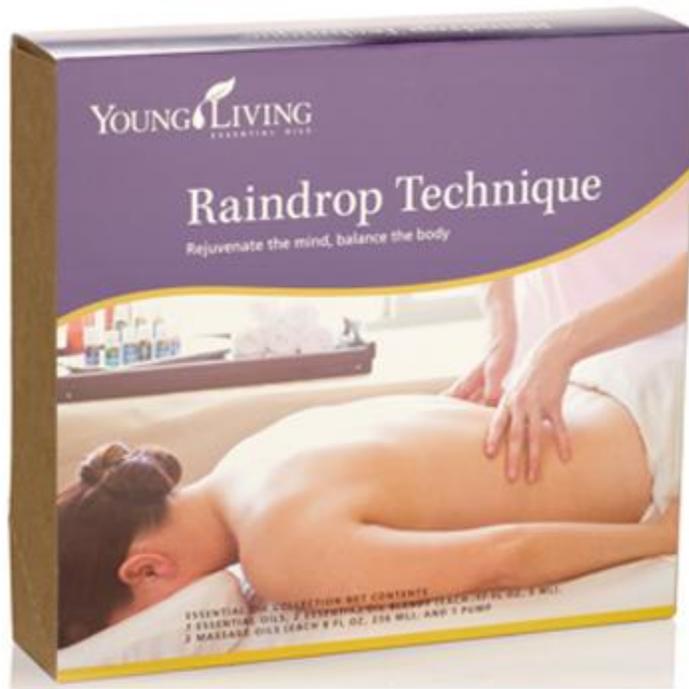


~~~~~  
[Back To Home Page](#)  
~~~~~

www.younglivingoils.com



Item No: **3137** Raindrop Technique® combines the art of aromatherapy with the techniques of Vita Flex and massage in the application of essential oils to various areas of the body. This collection provides a revolutionary means of bringing balance and harmony to the body - physically, mentally, and emotionally.

Contains: Seven Single Oils (5ml bottles): Thyme, Basil, Peppermint, Oregano, Wintergreen, Cypress and Marjoram. Two Oil Blends (5ml bottles): Valor® & Aroma Seiz™. Also contains one 8-oz. bottle of Ortho Ease® Aromatherapy Massage Oil and one 8-oz. V-6™ Enhanced Vegetable Oil Complex.

The Raindrop collection also includes an instructional DVD and mini brochure that teach you how to perform the Raindrop Technique® on others.

*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.

~~~~~  
[Click here to order](#)  
~~~~~

Below are some sources on Raindrop Technique from the Internet:

Raindrop Technique

Healing Essential Oil Massage for Health, Relief of Back Pain & More

Jun 19, 2007 Victoria Anisman-Reiner

An essential oil massage technique based on Lakota Native healing, Raindrop Therapy is the application of powerful antibacterial, antiviral oils along the spine.



When it comes to treating back pain – as well as knee pain, tight shoulders, and digestive system discomfort – it can be hard to find something that will bring the body's systems into alignment. One aid to solving these problems and more is a relatively new therapy called Raindrop Treatment, using essential oils that have been clinically tested to have antiviral, antibacterial, and anti-inflammatory properties.

Raindrop has helped bring relief to chronic pain sufferers and has been known to cause visible improvement in scoliosis. It has also been used successfully on horses and other animals.

Raindrop Technique

Raindrop was developed by D. 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.

9 essential oils are used in raindrop: 7 single oils and 2 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.

The usual Raindrop oils are:

- *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/pain

The Power of the Oils

Raindrop requires almost no knowledge of, or skill in, massage. Most of the efficacy of the technique is due to the oils. In fact, practitioners are discouraged from using other techniques at the same time as raindrop. It is the profound natural “intelligence” of the oils which can heal where healing is needed.

The oils used in raindrop flush out toxins and kill dormant viruses and bacteria along the spine, restoring health to the entire system.

