

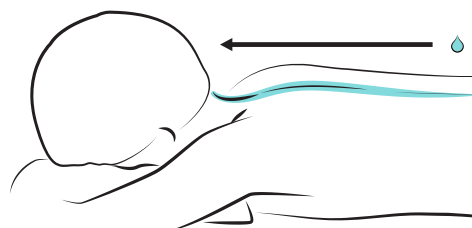
AROMATOUCH TECHNIQUE™ MOVEMENTS

The AromaTouch Technique™ uses 10 different movements. We'll go through each of these movements individually before explaining the order in which they should be performed.

OIL INTRODUCTION

Each time you use a new essential oil as part of the technique, you'll apply it to the back in the same way.

The Oil Introduction is important, because it's an introduction to each individual essential oil, as well as to the giver's touch. The soothing touch of this movement activates the body and helps it absorb the essential oil into the tissues. It also establishes rhythm, allowing the recipient to relax and enjoy the process.



The beginning movements of the AromaTouch Technique™ encourage the recipient to get into the right mindset and prepare for the rest of the technique.

To perform the Oil Introduction movement, first stand to the side of the recipient. Starting at the sacrum (just below the base of the spine), apply three to five drops of essential oil along the length of the spine. Though, when you apply Wild Orange and Peppermint, only use one to two drops.

Starting with the hand closest to the feet, evenly distribute the essential oil by sliding the pads of your fingers lightly up the spine at the same time with both hands. The hand that begins will be under the hand that follows—essentially hand over hand—continuing to maintain contact with the recipient. Always flow in the same direction—from the base of the spine to the base of the head.

At certain stages in the technique, you'll introduce essential oils to the recipient's feet. To do this, you'll move to the feet, being sure to remain in contact with the recipient.

Start by placing your hand, palm up, in the curve of the foot's arch. Add one to two drops of Wild Orange to the palm of your hand and apply a light, even coating to the bottom of the foot, while using the other hand to remain in full contact at the same time. Then repeat this process with one to two drops of Peppermint.

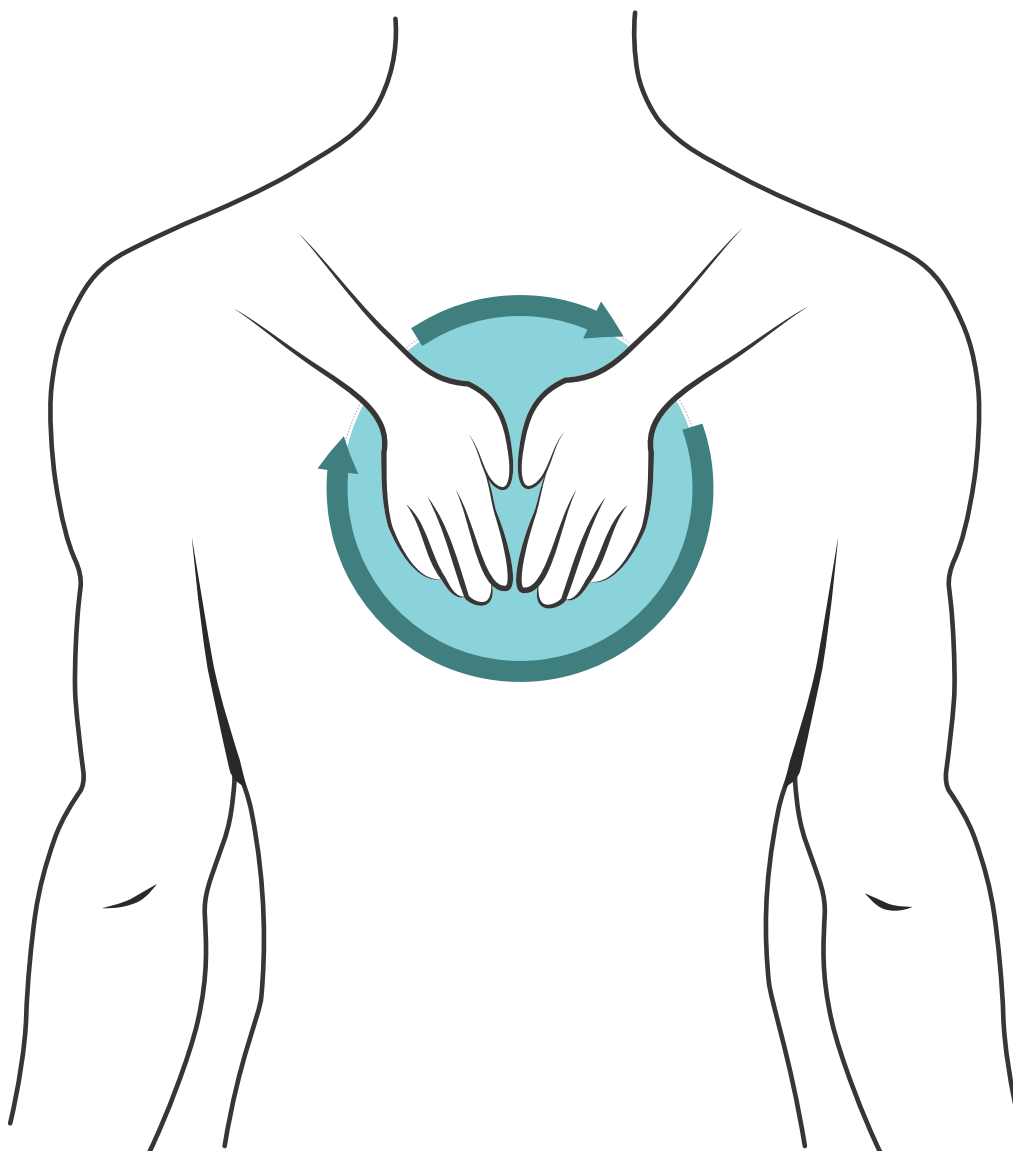
NOTES:

