

# Class #7: Introduction to the AromaTouch Technique

## WHAT

### What is the AromaTouch Technique?

This systematic approach to essential oil application is a powerful, accessible way for everyone to experience the power of essential oils. By incorporating this technique into your health philosophy, you can enhance the benefits received from essential oils, addressing whole body needs, and creating overall systemic health benefits.



## WHY

### Why use the AromaTouch Technique?

Environmental factors have an impact on overall health and wellbeing, and at times disturb the balance our body needs to function optimally. The Aromatouch Technique is a powerful, accessible, and simple way for one to experience essential oils, and promoting proper functions in the body.

## HOW

### How does it work?

Aromatouch technique helps support the body in 4 different areas- Managing Stress, Supports Immune System, Supports Healthy Inflammatory Response, Maintains Homeostasis. By combining 8 specific oils in a systematic process down the spine, using known energy zones and body regions, we can help achieve optimal health.

1



Stress Management

2



Immune Support

3



Inflammatory Response

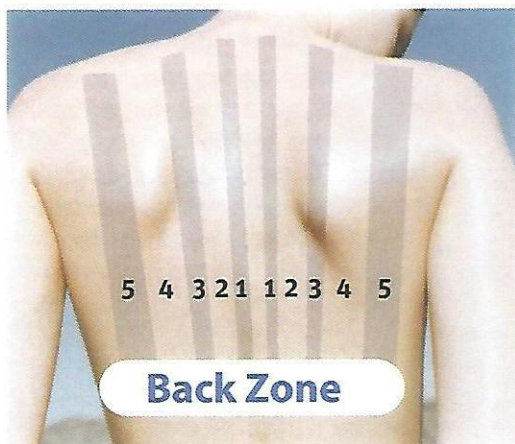
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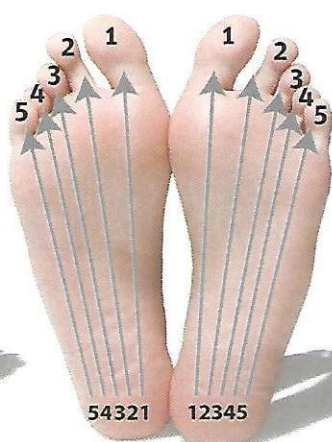
Homeostasis

## Zones and Regions

For thousands of years, health care practitioners have relied on body meridians, or energy zones, and specific body organ points to enhance health. The AromaTouch Technique utilizes the 10 meridians/zones in the body. Each meridian plays a role in enhancing the immune system.



**Feet Regions**



**Feet Zones**

**Meridians** - known in acupuncture as any of the pathways in the body along which vital energy flows.

## GET CERTIFIED!

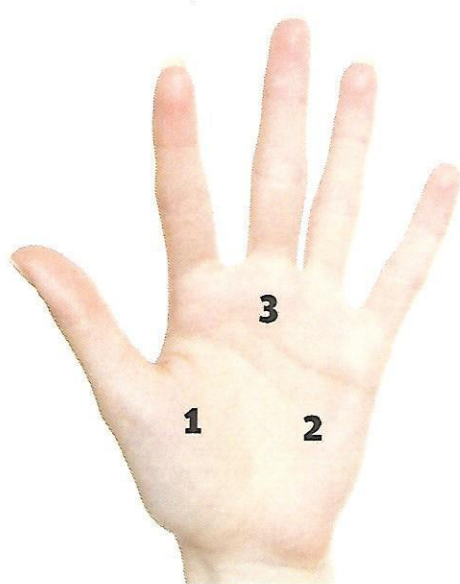
Interested in learning more about this technique?

dōTERRA currently offers AromaTouch Technique Certification classes throughout the United States, Canada, Australia, and Europe. This training, provided by one of dōTERRA's Certified Instructors, includes a certification from dōTERRA, 6 hours of instruction, oils, and more! For more information on this technique or to sign up for an AromaTouch Certification courses please visit <http://www.aromatouchtechnique.com>

