

# THE AROMATOUGH TECHNIQUE™

## Step 1: dōTERRA BALANCE™

1. Begin with the **Oil Introduction**. Maintain contact with the recipient for the entire technique.
2. Move into performing **Three Clockwise Palm Circles**.
3. Spread your hands along the spine to the crown and base of the sacrum. Hold for three to five deep breaths before moving on.

## Step 2: Lavender

1. Without losing contact with the recipient, perform the **Oil Introduction**.
2. Do the **Alternating Palm Slide**.
3. Begin the **Five-Zone Activation**.
4. Perform **Auricular Tension Reduction**.

## Step 3: Tea Tree

1. Without losing contact with the recipient, perform the **Oil Introduction**.
2. Move to the **Alternating Palm Slide**.
3. From the crown of the head, begin the **Five-Zone Activation**.

## Step 4: On Guard™

1. Without losing contact with the recipient, perform the **Oil Introduction**.
2. Do the **Alternating Palm Slide**.
3. Perform the **Five-Zone Activation**.
4. Move to the **Thumb Walk**.

## Step 5: AromaTouch™

1. Without losing contact with the recipient, perform the **Oil Introduction**.
2. Move to the **Alternating Palm Slide**.
3. Perform the **Five-Zone Activation**.

## Step 6: Deep Blue™

1. Without losing contact with the recipient, perform the **Oil Introduction**.
2. Do the **Alternating Palm Slide**.
3. Perform the **Five-Zone Activation**.
4. Move to the **Thumb Walk**.

## Step 7: Wild Orange and Peppermint (Feet)

1. Perform the **Oil Introduction** (foot) while maintaining contact. Apply Wild Orange first and then Peppermint.
2. Begin the **Three-Region Foot Activation**.
3. Perform the **Five-Zone Foot Activation**.
4. Move to the **Five-Zone Tissue Pull**.
5. Repeat Steps 1–4 for the opposite foot.

## Step 8: Wild Orange and Peppermint

1. Without losing contact with the recipient, perform the **Oil Introduction**. Apply Wild Orange first and then Peppermint.
2. Do the **Alternating Palm Slide** on the side of the back opposite of you.
3. Move to performing **Three Clockwise Palm Circles** on the same side you started on at the beginning of the technique.

## Step 9:

1. Finish by performing the **Lymphatic Movement** two to three times or for about 15-30 seconds.