# THE FULL AROMATOUCH TECHNIQUE™

## THINGS TO KEEP IN MIND

In this section, we'll go through the technique in full and show you exactly how to perform it. But first, here are 11 things to keep in mind before you begin the AromaTouch Technique™!

# 1. Maintain Physical Contact

Always stay in physical contact with the recipient from the beginning of the technique to the end. Doing so will help build a connection of trust and provide the recipient with the best experience.



## 2. Hydrate

Provide the recipient of the technique with a bottle or cup of water so he or she can be comfortable and hydrated.

#### 3. Eliminate Distractions

Don't let anything disrupt this relaxing process. Make sure phones are turned off and avoid speaking to the recipient while providing the technique.

### 4. Create the Right Environment

Consider playing soft, relaxing music to create a calm and inviting atmosphere. Music with a high tempo or upbeat rhythm can be disruptive. If you can lower the lights, this can also help the recipient calm down quicker and with fewer distractions.

# 5. Keep the Recipient Comfortable

Have a sheet underneath the recipient and a warm blanket on his or her legs to ensure comfort.

# 6. Have Easy Access to Essential Oils

Before you start the technique, ensure there's a side table or an apron that can hold the essential oils so you can apply them in sequence seamlessly. Additionally, it's a good idea to loosen or remove the caps from the bottles, so you don't need to open and close each bottle as you introduce the essential oils during the steps of the technique.

#### 7. Start on the Best Side

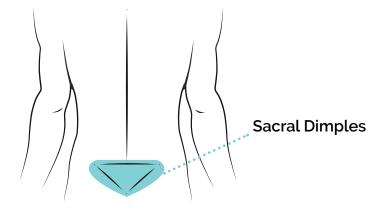
If you're left-handed, consider that it may be easiest to start the technique on the right side of the body and vice versa for those who are right-handed. This allows you to maintain more control with your essential oil drops and start off each movement with the hand you feel most confident with.

## 8. Adjust the Massage Table

If you're using a massage table, check that the table is at the right height so you're not bending down or reaching up to the recipient's body. Generally, the right height for a massage table is just below your hip.

## 9. Correctly Expose the Back

Know that modesty and relaxation are important factors in this technique. Once the recipient feels comfortable on the massage table, you'll need to make sure the back is exposed down to the sacrum. A good indicator if you're at the right place is by looking for the sacral dimples toward the end of the spine.



#### 10. Don't Change the Technique

Stick to what works. This technique is a powerful and unique experience. It shouldn't be changed or combined with any other procedures: using hot towels, smelling essential oils directly from the bottle, or having a diffuser running. This can cause someone to go from feeling great after the technique to feeling overwhelmed. This technique uses the right movements and the right amount of essential oil to achieve optimal results—adding anything can negatively affect the overall experience.

#### 11. Use Fractionated Coconut Oil Correctly

When sensitivity occurs or to facilitate ease of movement on the skin, use Fractionated Coconut Oil. But before you apply Fractionated Coconut Oil to the body, make sure to complete the movements of the essential oil step you're on. Simply put a few drops on the palm of your hand and then apply it directly to the area of need.

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