THREE CLOCKWISE PALM CIRCLES

The AromaTouch Technique™ starts and ends with Three Clockwise Palm Circles over the heart that transition into the cranial sacral hold. This initiates connection at the beginning and end of the technique. The Three Clockwise Palm Circles are part of the technique because they help put the giver in the right frame of mind so they give the best AromaTouch Technique™ possible. It also allows the recipient to feel confident, comfortable and relaxed so they're ready to receive all the benefits that the technique has to offer.

To complete this movement, place both hands on the recipient's back over the heart area, with your thumbs and forefingers touching. In one fluid motion, perform Three Clockwise Palm Circles, using light confident contact.

Next, you'll perform the cranial sacral hold. Pause in this position momentarily and then simultaneously slide your palms in opposite directions along the length of the spine without lifting your palms from the back. Rest one palm on the base of the head, with the thumb placed on the bump on the back of the head and one palm on the base of the spine. Stay in this position for three to five deep breaths, allowing connection and trust to build before moving on.



ALTERNATING PALM SLIDE

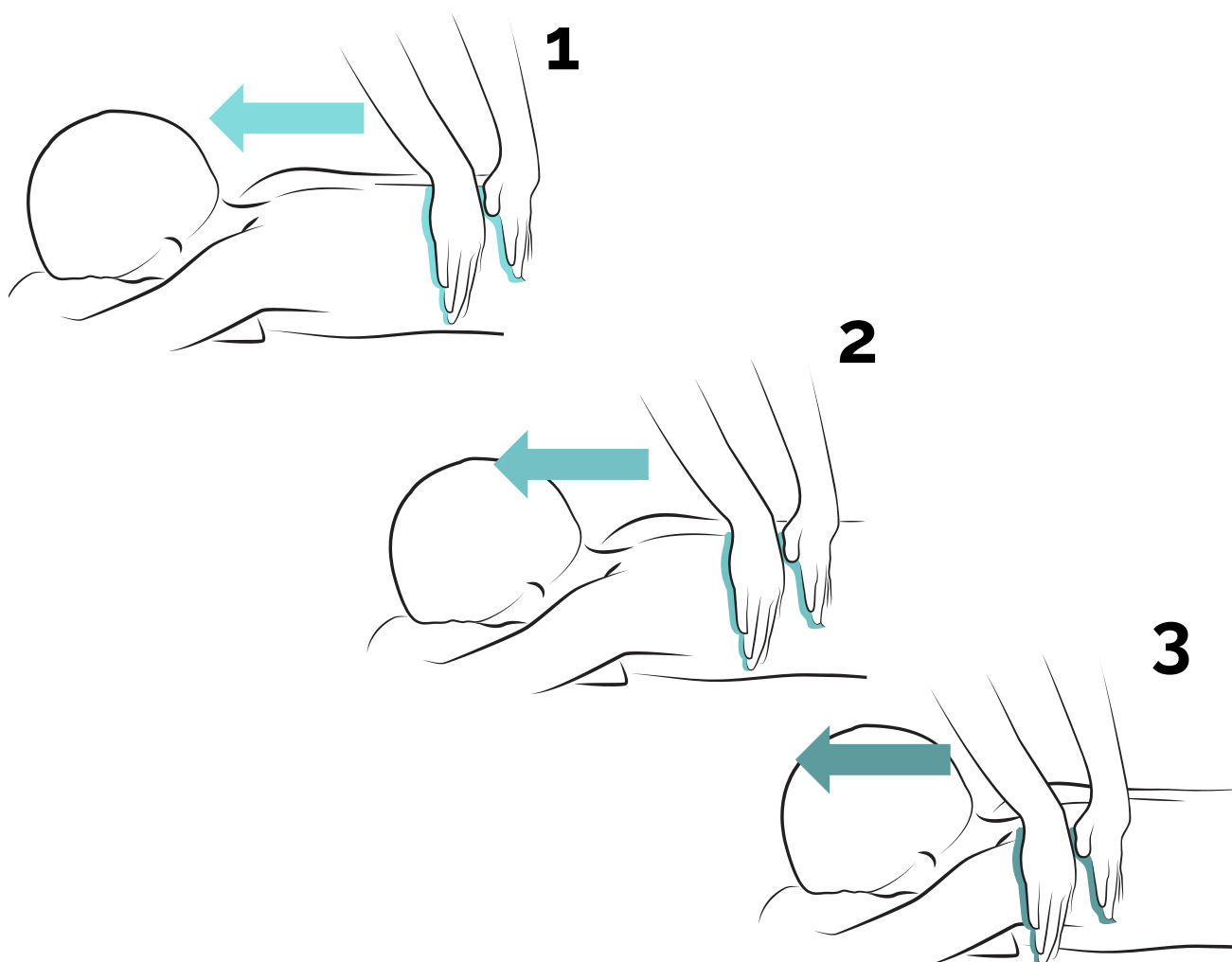
Alternating Palm Slide is a simple yet powerful movement that's used throughout the AromaTouch Technique™. The movement stimulates blood flow through rhythm and full contact, as well as whole-body neurological activity and helps to promote the absorption of the essential oils. These benefits make this movement a crucial part of the technique as a whole.