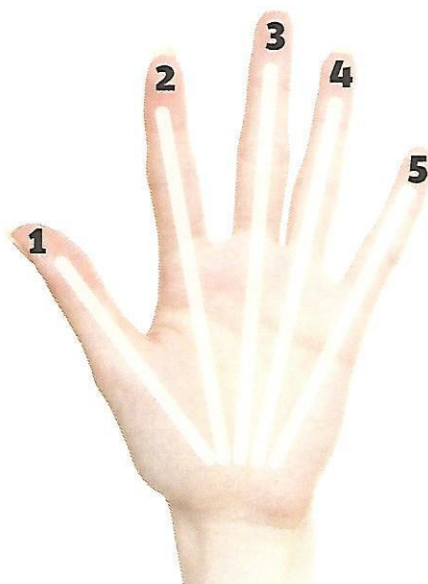


## AromaTouch® Hand Technique

The hands are an important visceral contact point on the body. This technique is very beneficial when the full AromaTouch Technique cannot be used.



Regions



Zones

## Let's Practice





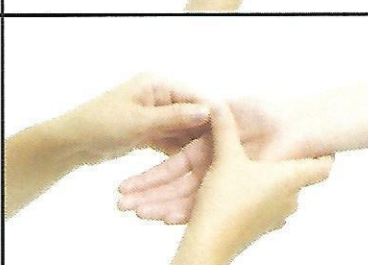
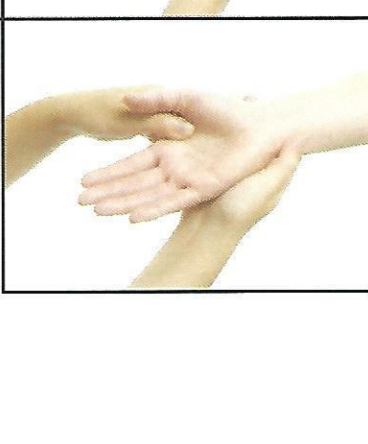
First choose an essential oil, then follow the direction on the next page to complete a hand technique on your partner.

### Select The Right Oil

Ask the recipient How they are FEELING, then choose an oil that will address their need.

Support needed	Oil choice
Whole body relaxation	Balance®
Occasional respiratory discomfort	Breathe®
Occasional stomach upset	Digestzen®
Increase energy	Citrus Bliss®
Calms anxious feelings	Serenity™
Occasional head tension	Peppermint
Immune support	OnGuard®
Healthy circulation support	Deep Blue®
Elevates mood	Elevation
Helps reduce nervous tension	Rosemary
Uplift the mind	Wild Orange
Grounding and balancing emotions	Patchouli
Supports localized blood flow	Cypress

## AromaTouch Hand Technique

1	Use both hands to grip one of the recipient's hands on either side with the dorsum (back) of their hand facing upward and with your thumbs on top.	
2	Use your thumbs to stretch the tissue of the hand moving from the inside to the outward edge, and from their wrist to the base of the fingers.	
3	Turn the recipient's hand over and apply a light, even coating of your selected oil to the entire palm side of the hand.	
4	Grip the recipient's hand with one hand on either side, with your thumbs on top. Use your thumbs to methodically work through the hand's 3 regions, beginning in region 1, with medium pressure. Make sure to work the entire surface area of each of the hand's regions.	
5	next, use your thumbs to work through each of the hand's 5 zones. Beginning in zone 1, place your thumbs at the top of the recipient's hand close to the wrist and alternately work thumbs down the entire length of zone 1 to the tip of the finger. repeat the procedure for all 5 zones.	
6	<b>Inter-Phalangeal Pull</b> <ol style="list-style-type: none"> <li>With the recipient's palm facing up, grip their wrist in one hand</li> <li>Use your other hand to stretch the inter-phalangeal tissue (the tissue located between each finger) away from their hand by gripping and sliding the tissue between your thumb and forefinger</li> <li>Repeat the pull 3 times in between each finger before moving on.</li> </ol>	

**Repeat the entire hand technique with the recipient's other hand.**