

AUST L 332583
AU SKU: 60209189



dōTERRA[®] aromatouch **TECHNIQUE[®]**

dōTERRA[®] PEPPERMINT

Mentha X piperita herb oil essential 1 mL/mL

"Peppermint essential oil is present in two of the essential oil blends used in the AromaTouch Technique, so many may wonder why I chose to include the single essential oil at the end of the technique. The answer is simple. While Peppermint works within a blend to support the purpose of that blend, on its own Peppermint is highly invigorating and helps re-energize. After such a soothing and relaxing experience, it's important to include components that help awaken the senses without interfering with the process and I feel that Peppermint, when layered with Wild Orange, really accomplishes that." - Dr. Hill

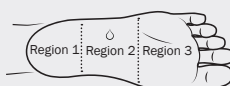
MOVEMENTS

Select the first foot.



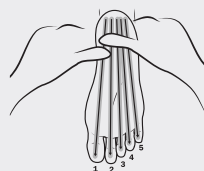
Oil Introduction
(Foot Version)

x3



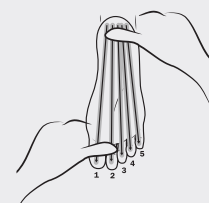
Three-Region Foot
Activation

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

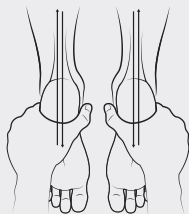
x1



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 federal, state and local laws.



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