



RAINDROP TECHNIQUE[®]



RAINDROP STORY

The Raindrop Technique[®] is a unique practice based on methods that have been used for centuries to rejuvenate the body and mind. Inspired by the Native American tradition of observing the northern lights while inhaling the affirming aroma of nearby conifer trees, the Raindrop Technique helps bring balance and harmony to the body by combining targeted massage and distinctive energy approaches. It also includes pure, YLTG essential oils to create an atmosphere of spirituality and serenity.

Our members around the world study this technique—developed by Young Living[®] Founder D. Gary Young—for its unique way of harmonizing, rejuvenating, relaxing, and aligning the body and mind.

The Raindrop Technique typically takes one hour to complete but can be performed at whatever pace works best for you and the recipient.

Marjoram



PRODUCTS INCLUDED

Seven single oils and two oil blends (5ml bottles):

- **Oregano:** Oregano essential oil contains the naturally occurring constituent carvacrol and has a distinctively savory aroma, making it a cornerstone of the Raindrop experience.
- **Thyme:** With a warm, herbaceous aroma, Thyme essential oil can help promote a sense of purpose and harmony.
- **Basil:** Basil essential oil has a fresh, herbaceous aroma that can be calming and refreshing.
- **Cypress:** Cypress has a fresh, herbaceous aroma that can promote a sense of security and grounding.
- **Wintergreen:** Wintergreen's refreshing minty aroma is stimulating and invigorating when applied topically.
- **Marjoram:** Marjoram is a key oil used in the Raindrop Technique and can be used in massage after exercise.

- **Aroma Siez™:** A key Young Living blend, Aroma Siez combines the soothing and relaxing properties of Lavender, Peppermint and three other essential oils.
- **Peppermint:** Used topically, Peppermint oil creates a cool, tingling sensation on the skin, making it an important part of the Raindrop Technique.
- **Valor™:** With a synergistic blend of Black Spruce and Frankincense, Valor is an important oil blend in the Raindrop Technique.

Also contains:

- **8-oz. bottle of Ortho Ease™ Aromatherapy Massage Oil:** Ortho Ease Massage Oil is a revitalizing blend of vegetable oils and YLTG essential oils such as Thyme, Wintergreen, Peppermint and Juniper.
- **8-oz. V-6™ Enhanced Vegetable Oil Complex:** V-6 Vegetable Oil Complex can be used to dilute essential oils, according to the individual product labels.

The Raindrop Technique is a unique way to help establish mind-body harmony and wellness. To continue your Raindrop journey, visit www.youngliving.com/en_CA/company/media/raindrop to find and register for an Empower (Raindrop Technique) training event.

I: PREPARATION

Preparing the room:

1. Create a relaxing setting with a comfortable temperature, dimmed lighting, and no noises or distractions.
2. Set up a massage table and cover it with a twin-size sheet. Put on an additional sheet to provide coverage and warmth for the recipient.
3. Place essential oils from the Raindrop Technique collection and a bottle of V-6 Vegetable Oil Complex within easy reach. You'll need the oils in the order listed below.
 - Valor™
 - Wintergreen
 - Oregano
 - Marjoram
 - Thyme
 - Aroma Siez™
 - Basil
 - Peppermint
 - Cypress
4. Have plenty of water available for the recipient after the Raindrop Technique is complete.

Preparing yourself and the recipient:

1. Enter the space with a positive mindset.
2. Ask the recipient if he or she would first like to use the restroom.
3. Make sure your fingernails are clean, well-trimmed, and free from polish.
4. Both facilitator and recipient should remove jewelry.
5. Offer water to the recipient.
6. Offer the recipient a drape, gown, or bathrobe as you leave the room to give him or her privacy to remove clothing to the waist and remove shoes and socks.
7. Before reentering the room, ask the recipient to make sure he or she is lying face up on the table and is covered by the drape.
8. Ask the recipient to rest his or her arms alongside the body, with palms touching the thighs just below hips.



2: Balancing Body Energy

Hold the recipient's ankles, then gently pull, stretch, and shake his or her legs to release tension. Apply 3–6 drops of Valor (diluted) in the palm of your right hand and rub on the bottom of the recipient's right foot. Repeat the process on the left foot using your left hand. Finally, place the palm of your right hand on the sole of the recipient's right foot and place the palm of your left hand on the sole of the recipient's left foot. Hold this position for 3–5 minutes or until you feel a connection of energy.



