



aromatouch[®]

HAND TECHNIQUE



The AromaTouch Hand Technique

is an essential oil application applied to the hand that provides a simple and impactful experience.



WHY?

1 TAKES 5 TO 8 MINUTES TO PERFORM ON BOTH HANDS

2 CAN BE CATERED TO THE RECIPIENTS NEEDS

3 EASY WAY TO SHARE OILS ON THE GO



AROMATOUCHE HAND TECHNIQUE

study

OILS STUDIED



deep blue



copaiba



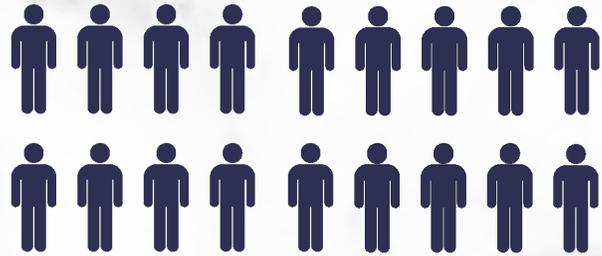
REASON FOR STUDY



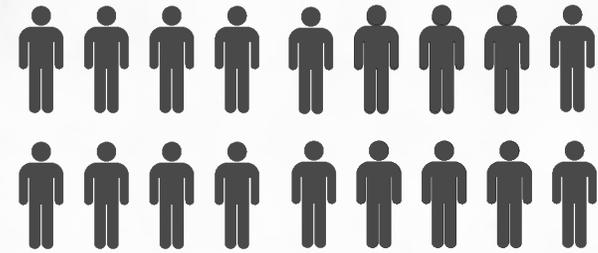
Can these two oils improve hand function for individuals?

STUDY SET-UP

┌ 36 Total Participants ─┐



1/2 Hand Technique with C+DB



1/2 Hand Technique with Placebo

Each participant received the Hand Technique 2x a day 5 days in a row
Measurements were performed before 1st and after last technique



OBSERVED OUTCOME



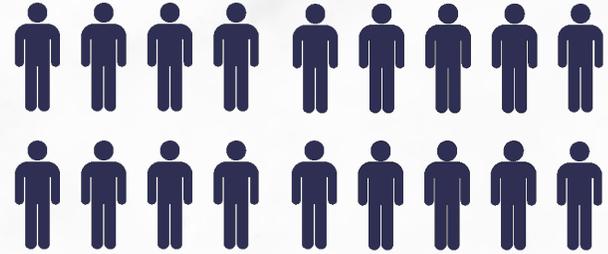
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HAND TECHNIQUE

oil groups

GROUNDING OILS

	CALMING AROMA	SOOTHING TO SOUL	SHIELD AND CONSERVE	PRIMARY FUNDAMENTALS	RELAXING TO FORM
BALANCE	✓	✓	✓	✓	✓
CEDARWOOD	✓		✓		
FORGIVE	✓	✓	✓	✓	✓
PEACE	✓	✓	✓	✓	✓
VETIVER	✓	✓			



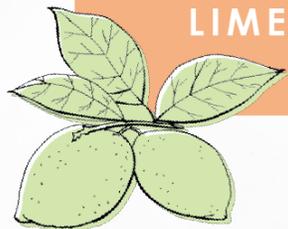
RESTFUL OILS

	RELAXING AROMATIC EFFECTS	SOOTHING TO SOUL	SHIELD AND CONSERVE	CLEANSSES	RELAXING TO FORM
LAVENDER	✓	✓	✓	✓	✓
SERENITY	✓	✓		✓	✓
CORIANDER	✓	✓	✓	✓	✓
YLANG YLANG	✓			✓	✓
PETTIGRAIN	✓	✓	✓	✓	✓



UPLIFTING OILS

	UPLIFTING AROMA	ELEVATING THE MIND	SHIELD AND CONSERVE	PRIMARY FUNDAMENTALS	CLEAN AND CLEAR	CLEANSING PROPERTIES
CITRUS BLISS	✓	✓	✓		✓	✓
MOTIVATE	✓	✓	✓	✓	✓	✓
CHEER	✓	✓	✓	✓	✓	✓
WILD ORANGE	✓	✓	✓		✓	✓
LIME	✓	✓	✓		✓	✓



CLARIFYING OILS

	PRIMARY FUNDAMENTALS	CLEANSING PROPERTIES	CONSERVE	CLEAN AND CLEAR	SHIELDING
ROSEMARY	✓			✓	
BASIL	✓	✓	✓	✓	✓
PATCHOULI	✓	✓	✓	✓	
MARJORAM	✓	✓	✓		✓
SPEARMINT	✓	✓	✓	✓	



CLEAN AND CLEAR OILS

	CLEAN AND CLEAR	SOOTHING TO SOUL	SHIELD AND CONSERVE	INVIGORATING AROMA	CLEANSING PROPERTIES
BREATHE	✓	✓	✓	✓	✓
LEMON	✓	✓	✓		✓
EUCALYPTUS	✓			✓	✓
DOUGLAS FIR	✓		✓	✓	✓
CARDAMOM	✓				✓



RESTORE AND RENEW OILS

	SOOTHEs AND COMFORTS	CLEANSING PROPERTIES	PRIMARY FUNDAMENTALS	SOOTHING TO SOUL	CLEAN AND CLEAR	SOOTHING TO FORM
DIGESTZEN	✓	✓	✓	✓	✓	✓
ZENDOCRINE	✓	✓	✓	✓	✓	✓
PEPPERMINT	✓	✓	✓		✓	✓
FENNEL	✓		✓	✓		✓
GINGER	✓	✓	✓		✓	



