

THE RAINDROP TECHNIQUE

Like being in an Herb Garden!

By Jan Atwood

Do you enjoy the aromas of an herb garden on a warm summer day? How about a soothing, gentle massage that helps your spirit to be renewed? If you're saying yes, yes!, then you would enjoy this aromatherapy massage using nine different essential oils. The Raindrop Technique is named for the way the essential oils are dropped along the back like raindrops. This form of massage also balances one's energy and is deeply relaxing and spiritually centering. Clients report that their backs feel less tense and tight and more flexible, and they love the aroma! Designed mainly for people with back tension, it is soothing and beneficial for anyone. A wonderful process begins with a Raindrop Technique session that combines the subtle oils, the intelligence of the body, and attention to the whole person.

The essential oils used are subtle, therapeutic-grade oils distilled from plants, shrubs, flowers, trees, roots, bushes and seeds. They are called "essential" because without these oils, the plant will die; it is similar to our blood and circulation system. The oils are oxygenating and help transport nutrients to the cells of the body. They can help promote overall health and vitality. Noted for purity, the Young Living Essential Oils used in the Raindrop Technique are distilled from organic plants. The purity is important since the oils travel to every part of the body within twenty minutes!

D. Gary Young, ND, was introduced to some of these techniques

from a Lakota medicine man. He subsequently developed the Raindrop Technique after researching back problems and application of essential oils. This combination of essential oils and the massage techniques can reduce these problems leaving the back less tight and tense since most of the essential oils used to create an environment that is beneficial for managing stress, elevating the mood, and promoting overall health. The legs and feet are also massaged with several of the oils, also helping to clear toxins from the system. The benefits can continue from five to seven days after the session and they are cumulative over several sessions. The results can vary depending on the individual.

To create a peaceful atmosphere for this soothing one-hour session, the massage room is warmed and soothing music is played. After reviewing the intake form and discussing the client's needs, a variety of massage and energy techniques are used that are designed to release tense spots found in the back. First, Valor (a blend of essential oils) is applied to the bottom of the feet to assist in preparing the body's energy to receive the rest of the oils. Then the other essential oils are layered by dropping 3-5 drops on the back and gently feathering each one in. Once all of the oils have been layered and massaged in the several techniques, a warm, moist towel is applied to the entire back topped by warm blankets to hold the heat and help the oils to penetrate along the spine. (Ahhhhh.....this feels wonderful!) While the warmth is penetrating the back, four essential oils are applied raindrop style to the legs and feet and then massaged in. Stretching the back is the final technique, which feels good in and of itself, but also assists in allowing the oils

to sink in deeper along the back. The client is then allowed to rest a few moments on the massage table to enjoy the peaceful feeling and the herb garden aromas. Drinking plenty of water afterwards is recommended to help clear out toxins.

The Garden of Essential Oils used:

- Valor (a blend of spruce, rosewood, blue tansy and frankincense) is used on the bottom of the feet. It helps to balance the energy and prepare the body to receive the benefits of the essential oils that follow.
- Oregano was recently shown in laboratory research conducted at Weber State University, Ogden, Utah, to have a 99 percent rate of reducing airborne bacteria.
- Thyme is one of the most antiseptic essential oils.
- Basil can be relaxing to exercise-strained muscles and beneficial for mental fatigue.
- Wintergreen is beneficial for massage.
- Cypress is one of the oils most used for the circulatory system.
- Marjoram is used for relieving sore muscles after and supporting the respiratory system. It also assists in calming the nerves.
- Peppermint is one of the oldest and most highly regarded herbs for soothing the digestion. Many scientists and doctors have also studied peppermint for a variety of uses.

- Aroma Siez (a blend of basil, marjoram, lavender, peppermint and cypress) may help relax and calm muscles stressed from exercise. Ortho Ease Massage Oil is applied last and is massaged on the entire back and on the legs and feet. It is a blend of high quality massage oils and several essential oils.

For more information on Young Living Oils visit

www.youngliving.com

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