Raindrop Technique if you are alone



 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.

Layer 1~2 drops thyme

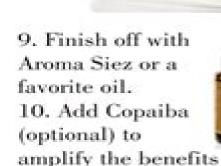
first oil to be absorbed into

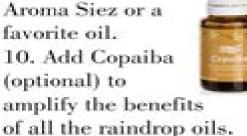
after 3 mins allowing the



Layer these oils 3 mins apart to allow absorption.

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





Raindrop Technique

David Stewart



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