

# 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 apply it on your upper & lower back.

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

Caution: Use carrier oil if oregano and thyme gets too HOT on the skin.



Try to apply the oils on your upper back.



Try to apply the oils on your lower back.

Layer each oil 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 Suez or a favorite oil.

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



# Raindrop Technique

**Liyong Dong**



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