

WHAT IS RAINDROP TECHNIQUE?



Raindrop Technique was created in the 1980's by D. Gary Young, N.D., based on his research with the Lakota Indians. This treatment uses therapeutic oils to support your body's systems. The oils are dropped like little drops of rain along the spine from a height of about six inches. The oils are gently manipulated along the vertebrae and back muscles. The application can take approximately an hour, and can continue to work for up to one week following treatment. Many clients experience the following benefits:

- Deep relaxation
- Enhanced immunity
- Relief of many aches & pains
- Postural alignment
- Increased energy
- Enhanced detoxification
- Renewed flexibility
- Sense of peacefulness
- Feelings of well being!



WHY RAINDROP ?

We all carry immune system depleting viruses and bacteria. Essential oils applied along the back are absorbed through the nerves that feed the entire body. Within moments the oils are absorbed through the skin and in a matter of minutes through each cell of the body. Wonderfully soothing, nurturing and relaxing, the Raindrop Technique can work its benefits in immediate and profound ways.

HOW DO I PREPARE FOR A SESSION?



Wear or bring clothing that is machine washable as some residual oils may absorb into your clothing after the session.

Plan on drinking 2 or 3 glasses of pure water after your Raindrop session. The essential oils bring nutrition into your cells and may cause your tissues to release toxins into your blood stream, lymph and skin. The water will facilitate the detoxification process.

Due to the therapeutic effects of these powerful oils used in a Raindrop Session it is wise to **not** shower until 12 hours following the treatment. Schedule time around your appointment so you can relax afterwards.

HOW DO I GET A RAINDROP?!

You can receive a Raindrop several ways: from a licensed massage therapist, or take a class with a loved one and trade raindrops with them! Raindrop kits are available from Young Living Essential Oils. For a referral to a Raindrop practitioner, contact your Young Living sponsor. If you live in New Jersey, you can call Sue Pelechaty at 908-432-4622 for a referral. Sue also teaches the Raindrop class and knows of other teachers. So give her a call to find a Raindrop training near you.