

THE FULL AROMATOUGH 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.