COOL AND SOOTHE OILS

	SOOTHING TO FORM	RELAXING AROMA	CLEANSING PROPERTIES	SOOTHING TO SOUL	CORE VITALITY	SOOTHES AND COMFORTS
DEEP BLUE	✓	✓		✓		✓
AROMATOUCHE	✓	✓	✓	✓	✓	
COPAIBA	✓				✓	✓
LEMONGRASS	✓	✓		✓		✓
WINTERGREEN	✓					



SHIELD AND CONSERVE OILS

	CLEANSING PROPERTIES	CLEAN AND CLEAR	SHIELD AND CONSERVE	PRIMARY FUNDAMENTALS	PROMOTES VITALITY	SOOTHES AND COMFORTS
ON GUARD	✓	✓	✓	✓	✓	✓
CLOVE	✓		✓	✓	✓	✓
MELALEUCA	✓		✓	✓	✓	✓
CILANTRO	✓		✓			✓
CASSIA	✓		✓	✓		✓





CREATING YOUR OWN
HAND TECHNIQUE
blend

INSTRUCTIONS:



1

EACH OF YOU WILL RECEIVE A SAMPLE VIAL THAT IS PRE-FILLED WITH FRACTIONATED COCONUT OIL

2

YOU WILL ADD A MAX OF 15 DROPS (OF UP TO 5 DIFFERENT OILS) TO YOUR SAMPLE

3

ONCE YOU HAVE ADDED YOUR OILS TO YOUR SAMPLE, WE WILL HELP YOU SEAL THE SAMPLE

HAND TECHNIQUE OIL BLEND INGREDIENTS

👉	_____
👉	_____
👉	_____
👉	_____
👉	_____





AROMATOUCHE HAND TECHNIQUE

step by step

STEP 1 Oil Introduction

1 APPLY 1-3 DROPS OF YOUR SELECTED OIL INTO THE PALM OF THE RECIPIENT.



2 SPREAD THE OIL ALL ACROSS THE PALM AND THE FINGERS AS EVEN AS POSSIBLE.



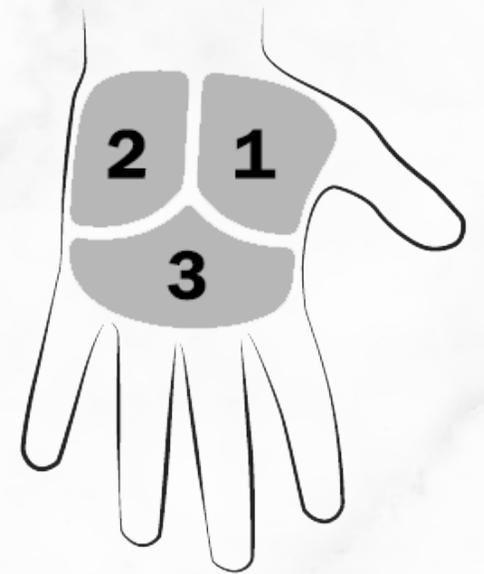
3 TURN THE HAND OVER AND WITH YOUR THUMBS, STRETCH THE DORSUM TISSUE FROM THE INSIDE OUT AND FROM THE WRIST TO THE BASE OF THE FINGERS.

STEP 2 Regional Tissue Pull

1 TURN THE RECIPIENTS HAND BACK TO PALM SIDE UP WHILE MAINTAINING CONTACT.

2 USE YOUR THUMBS IN ALTERNATION TO PERFORM CIRCULAR MOTIONS AWAY FROM EACH OTHER STARTING IN REGION 1 USING MEDIUM PRESSURE.

3 PERFORM THIS MOVEMENT FOR 15-30 SECONDS IN EACH REGION.

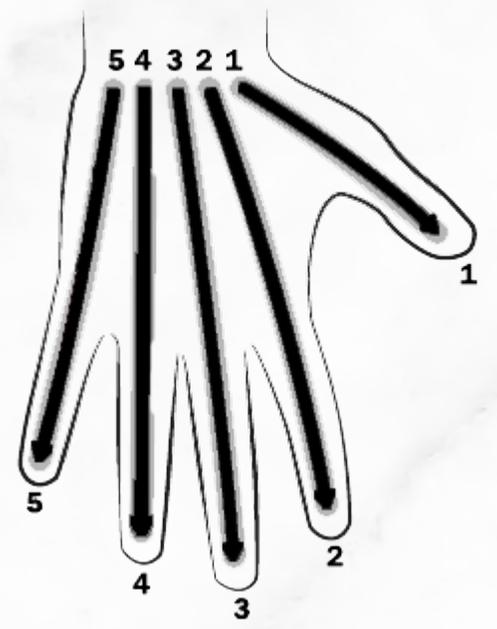




STEP 3 Pinpoint Zone Activation

1 START AT THE BASE OF THE WRIST AND BEGINNING IN ZONE 1, ALTERNATELY WORK THUMBS DOWN THE ZONE TO THE TIP OF THE FINGER. PRESSING DOWN MOTION WITH MEDIUM PRESSURE.

2 REPEAT THIS PROCESS THREE TIMES THROUGH ALL 5 ZONES BEFORE MOVING ON TO THE NEXT ZONE.



QUICK TIP:

PICK A THUMB TO BE THE LEAD THUMB AND A FOLLOW THUMB. THIS WILL HELP YOU TO KEEP YOUR LEAD THUMB IN FRONT THE ENTIRE TIME.

STEP 4 Inter-Phalangeal Pull

1 USE YOUR THUMB AND FOREFINGER TO PULL THE TISSUE INBETWEEN EACH FINGER AWAY FROM THE HAND

2 REPEAT THIS PROCESS THREE TIMES INBETWEEN EACH FINGER BEFORE MOVING ON TO THE NEXT SECTION OF TISSUE





HAND TECHNIQUE PRACTICE

grab a partner



aromatouch®
HAND TECHNIQUE