

Raindrop Technique® - What to expect

What is Raindrop Technique?

Raindrop Technique is a gentle yet powerful technique developed from ancient Egyptian and Native American energy principles. These are combined with Ancient Tibetan reflexology, various massage techniques and the power of therapeutic-grade essential oils, to create a truly unique and wonderful experience.

It is a treat to all of the senses, and to body, mind and spirit. The technique is usually performed in silence, giving you the opportunity to sink into a deep state of relaxation and inner connection. Many people drift off to sleep when they receive Raindrop Technique, aided by the relaxing effects of the essential oils.

Raindrop Technique focuses on the entire back and neck, and also the reflex points of the feet (especially the “spinal” reflex). Yet the penetrating effects of the essential oils allow it to be felt throughout the body.

The Four Steps of Raindrop Technique

Raindrop Technique has four steps to it. You will be face-up for steps 1, 2 and 4, and face-down for step 3:

1. Valor Balance - this quiet step aligns the body’s electrical energy, bringing harmony to body & spirit.
2. VitaFlex Technique - ancient Tibetan Reflexology performed on the “spinal reflex” of both feet.
3. Raindrop on the back - Essential oils are dripped up your spine, “feathered in” using a spine-tingling technique inspired by Native American traditions, then massaged in using a variety of techniques.
4. Finger Pull - this revitalising step rocks the entire body, leaving you refreshed and invigorated.

How long does the session go for?

Ask the person giving you Raindrop Technique how long you should set aside for the session. Typically the technique itself takes 45 to 60 mins, and at times up to 90 mins. An extra half hour may be needed for your first session, to discuss your health history.

How often can I receive Raindrop Technique?

The greatest benefit is felt when you receive weekly sessions for the first 2 months, then fortnightly sessions for the next 2 months, then monthly sessions on an ongoing basis. There may be times you need Raindrop Technique more regularly than this, especially if you’re going through a challenging time. Listen to your body.

Remove all removable jewellery

Many people report sensations of “energy” running through their body during Raindrop Technique. This is because Raindrop Technique re-establishes the body’s natural flow of inner energy, called “Chi”. Metal can affect the flow of this current, so please remove all jewellery before your session (if it is easily removable).

Wear comfortable clothing

Wear comfortable clothing (preferably clothing that is not restrictive). You will be invited to remove your outer clothing down to underwear, and will be covered with towels. If for any reason you prefer to leave outer clothing on, please discuss this with your practitioner.

How will I feel afterwards?

Everyone responds differently to Raindrop Technique, and most people float out the door afterwards feeling balanced and deeply relaxed...yet energised at the same time. Many people report that they sleep beautifully after their session, and experience increased inner vitality. However, as with any type of body work, some people may experience discomfort during or after a session. Make sure you communicate your experiences to the person giving you Raindrop Technique, as they may be able to assist, or offer helpful suggestions.

Pregnancy

If there is any chance you may be pregnant, please advise your practitioner before your session. You will be sent special Pregnancy Forms to look over and sign before your session. If you are breastfeeding, seek advice from your midwife or health care professional before your session.

Top Quality Essential Oils

Raindrop Technique is performed using only 100% pure, therapeutic-grade essential oils from Young Living®, that are guaranteed to be free of any and all chemical adulteration. We choose these oils because you deserve the best!

Young Living is the largest producer of therapeutic-grade essential oils in the world, with a range of over 150 high quality essential oils and blends, and nutritional and personal care products containing essential oils. Speak to the person giving you Raindrop Technique if you are interested in knowing more about how these products may assist you or your family, or if you would like to order some for yourself.

Preparing for Raindrop Technique®

Chemical Exposure

In our modern world, it is impossible to avoid chemical exposure. Artificial chemicals are in our food, water and personal care products. Many absorb through the skin and build up in the body, paving the way for disease.

Because of the relaxing effects of Raindrop Technique, it is possible for the body to go through a release process after a session, especially if your body's channels of elimination are not working optimally (urine, bowels, breath, skin). You are a good candidate for this if you:

- ✓ Have worked amongst chemicals, eg. hairdresser
- ✓ Have taken regular pharmaceutical/recreational drugs
- ✓ Have had a recent acute or long-term illness

What does a release mean?

If chemicals are being released by your body, but not eliminated quickly, you may end up with one of more of the following indicators: Tiredness, Headaches, Thirst, Strong smelling stools/urine, Mood Swings, Skin rashes, Nausea and Vomiting. Most of these indicators pass within a day or two. If they persist or you're concerned about your response, consult your doctor or natural therapist.

Helping to Reduce these Symptoms

There are a variety of ways that you can minimise the likelihood of any release after a session. You may even choose to put these into practice for a week or two before your first Raindrop Technique. It is recommended you:

- ✓ Drink adequate filtered water or herbal tea. Tea, coffee, softdrinks and milk don't count.
- ✓ Have regular (daily) bowel motions

Balanced pH

Our western diet and stress levels leave many people with an acidic pH. In order to maintain a great state of health, minimise acid-forming foods in your diet (red meat, dairy, sugar, coffee, alcohol), and increase alkaline-forming and acid-binding foods (such as fruit and fresh veges - raw or lightly cooked).

Client History Form

You will be asked to complete a Client History Form and a Release & Indemnity Form before your first Raindrop Technique. This provides valuable information which will be used to tailor your session to your specific needs. Make sure you provide all relevant information on the Client History Form.

Your Comfort is Important

So that you will have the best session possible, please advise your practitioner if anything interrupts the comfort and enjoyment of your session. This includes:

- ✓ If you feel any sore spots or discomfort during any of the movements, or prefer a lighter or firmer pressure during the massage steps.
- ✓ If you become uncomfortable from lying on your back or stomach, or require a pillow. Raindrop Technique is best performed without without the use of a pillow under your head or knees, as the body moves more freely during the session. However, some people's neck and spine are shaped such that a pillow becomes necessary for comfort. If this applies to you, please ask for one. You may also change body position as needed during the session, eg. roll onto your side, or raise your legs.
- ✓ Some of the essential oils used in Raindrop Technique may be warming to the skin. These are skin tested for possible sensitivity first, to minimise any likelihood of discomfort. However, if you experience any prickling or heat on your skin from the oils, the person giving you Raindrop Technique will apply a vegetable (carrier) oil to cool the area.....but only if you tell them!
- ✓ If you need tissues (eg. if your nose is blocked, or you feel emotional).

Emotional Rebalancing

Whilst most people feel physically and emotionally fantastic after a Raindrop Technique, it is possible for emotions to come to the surface either during or after the session. The person giving you Raindrop Technique will quietly support you if this happens during your session. If you are concerned about this, please discuss your concerns before your session begins.

At times, emotional pain may be expressed physically. Body workers often refer to this as a "healing crisis". Although this is rare with Raindrop Technique, if you do find yourself struggling with emotional or physical issues after a session, speak with your practitioner for their suggestions.

If this happens, make sure you drink plenty of pure water, and reduce your workload so you can take some time out for yourself. If you feel it's needed, seek the help of a friend, qualified counsellor or health care professional who can support you through this time of transformation.