

# 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

**Ensheng Dong**



## **Raindrop Technique:**

## Unveiling the Magic of Words: A Overview of "**Raindrop Technique**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Raindrop Technique**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound impact on the souls of its readers.

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