

Raindrop Technique if you are alone



1. Use 2~3 drops valor on your shoulders and wait until you are balanced. Valor aligns the spines.



2. Rub 1~2 drops oregano on your hand and reach as far back as you can.

Oregano is a hot oil, use with carrier oil if you like. Oregano is antibacterial.

3. Layer 1~2 drops thyme after 3 mins allowing the first oil to be absorbed into the skin. Thyme is highly antibacterial.



Rub as far back as you can.



Rub on your lower back.

Layer these oils 3 mins apart to allow absorption.

- 4. Basil - anti-inflammatory
- 5. Cypress - for circulation
- 6. Marjoram - for muscles
- 7. Wintergreen - for joints
- 8. Peppermint - drives all the oils deeper into the skin



9. Finish off with Aroma Siez or a favorite oil.

10. Add Copaiba (optional) to amplify the benefits of all the raindrop oils.



Raindrop Technique

Rev. Leigh Foster



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