

AROMATOUGH® TECHNIQUE

A CLINICAL APPROACH TO ESSENTIAL OIL APPLICATION

What is the AromaTouch® Technique?

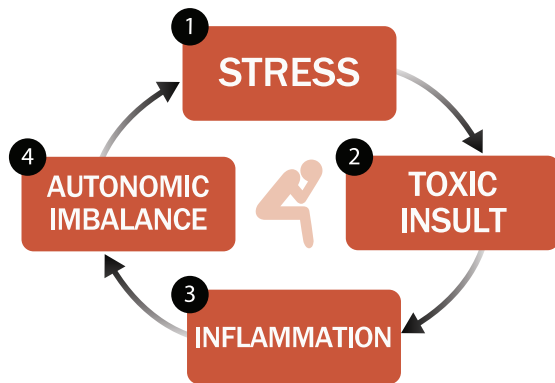
- ◆ The dōTERRA ArōmaTouch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body. Developed by Dr. David Hill, a leading expert in integrative medicine and therapeutic applications of essential oils, the ArōmaTouch Technique improves well-being by reducing physical and emotional stressors and by supporting healthy autonomic function. The technique is simple and intuitive and uses dōTERRA CPTG Certified Pure Therapeutic Grade® essential oils for an unparalleled grounding experience.

AromaTouch® Procedure

- ◆ The ArōmaTouch Technique includes four primary steps designed to minimize systematic stressors to autonomic balance. Each step includes the application of two essential oils or essential oil blends specifically formulated to support healthy emotional and physiological functions for well-being. The technique requires 40 minutes per application, and multiple applications can be serviced with one set of dōTERRA essential oils.

SYSTEMIC CONSTANTS

FACTORS AFFECTING HOMEOSTASIS



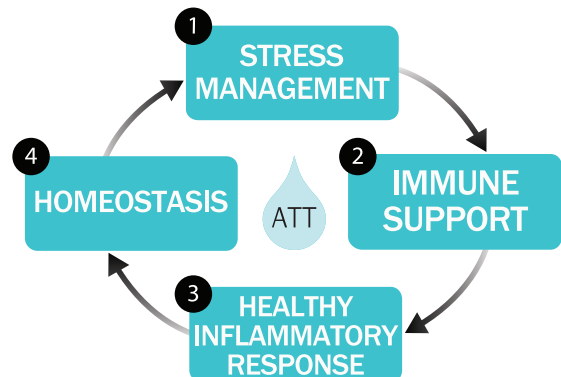
BEFORE

The essential oils and blends listed below help eliminate systemic constants:



AROMATOUGH® TECHNIQUE

A CLINICAL APPROACH TO ESSENTIAL OIL APPLICATION



AFTER

When applied correctly, essential oils help to re-establish a state of homeostasis within the body.



AromaTouch® Technique Training

- ◆ Training includes six hours of in-class instructions and demonstration, a training manual and materials, and an introductory set of dōTERRA CPTG Certified Pure Therapeutic Grade essential oils. Go to www.aromatouchtechnique.com for trainings in your area.

Visit our website at www.aromatouchtechnique.com

aromatouch® **TECHNIQUE** QUICK REFERENCE

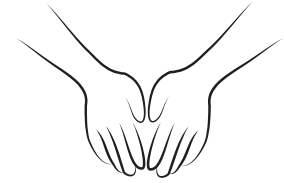
DIRECTIONS

MOVEMENTS



Step One: dōTERRA Balance®

1. Begin with the **oil introduction**. Maintain contact with the recipient for the entire technique.
2. Move into performing **three clockwise palm circles**.
3. Spread hands along the spine to the crown and the base of the sacrum.



three palm circles



Step Two: Lavender

1. Without losing contact with the recipient, perform the **oil introduction**.
2. Perform the **alternating palm slide**.
3. Begin the **five-zone activation**.
4. Perform **Auricular Stress Reduction**.



alternating palm slide



Step Three: Melaleuca

1. Without losing contact with the recipient, perform the **oil introduction**.
2. Move into the **alternating palm slide**.
3. From the crown of the head, move into the **five-zone activation**.



five-zone activation



Step Four: dōTERRA On Guard®

1. Without losing contact with the recipient, perform the **oil introduction**.
2. Begin the **alternating palm slide**.
3. Perform the **five-zone activation**.
4. Move into the **thumb walk tissue pull**.



auricular stress reduction



Step Five: AromaTouch®

1. Without losing contact with the recipient, perform the **oil introduction**.
2. Begin the **alternating palm slide**.
3. Perform the **five-zone activation**.

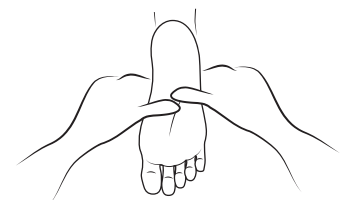


thumb walk tissue pull



Step Six: Deep Blue®

1. Without losing contact with the recipient, perform the **oil introduction**.
2. Begin the **alternating palm slide**.
3. Perform the **five-zone activation**.
4. Move into the **thumb walk tissue pull**.



regional tissue pull



Step Seven: Wild Orange & Peppermint (Feet)

1. Perform the **oil introduction (foot)**. Apply Wild Orange first and then Peppermint.
2. Begin the **regional tissue pull**.
3. Perform the **pinpoint zone activation**.
4. Move into the **five-zone tissue pull**.
5. Repeat steps 1-4 for the opposite foot.



pinpoint zone activation



Step Eight: Wild Orange & Peppermint

1. Without losing contact with the recipient, **perform the oil introduction**. Apply Wild Orange first and then Peppermint.
2. Perform the **alternating palm slide** on the side of the back opposite you.
3. Move into performing **three clockwise palm circles**.

Step Nine:

1. Finish by performing the **lymphatic movement**.