To perform this movement, stand at the recipient's side and place both hands, palms down, on the side of the back opposite you. Keep your palms close to the spine, with your fingers pointing away from you.

This movement is perpendicular to the spine. Both hands stay parallel to each other. Alternate sliding one hand after the other. They shouldn't contour with the body.

Starting at the sacrum with the hand closest to the feet, slide the palm lightly away from the spine and toward the recipient's arm. If your hands stop moving forward while doing this, you're using too much pressure. Continue the same motion with the other palm and move slowly up the back, alternating hands. Keep in mind that the hand closest to the head should always be in front of the other in this movement. Continue this sliding motion until you reach the start of the crown of the head.

During the last palm slide of your third rotation, walk your feet to the other side of the body so you can smoothly move into the palm slide on the other side of the back with your free hand. Repeat the three rotations on the opposite side.



FIVE-ZONE ACTIVATION

Five-Zone Activation is a movement that's used several times in the AromaTouch Technique™ to establish overall wellness for the body through the zones discussed earlier. Working through the five zones with multiple essential oils—including Lavender, Tea Tree, On Guard™, AromaTouch™ and Deep Blue™—helps activate the body and create a feeling of overall wellness through a whole-body response without having to work through each individual part of the body. Five-Zone Activation targets several focal points but gives you the ability to activate that entire zone, along with the bodily systems and functions that exist there.

To start this movement, stand at the recipient's head and place both hands parallel to each other on either side of the spine in Zone 1, with your fingertips at the sacrum.

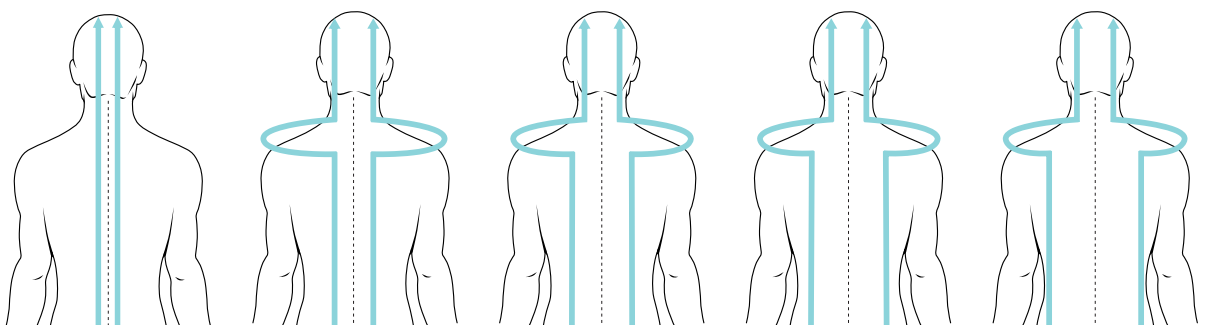
Pull your hands simultaneously toward the head with confident contact, continuing through the neck to the top of the head. The right amount of pressure during this movement would be just the weight of your hands. Once you reach the neck, spread out your fingers on the head to encompass all five zones. Cease this motion once your wrists hit the table or bed.