Raindrop Cautions

1. **Raindrop technique was designed to optimize the power of real healing oils. Raindrop is only safe, and should only be performed, with the highest quality, pure, organic, therapeutic-grade oils.**
2. Several of the oils used in raindrop*, including oregano, thyme and basil, are considered hot oils. These oils can cause skin irritation. Use sparingly, particularly on sensitive skin.
3. **Keep a bottle of pure, natural massage oil base handy. If any of the hot oils* cause irritation, which is perfectly normal, simply apply massage oil liberally to soothe the heat.**
4. Raindrop has been effective in bringing relief and healing to those suffering from chronic or “terminal” illness. However, changes to the protocol are sometimes necessary. Patients with MS, for instance, need to have a cold towel applied instead of a hot towel.
5. **Both patient and therapist should drink plenty of water before and after a raindrop session. Therapeutic grade oils naturally stimulate the body to begin releasing toxins.**

The Raindrop Controversy

Aromatherapy licensing boards, including the U.S. *National Association of Holistic Aromatherapy* (NAHA), have been reluctant to accept raindrop. They believe that direct application of essential oils on the body can cause toxic reactions. (This paradigm appears to originate in tandem with the use of cheaper, perfume-grade oils.)

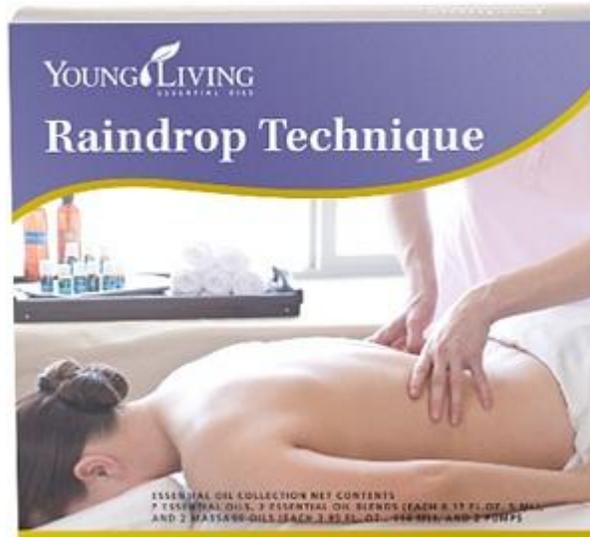
There is no evidence to suggest that raindrop technique, done with high quality oils, is dangerous, and a great deal to suggest that it heals. Raindrop clients as well as several medical doctors have publicized their positive experiences with raindrop technique, yet raindrop continues to be a source of contention between different schools of aromatherapy within North America.



Raindrop Technique

The Raindrop Technique is a method of using Vita Flex, reflexology, massage techniques, etc., and essential oils applied on various locations of the body to bring it structural and electrical alignment. It is designed to bring balance to the body with its relaxing and mild application. It will help align the energy centers of the body and release them if blocked, without using hard pressure or trying to force the body to change, which should never be done.

The following description of the process is taken from one of Gary Young's earliest books about using essential oils, "Aromatherapy, The Essential Beginning." This book has since been replaced by a more detailed and elaborate presentation from Essential Science Publishing entitled, "**Essential Oils Desk Reference.**" You can look it up in our **Library** to find out where to get it.



Raindrop Technique

And please remember this: Each situation is different. The Raindrop Technique copied here was used specifically to help people whose muscles were pulling their vertebrae out of alignment, or who had scoliosis. But Raindrop Technique can be used for any kind of issue where a whole body application feels appropriate. Over the years, people doing the Raindrop Technique for each other have discovered that once you get some practice and become more sensitive to people, you'll probably be moved to use oils uniquely for each person. This is fine. We've seen Dr. Young change how he applies the oils many times. The key is to learn the basics first. Become relaxed and confident. Then feel free to respond to whoever is getting the benefit of your healing hands, and apply the oils as you are moved to do so.

Note: *Throughout the year, trainers who have been taught these techniques by D. Gary Young offer seminars around the U.S. and the world. Be sure to check the Events page or contact Young Living Customer Service for dates of events in your area.*

Preparation: Have the person lie face-down on the table with the head resting in the face cradle of the massage table or with the head slightly lower than the rest of the

body. The body should be as straight as possible with the hips flat on the table. The arms can be resting along the side of the body or over the edge of the table.

