

# AROMATOUCH®

*Spa Blend 5mL & 15mL*

*Clean, fresh, mint, powdery*

*Aromatic description*

## PRIMARY BENEFITS

- Comforting and relaxing
- Relax and feel invigorated
- Adds an aromatic experience to a soothing massage

## PRODUCT DESCRIPTION

AromaTouch®, dōTERRA's proprietary massage blend, brings together the unique benefits of essential oils known for their relaxing and comforting properties.

A combination of Cypress, Peppermint, Marjoram, Basil, Grapefruit and Lavender essential oils make a perfect blend that adds many important benefits to various massage techniques.

This popular blend is a vital part of the dōTERRA AromaTouch® Technique, an aromatic experience for applying essential oils to the whole body.

## USES

- Apply to neck and shoulders or use with carrier oil for massage.
- Give your loved one a hand massage using AromaTouch® essential oil blend and the hand technique.
- Add to Epsom salts and enjoy soaking in a hot bath.

## DIRECTIONS FOR USE

TOPICAL USE: Apply one to two drops to desired area. Dilute with a carrier oil to minimise any skin sensitivity.

See additional precautions below.

## CAUTIONS

KEEP OUT OF REACH OF CHILDREN.

Possible skin sensitivity. If you are pregnant, nursing or under a doctor's care consult your physician. Avoid contact with eyes, inner ears, and sensitive areas. Avoid sunlight and UV rays for at least 12 hours after applying product.

## INGREDIENTS

Cypress Leaf, Peppermint Plant, Marjoram Leaf, Basil Leaf, Grapefruit Peel, Lavender Flower essential oils.



Certified Pure Tested Grade

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dōTERRA<sup>®</sup>  
**aromatouch** **TECHNIQUE<sup>®</sup>**

**AROMATOUCH<sup>®</sup>**

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"I wish that I could have had the AromaTouch essential oil blend back when I was practicing. It is designed to promote feelings of relaxation and to lessen tension. In order to accomplish these goals we need to stimulate blood flow in the tissues and the application of this oil blend through the AromaTouch Technique does an excellent job. It utilizes Cypress, Peppermint, Marjoram, Basil, Grapefruit, and Lavender essential oils in such a way that is truly special and highly beneficial." - Dr. Hill



Oil Introduction

x3



Alternating Palm Slide

x3



Five-Zone Activation

x5

**AROMATOUCH TECHNIQUE<sup>®</sup> RESOURCES**

**AromaTouch Technique Certification Course**

By purchasing this kit, you received access to the AromaTouch training course via email. Check the email address associated with your dōTERRA account for a unique access code to begin the training.

**Follow Along**

Performing the AromaTouch Technique independently takes time and practice. Scan this QR code to watch a video and follow along as you learn to comfortably perform the technique. The video features soothing background music, making it the perfect addition to an AromaTouch experience.



Scan this QR code to access the video!



Discover the power of essential oils with the AromaTouch Technique and certification course.

Scan this QR code for more information

**AromaTouch Technique eBook**

This eBook provides additional information on the essential oils and blends used in the AromaTouch Technique, as well as business strategies to help you share the technique and dōTERRA<sup>®</sup> products. The AromaTouch Technique isn't just the act of applying essential oils for another person. It's a gift from you to a loved one. It creates a connection beyond the physical. The last section of this eBook has space for you to document and reflect on your experiences as you perform the AromaTouch Technique for family and friends.

**Refill Kit**

Need a refill? We have an AromaTouch<sup>®</sup> Refill Kit available for you. It includes all eight essential oils used in the AromaTouch Technique. Add it to your loyalty order so you never run out!

See individual labels for ingredients, cautions, and instructions for use.