Return your hands, one at a time, to the base of the spine and Zone 2 and then pull your hands up vertically along Zone 2 toward the head. Remember, this zone starts out parallel to Zone 1, but only a little farther outward by the arms.

Pull the hands toward the head, again with confident contact. But this time, once your hands have reached the shoulders, turn your fingers toward each other until they're parallel with each other and then pull them out along the shoulder until you reach the joint.

Rotate your hands around the shoulder joint and cup your fingers underneath the recipient's shoulder. Pull back through the neck to the top of the head. Don't forget to spread your fingers out once you hit the neck to encompass all five zones on the head until you reach the stopping point.

Repeat this for Zones 3, 4 and 5, moving your hands out farther accordingly.



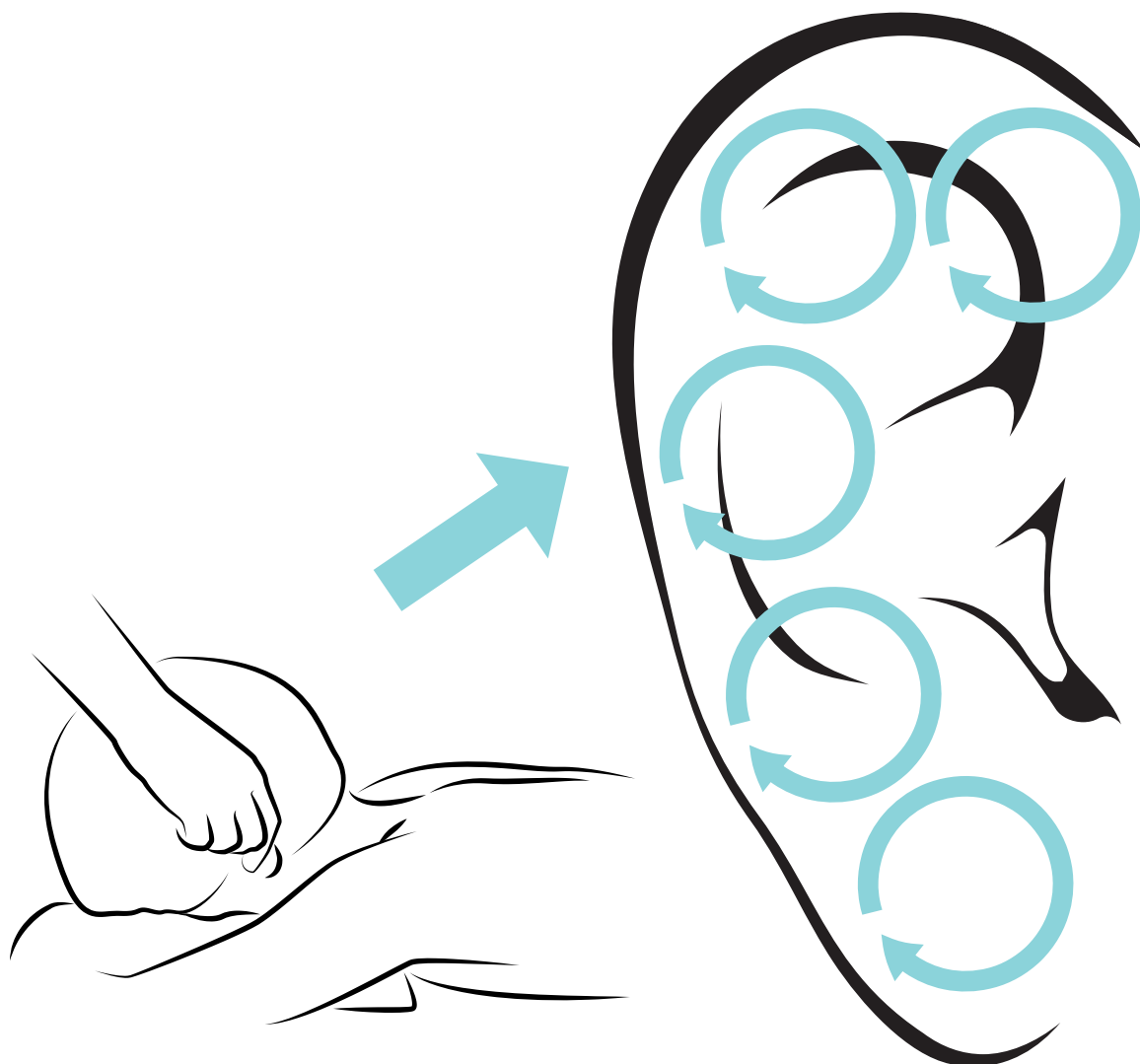
AURICULAR TENSION REDUCTION

Different locations on the body have contact points that can help you connect with all body systems and functions. The ear is one of those locations. Auricular Tension Reduction movement not only promotes deeper relaxation, but it also prepares the body for everything else you'll do in the technique to stimulate the body as a whole. This movement is only performed one time—after dōTERRA Balance™ and Lavender have been applied.

