

Young Living Essential Oils Raindrop Technique

Rejuvenate the mind,
balance the body

Raindrop Therapy Technique is a powerful yet gentle technique developed by D. Gary Young, Aromatologist and one of North America's leading experts on the art and science of aromatherapy. The technique involves healing through the etheric and physical bodies by dropping a synergistic combination of nine therapeutic grade essential oils and oil blends directly onto and around the spine from about six inches above the body. The oils are then worked into the spine using light strokes with the fingers which stimulate energy impulses and disperse the oils along the nervous system throughout the entire body. In this way, the body can be brought into balance and the energy centers can be energized and re-aligned. It may also help to reduce spinal inflammations and kill viruses that hibernate along the spinal column.

Raindrop Therapy also incorporates the Vita-Flex Technique, a highly specialized form of reflexology developed by Stanley Burroughs, stimulating and supporting each gland and organ. Although a session lasts for about an hour, the oils may continue to work in the body for a week or more following the treatment.

Essential Oils Used in Basic Raindrop Technique:

VALOR – is the first and most important oil used in this therapy because it works on physical and emotional levels, supporting the body's electrical and energetic alignment and relieving pain along the spine.

THYME – is used for its ability to support the immune system by attacking any bacteria, fungus, infection or virus that may be present. It may also help one overcome fatigue and physical weakness after an illness.

OREGANO – works in conjunction with thyme to strengthen the immune system and to attack bacteria and viruses. It may also act as an antiseptic for the respiratory system, help balance metabolism and help strengthen the vital centers of the body.

CYPRESS - is used for its anti-bacterial, antimicrobial and diuretic properties. In addition, it may function as a decongestant for the circulatory and lymphatic systems.

WINTERGREEN – may remove discomfort associated with the inflammation of bones, muscles, and joints. Its primary (natural) constituent, methyl salicylate, has a cortisone-like activity. It may also help cleanse the lymphatic system.

BASIL – is relaxing to spastic muscles and is stimulating to the nerves and to the adrenal glands.

PEPPERMINT – is used to calm and strengthen the nerves, reduce inflammation and is highly effective when dealing with conditions related to the respiratory system. It also has a synergistic and enhancing effect on all other oils.

MARJORAM – is used to relax spastic muscles, soothe the nerves, relieve cramps, aches and pains, and to help calm the respiratory system.

AROMA SIEZ – a highly antispasmodic blend of essential oils that may help to relax sore, tense, or inflamed muscles.

ORTHO EASE MASSAGE OIL – is used to relax all the muscles of the back and legs and to help reduce any stress, arthritic pain or tension that may exist. Calming blend of vegetable oils, and therapeutic grade essential oils of wintergreen, Eucalyptus globulus, thyme, juniper, lemongrass, E. radiata, peppermint, marjoram and vetiver.



The major effects of Raindrop Technique are:

Kill bacteria and viruses hibernating along the length of the spine

Relieve inflammation and pain

Soothe the nervous system

Unwind tight and sore muscles, tendons, and ligaments

Balance and harmonize the energy and structural systems of the body

Produce deep relaxation and facilitate the release of stubborn emotions

Enhance immunity and cleanse the body of toxins

What Are Essential Oils?

Essential oils, known as nature's living energy, are the natural, aromatic volatile liquids found in shrubs, flowers, trees, roots, bushes, and seeds. The distinctive components in essential oils defend plants against insects, environmental conditions, and disease. They are also vital for a plant to grow, live, evolve, and adapt to its surroundings. Essential oils are extracted from aromatic plant sources via steam distillation, and are highly concentrated and far more potent than dry herbs.

While essential oils often have a pleasant aroma, their chemical makeup is complex and their benefits vast—which makes them much more than something that simply smells good.

Historically, essential oils have played a prominent role in everyday life. With more than 200 references to aromatics, incense, and ointments throughout the Bible, essential oils are said to be used for anointing and healing the sick. Today, essential oils are used for aromatherapy, massage therapy, emotional health, personal care, nutritional supplements, household solutions, and much more.

Young Living Essential Oils, the leading provider of essential oils, offers more than 300 essential oil singles and blends. All Young Living essential oils meet the YLTG

(Young Living Therapeutic Grade) standard. This means that every essential oil Young Living distills or sources has the optimal naturally-occurring blend of constituents to maximize the desired effect. Only YLTG essential oils should be used for the primary methods of application, which include inhalation and application.