes of REST or therapist's choice of treatment while client is face up resting on heat**
11. **Client should drink water**, you may feel detoxification the next day, don't wash off oils for 24 hours , should feel energy in 2-3 days which can last weeks
12. **A series of 3 Raindrop Therapies one week apart is the ideal for maximum results.**

## **Benefits of essential oils in Raindrop Therapy**

**Valor:** Balances electrical energies in the body, helps overcome fear and opposition, noted to give courage, confidence and increase self-esteem. Works best on the bottoms of the feet, worn on the body as a perfume or diffused.

**Oregano:** Anti-viral, metabolic balance, strengthens vital centers of the body. Creates a sense of grounding and security.

**Thyme:** Anti-viral, immunological support, helps to overcome fatigue and physical weakness after an illness. Supplies energy during times of stress and physical weakness.

**Basil:** Combats gastrointestinal problems, poor memory, mental fatigue, relaxes muscle spasms. Helps open the mind.

**Marjoram:** Calming to the respiratory tract, relieves muscles spasms and migraine headaches.

**Wintergreen:** Alleviates bone, muscle and joint discomfort, may help with arthritis, tendinitis, rheumatism. Increases awareness in sensory systems.

**Cypress:** Improves circulation, opens the respiratory tract. May help with edema, cellulite, varicose veins, water retention and hemorrhoids. Creates feeling of security, grounding, heals the emotions, especially feelings of loss.

**Peppermint:** Elevates and opens the senses, may help reduce fevers, candidiasis, nausea and vomiting, improves respiratory function and deepens penetration of other oils. Purifies, stimulates the mind enhancing memory.

Viruses migrate along the spine, many of these oils are anti-viral, and when combined they are even more powerful synergistically. The oils deliver oxygen to the tissues in the body to help reduce systemic inflammation.

Pure Home and Body LLC only recommends the use Young Living Therapeutic Grade, food grade essential oils for the Raindrop Therapy as any other brands have not been verified for quality and purity and could have adverse effects when applied to the skin.

These statements have not been evaluated by the FDA and are not intended as treatment, diagnoses or cures for any disease. For medical care, seek the advice of a medical doctor.