To begin this movement, stand at the head and lightly grip each earlobe between your thumb and forefinger. Gently work your forefingers in a circular motion toward your body along the outer rim of the ear, keeping the thumb still for support, from the bottom of the earlobe to the top.

Take your time to methodically work through the entire outer rim of the ear in order to increase the benefits of relaxation.

When you reach the top of the ear, slide your thumb, gently pressing along the back of the ear and returning to the lobe. Repeat this movement two more times.



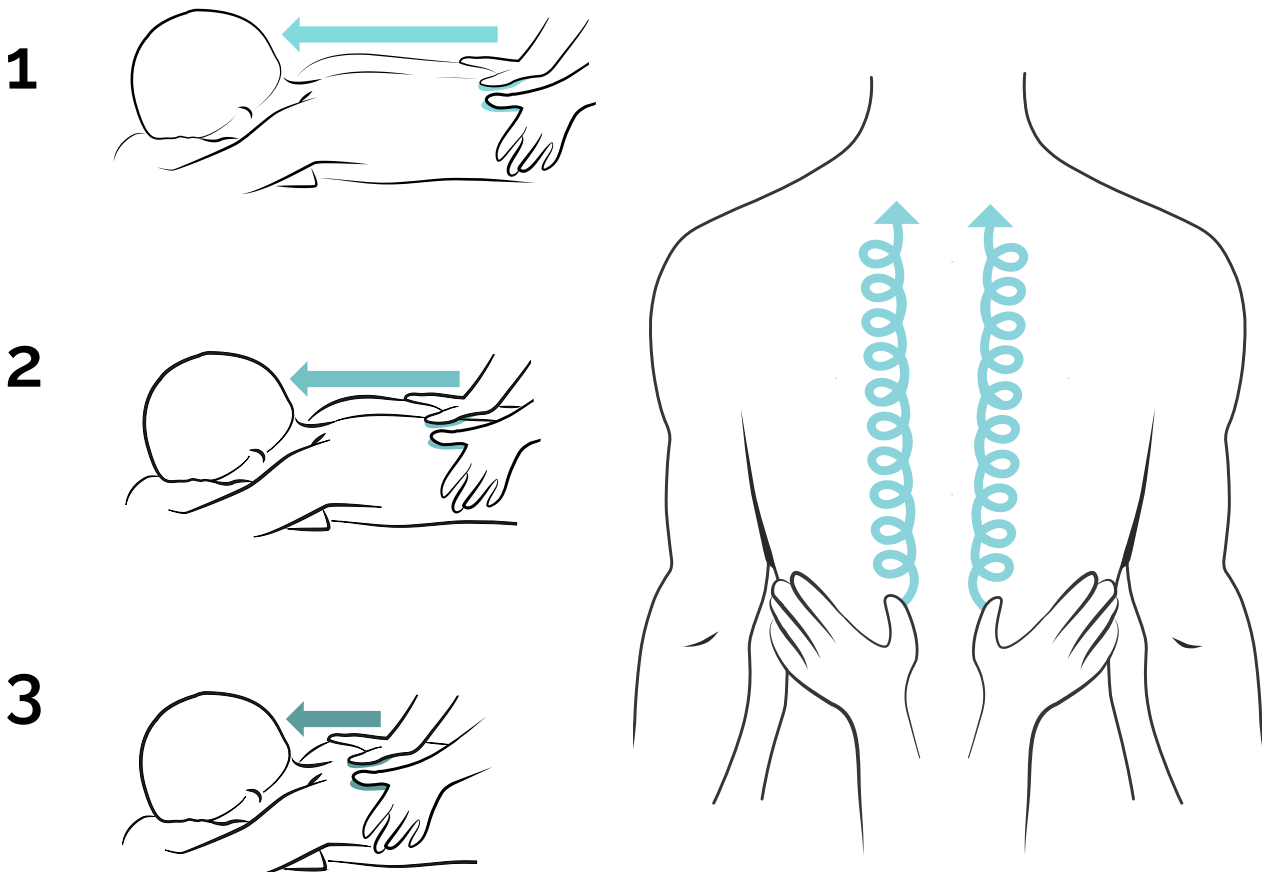
THUMB WALK

Thumb Walk is designed to have a focused impact on Zone 1, which is considered the master zone of the body, encompassing the spine. The isolated stimulation in this zone increases the potential for a healthy response. Using this movement after applying On Guard™ and Deep Blue™ finalises the effort you've made with supportive and soothing essential oils.