You will need three medium-size towels, some room temperature water and a way to protect the modesty of the individual as he or she will be moving around.

Step 1:

Place six drops of **Valor** on each foot. It works best if there are two people who can apply the Valor. One person can apply six drops on each shoulder, and the other person can apply six drops on each foot. The person who is at the feet may sit or kneel with the right hand holding the right foot and the left hand holding the left foot. The palm of the hand should be flat against the bottom of the feet with as much hand-to-foot contact as possible.

The individual assisting is at the head sitting or standing with right hand to right shoulder and left hand to left shoulder with as much hand-to-shoulder contact as possible. Now you must be patient. Do not attempt to force your thoughts or make something happen. Let your mind be free and peaceful. You may feel a mild heat or tingling sensation around the feet, or an energy working up through the legs or back--even as high as the head.

This is the foundation for everything that follows. In most cases, you will see some realignment of the spine. The results you will see depend largely upon the frequency of the person holding the feet. If there are other people in the room with negative attitudes and the individual applying the oils does not have a high enough frequency to block out that negative interference, the results may be less than optimal.

Step 2:

Next comes the application of the oils of **Thyme** and **Oregano**. (Note: For people with fair, sensitive or thin skin, it would be appropriate to test for skin sensitivity before using these spicy oils. Try a single drop and wait for 60 seconds to see if any redness or discomfort appears. If so, add 5-10 drops of vegetable oil to cool the area. Then proceed with the technique using a highly diluted solution of these oils with mixing oil- 1 drop essential oil to 10 drops **V-6 Mixing Oil** .)

Hold the bottle approximately six inches above the skin and let five drops of each oil drop from the bottle evenly spaced along the spine from bottom to top (sacrum to atlas or 1st cervical). Try to stay in the electrical field as much as possible. It does not matter which oil is applied first. Apply one oil and then layer it by gently spreading it evenly along the curvature of the spine. Apply the second oils the same way. You don't need large drops, and more is not better. Then apply 10 to 15 drops of the **V-6 Mixing Oil** to prevent any discomfort.

With four inch strokes in a brushing motion and using the nail side of your finger tips, lightly feather up the spine from the sacrum to the atlas. Remember to follow the curvature of the spine. Repeat this technique two more times, always starting at the sacrum.

Then use your fingertips again, starting at the sacrum, feathering up again about four

inches, and then flaring your finger tips out to the side of the body. The right hand will move to the right, and the left hand will move out to the left. Begin your stroking again, starting at the sacrum, stroking up about eight inches, and then flaring out again. Begin your stroking again, starting at the sacrum, feathering up about 12 inches, and then flaring the fingers out. Continue this technique to the atlas and flare out through the shoulders. Repeat this whole sequence two more times.

The final move in this step is to start at the sacrum, and in full-length strokes, feather all the way up the spine to the atlas and then feather your fingertips out over the shoulders and repeat two more times.

Step 3:

Now apply the oils of **Cypress**, **Wintergreen**, **Basil**, and **Peppermint** in that order. Apply four to five drops of the first oil along the length of the spine. Layer it in by evenly spreading it with your fingertips. Then do the same with the other three. Starting on one side of the spine, gently massage the oils in along the spine. Do not work directly on the spine. Do not force it or apply direct pressure. Start at the sacrum and use the fingertips of both hands placed side-by-side, and in a circular clockwise motion, work up the side of the spine to the atlas, pushing or pulling the tissue in the direction you want the spine to move. This technique helps to create a "space" for the spine to move. After finishing one side of the spine, walk around to the other side of the individual and begin on the second side starting from the sacrum working up to the atlas. Repeat this two more times.

Next, using the index and middle fingers of either hand, place the fingers so that they "straddle" the spine beginning at the atlas. In this position, you move from top to bottom. With mild pressure and with the fingers on either side of the spine, place one hand over the top of the fingers in a gentle sawing-like action, rock the fingers back and forth while moving gently down the spine to the sacrum. Repeat this two more times.

