

dōTERRA[®] aromatouch **TECHNIQUE[®]** | **QUICK REFERENCE**

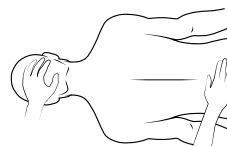
MOVEMENTS



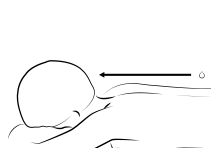
Oil Introduction
x3



Three Clockwise
Palm Circles
x3



Cranial Sacral Hold
x1



Oil introduction
x3



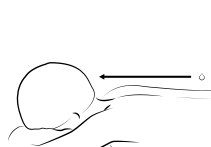
Alternating
Palm Slide
x3



Five-Zone Activation
x5



Auricular Stress
Reduction
x3



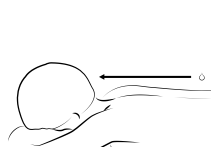
Oil Introduction
x3



Alternating
Palm Slide
x3



Five-Zone Activation
x5



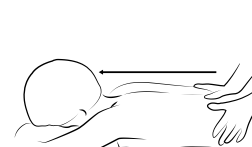
Oil Introduction
x3



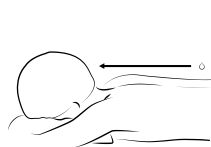
Alternating
Palm Slide
x3



Five-Zone Activation
x5



Thumb Walk
x3



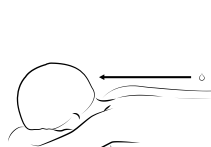
Oil Introduction
x3



Alternating
Palm Slide
x3



Five-Zone Activation
x5



Oil Introduction
x3



Alternating
Palm Slide
x3



Five-Zone Activation
x5



Thumb Walk
x3

MOVEMENTS



Select the first foot.



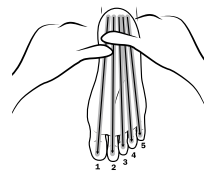
Oil Introduction
(Foot Version)

x3



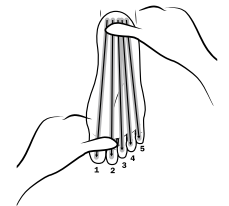
Three-Region Foot
Activation

x1



Five-Zone Foot
Activation

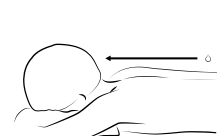
x5



Five-Zone Tissue Pull

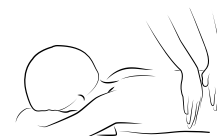
x1

Repeat these movements for the other foot.



Oil Introduction

x3



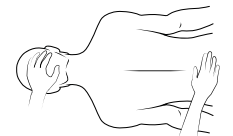
Alternating
Palm Slide

x3



Three Clockwise
Palm Circles

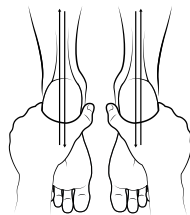
x1



Cranial Sacral Hold

x1

Final Step



Lymphatic Movement
Repeat three times.

x3

This essential oil application technique is intended for personal use (in the home and on family or close friends), not for monetary benefit. Anyone who uses it for monetary benefit or beyond its intended purposes assumes all responsibility for that use and must comply with his or her state laws.

AROMATOUCH TECHNIQUE® RESOURCES

AromaTouch Technique Certification Course

By purchasing this kit, you received access to the AromaTouch training course via email. Check the email address associated with your dōTERRA account for a unique access code to begin the training.

Follow Along

Performing the AromaTouch Technique independently takes time and practice. Scan this QR code to watch a video and follow along as you learn to comfortably perform the technique. The video features soothing background music, making it the perfect addition to an AromaTouch experience.



Scan this QR code
to access the video!



To begin reading,
scan this QR code

AromaTouch Technique eBook

This eBook provides additional information on the essential oils and blends used in the AromaTouch Technique, as well as business strategies to help you share the technique and dōTERRA® products. The AromaTouch Technique isn't just the act of applying essential oils for another person. It's a gift from you to a loved one. It creates a connection beyond the physical. The last section of this eBook has space for you to document and reflect on your experiences as you perform the AromaTouch Technique for family and friends.

Refill Kit

Need a refill? We have an AromaTouch® Refill Kit available for you. It includes all eight essential oils used in the AromaTouch Technique. Add it to your loyalty order so you never run out!

See individual labels for ingredients, cautions, and instructions for use.



20620004