First, stand to the side of the recipient, with your body facing toward his or her head and place your thumbs on either side of the spine in the depression between the muscle tissue and spinal column at the bottom of the spine. Be careful to not come in direct contact with the spinal column, as this area can be sensitive and cause minor discomfort, distracting from the relaxation you're aiming to achieve.

Alternate your thumbs one after the other, a clockwise motion with your right thumb and an anticlockwise motion with your left thumb, up the spine. Gradually move in this consistent rhythm up each side of the spine, from its base to the base of the head. You can use the bump on the back of the head, the occipital protuberance, as the reference point for the head's base. Apply light pressure through the pads of your thumbs.

As you perform the Thumb Walk movement, focusing on Zone 1, you're methodically working from the parasympathetic connections at the base of the sacrum to the connections at the base of the head, helping return the body to its proper rhythm.



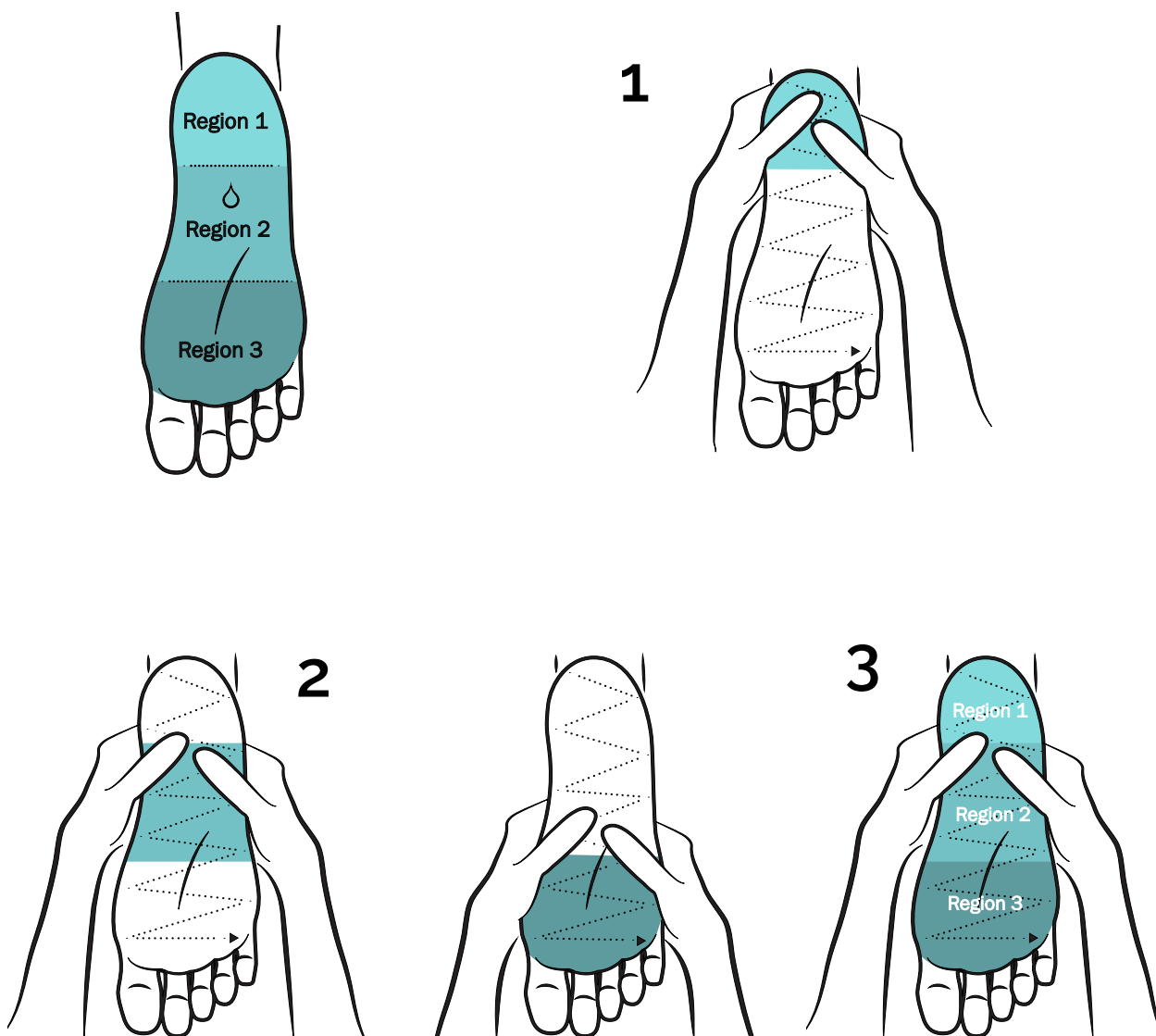
THREE-REGION FOOT ACTIVATION

With the final two essential oils of the technique, Wild Orange and Peppermint, you'll focus on the bottoms of the feet. To prepare the feet, use Three-Region Foot Activation. The soles of the feet contain over 7,000 nerve endings in each foot, which is more per square centimetre than any other part of the body. The foot's tissues are stimulated with the Three-Region Foot Activation movement, creating neurological responses and other responses, in the body.

To perform this movement, hold a foot in both hands, with your thumbs at the top of the heel.

In Region 1, make alternating outward circular motions with your thumbs, pressing lightly in a zigzag pattern across the region, ensuring thorough work until you get to Region 2. This movement should be slow and precise. A good indicator of enough movement through each region is making three to four zigzags.