The next technique will take a little practice. Beginning at the sacrum with your thumbs on either side of the spine, you will use the Vita Flex technique working up the spine about a thumb's width apart with each move up to the atlas. With the thumbs on each side of the spine, nail side up and slightly angled out, rock the thumbs up to where the thumbs are straight up with the joints bent and apply a mild pressure straight down. Continue to roll your thumbs slightly over onto the nails and then release. Move your thumbs up about a thumb's width and apply the same technique. Do this all the way to the atlas and then repeat two more times.

Step 4:

Apply five to six drop of **Marjoram** and **Aroma Siez** to each side of the spine, away from the spine, into the muscle tissue all over the back. Work these oils in using a gentle massage to smooth and relax, working all over the back for a few minutes. After the oils have been massaged in well, rest approximately five minutes. Then apply **Ortho Ease** over the entire area of the back and legs.

Step 5:

Take a hand towel that is folded into thirds lengthwise and soak it in water that is

comfortably warm but not hot. Wring it out and lay it along the entire length of the spine. Take a dry towel and fold it in half lengthwise and place it over the wet towel. Pay close attention because the back can become very hot! The heat will generally build slowly in intensity to where it will peak in five to eight minutes and then cool down to where it feels pleasant. The water in the towel drives the oils deeper into the skin. The more out of balance, the more virus or bacteria activity in the body, or the more inflammation in the spine, the hotter the area will become along the spine. Some people will experience no heat, for some it will be mild and very pleasant, while for others it may be hot and a little uncomfortable. Pay attention to what the person is saying. Ask questions. If it gets too uncomfortable, remove the towels and apply **V-6 Mixing Oil** on the back and work it in. This will usually remove the heat in minutes.

After putting the towels on, wait a few minutes to see how the person is responding. If the back does not become very hot, have the person roll over so the back is against the towels on the table. This usually creates more heat.

Step 6:

Take the four oils of **Wintergreen, Cypress, Basil, and Peppermint** in that order, and apply two to three drops of each oil along the inside of the lower legs along the shin bone from the bottom of the knee area to the top of the big toes. Apply one at a time and layer each oil in before applying the next oil.

Place fingers of one hand along the inside of the shin bone just below the knee, work down to the ankle, and then along the foot up to the top of the big toe using the Vita Flex Technique. Roll your fingers up and then over onto the nails of the fingers, applying slightly more pressure at the top of the roll and releasing as you come over onto the nails. Short nails would be appreciated by the person on whom you are working. Do this three times on each leg.

Step 7:

This next step works best with two people. Have the individual assisting stand at the feet of the person on whom you are working and hold each leg tightly just above the ankles. You stand at the head and gently put your right hand under the base of the head and your left hand around the chin and gently pull to create a slight tension. [Note: Do not pull on the chin, only on the base of the head.]

Hold this traction for several minutes, but do not pull hard. The person at the feet will be the anchor, holding the same position while the person at the head begins a mild rocking of pulling releasing, pulling and releasing, etc. This may take anywhere from four to eight minutes. It can be tiring, so you have to exercise patience. As you get a feel for the whole application, you will sense what is needed.

Step 8:

Have the person on the table roll back so he or she is again face down. Rest the head in the head-cradle of the massage table again and make sure the person is lying straight. Remove the towels and then examine the spine. Corrections may or may not be visible. At this point you may add another therapy as desired. Sometimes the desired results do not come immediately, and yet the body will continue to respond for days, at which time you may begin to see gradual changes.

This is the basic Raindrop Technique, although there are several variations. Everybody is different, and what works for one may not work for another. Different body types respond to the applications in ways not expected. Learn to be sensitive to the person to whom you are working so that you can respond to his or her needs.

The question is often asked, "**How long does this application last?**" Again, everybody responds differently. Generally speaking, the level of health and proper diet are key factors as are exercise and mental attitude. One application may last months for one person, but then for another it may be necessary to have the application done every week until the body begins to respond. The key is to retrain the body. In some cases, you will have to develop a new memory in the tissue in order for the body to stay where it should be. This may take a few weeks or even a year or longer.

© copyright 2002-2009 younglivingworld.com

~~~~~

[Back To Home Page](#)

~~~~~