Work through Regions 2 and 3, repeating the same movements. Stop on the ball of the foot, right before you reach the toes.



FIVE-ZONE FOOT ACTIVATION

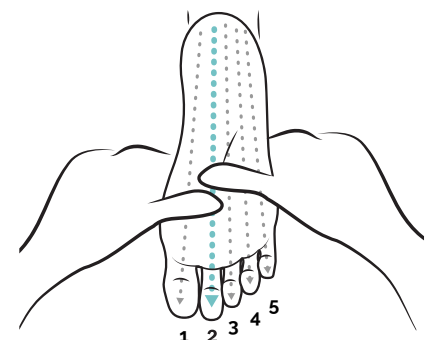
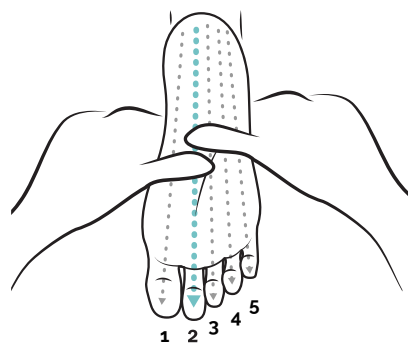
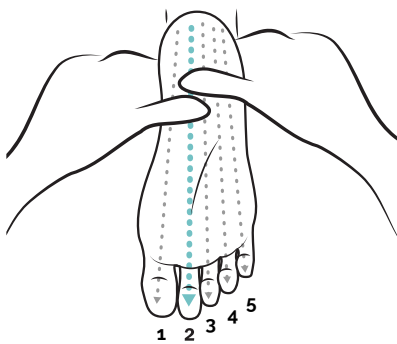
After the Three-Region Foot Activation movement has been completed, you'll transition to Five-Zone Foot Activation to stimulate the zones on the feet with a more specific and purposeful movement. This is the only movement in the entire technique that requires localised pressure as you continue rhythmic and repetitive movement. Like the Five-Zone Activation movement, Five-Zone Foot Activation contributes to the entire body feeling whole, but through a more focused application.

To complete this movement, place both thumbs in Zone 1 on the heel.

Choose a lead thumb and a following thumb for this movement. In a stepping motion, move your thumbs down Zone 1 toward the tip of the toe, using light pinpoint pressure. These pinpoint steps down the zone should be in small increments. To have a positive impact on the zone, you should make approximately 15–20 pinpoint steps with each thumb before you move to the next zone. Once you've reached the tip of the toe, you'll hold one thumb in the current zone and move the other to the start of the next zone, then match. Be sure the following thumb is always behind the lead thumb.

It's important not to rush this step. Five-Zone Foot Activation is the culmination of the work you've done in the five zones. Take the time to rhythmically work through each zone, as this movement can produce the powerful benefits you're aiming to achieve with the AromaTouch Technique™.

Repeat this movement for Zone 2 through Zone 5 of the foot, one time in each zone.

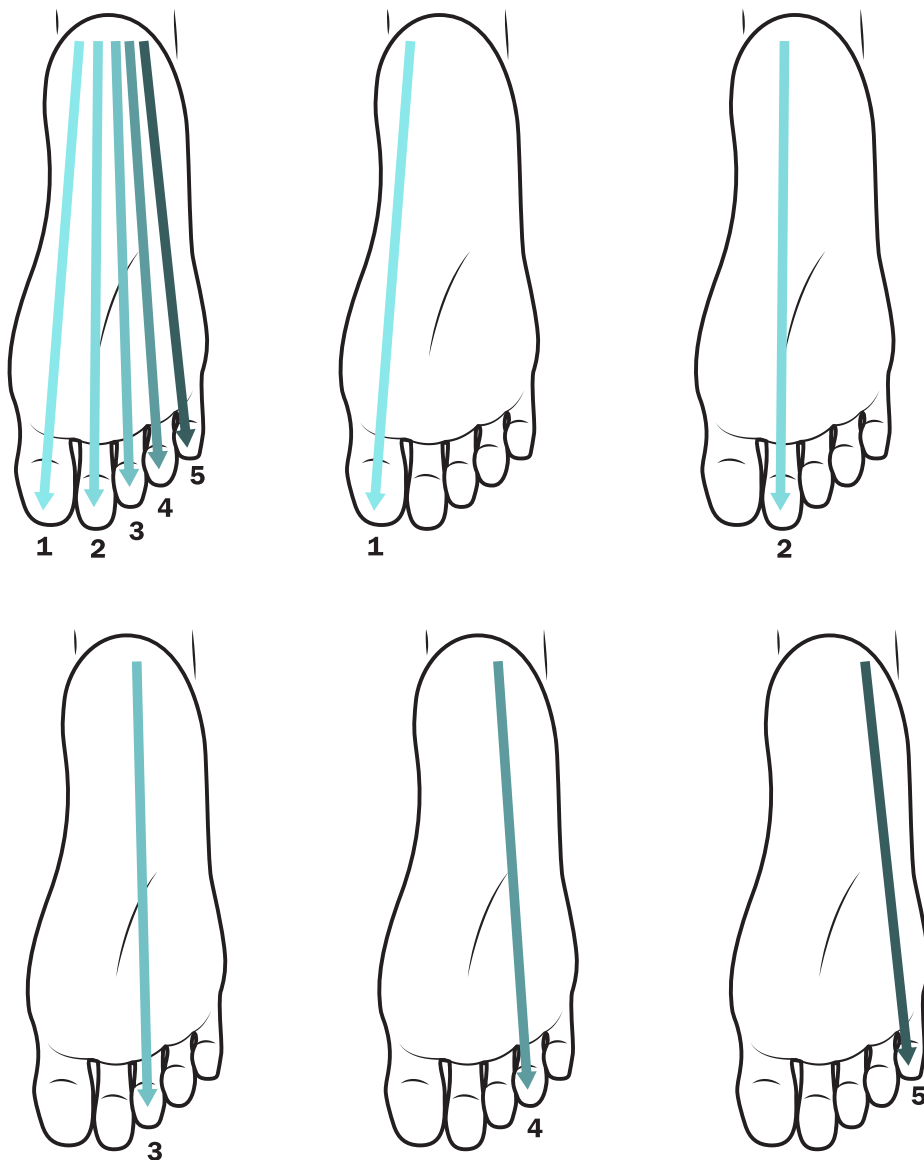


FIVE-ZONE TISSUE PULL

The Five-Zone Tissue Pull movement is the last step in the foot portion of the technique before transitioning to the back.

Beginning in Zone 1, grip the recipient's foot with both hands and place your thumbs on the heel. Rest your remaining fingers on the front side of the foot. Pull your first thumb and the associated fingers from the heel through the toe. Then switch to the other hand. Pull through that motion with a consistent rhythm and then switch back to the first hand. Perform this alternating movement three times before progressing to the next zone. When you move to the next zone, don't pause. Maintain the rhythm established with Zone 1. Repeat this movement in the remaining zones.

As you pull through each zone, maintain contact from the heel through the front of the foot. As the feet are smaller than the back, maintaining contact in this way helps increase the amount of tissue you're connected to.



LYMPHATIC MOVEMENT

Lastly, you activate lymph function at the end of the technique with Lymphatic Movement. It's important to stimulate lymphatic activity at the end of the technique to help the body feel restored and continue responding positively once the AromaTouch Technique™ has been completed.

Each of these movements brings something valuable to the AromaTouch Technique™. If you feel like you need a little more practice, don't hesitate to rewatch the demonstrations. Once you feel comfortable, you can move on to the next section, where we'll present the technique in its entirety.

Lightly place the palms of your hands on the bottom of the recipient's feet, with your thumb and forefinger making a U shape to help you firmly grip the heel. Put your arms in line with the recipient's legs.

Slightly lift the recipient's lower legs off the table and anchor your elbows into the massage table or bed. Gently rock his or her body forward with a pushing motion and then allow the body to naturally release back to you in order to stimulate lymphatic movement. The recipient's body should move no more than two inches back and forth. Remember, this motion is gentle and shouldn't jolt the body in any way. It needs to be natural and calming, like the rest of the movements performed in the AromaTouch Technique™.

Repeat this rhythmic, even-paced movement two to three times in 15-30 second intervals.