3: Roll and Release Technique

OREGANO, THYME, BASIL, CYPRESS, WINTERGREEN, MARJORAM AND PEPPERMINT

Place 2–3 drops of oil (diluted) in your left palm and circle the palm with your right fingertips in a clockwise, circular motion. Grip the recipient's right heel with your right hand and place finger pads against the bottom of the foot. Roll fingers slowly until nails are flat against the bottom of the recipient's foot, then back to their original position. Repeat along the entire length of the foot's spinal reflex points and off the big toe, moving up about ¼ of an inch each time. End with several of these movements with the index finger on the center pad of the big toe. Change sides and repeat three times on the left foot using the opposite hand positioning. Repeat the entire process with each oil.



FEATHERING

4: Spinal Application

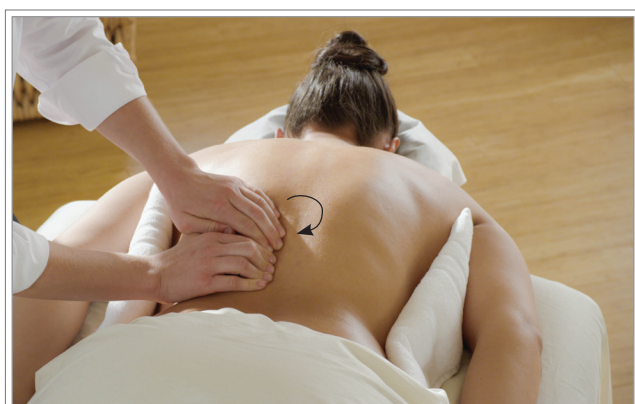
Ask the recipient to turn face down, then uncover the entire back—from the top of the neck to the sacrum. Keep the recipient covered from the hips down with a clean sheet and lay the recipient's arms comfortably alongside his or her body. Complete the spinal application of essential oils in the following order:



FANNING

4.A: Feathering and Fanning OREGANO AND THYME

Apply 2–4 drops of Oregano (diluted) to the spine. Complete the feathering and fanning sequence: Divide the back into three horizontal sections and use your fingernails and fingertips to very gently brush up each section three times, following the length of the spine and alternating hands as you move. Then divide the back into two equal sections and repeat feathering strokes in each section. Alternate hands to perform full-length feathering strokes along the entire length of the spine. Next, fan each horizontal section of the back three times by gently brushing the fingernails from the spine up and off the sides of the back. Conclude the fanning sequence by gently brushing the fingernails up from the base of the back, along the entire length of the spine, and up and off the shoulders. Repeat the entire sequence using Thyme.



4.B: Spinal Tissue Pull BASIL

Apply 3–4 drops of Basil (diluted). Complete the feathering and fanning sequence, followed by the Spinal Tissue Pull technique: Place finger pads side by side along the side of the spine at the sacrum and complete three small clockwise motions and pull the muscle tissue toward you and then return to the original position. Move up the spine to the neck using this motion. Repeat the Spinal Tissue Pull on the other side of the recipient's back. Complete the step a total of three times on each side, alternating the side each time.



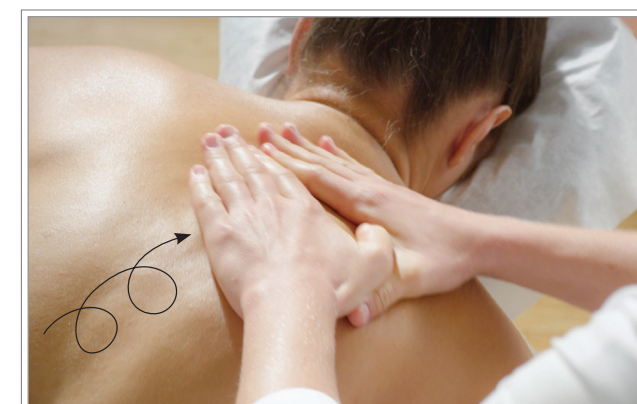
4.C: Finger Straddle CYPRESS

Apply 4–6 drops of Cypress (diluted). Complete the feathering and fanning sequence, followed by the Finger Straddle technique: Straddle the spine at the sacrum with the index and middle finger and place the bottom edge of the other hand perpendicular, pinky side down, just below the middle joints of the two straddling fingers. Press down with the straddling fingers and saw back and forth with the top hand while pulling the straddling fingers to the hairline. Once at the base of the skull, use the straddled finger to gently pull toward the head three times. Complete the technique a total of three times.



4.D: Thumb Roll WINTERGREEN

Apply 6–10 drops of Wintergreen (diluted). Complete the feathering and fanning sequence, followed by the Thumb Roll: Place both thumbs, 1 inch apart, on either side of the spine at the sacrum. Roll the thumbs so the nails flatten against the bottom of the recipient's back and roll back to the original position with the pads of the thumb on the recipient's back. Continue to roll the thumbs lightly, working up the spine in small increments from the sacrum to the base of the skull. Complete the technique a total of three times.



4.E: Circle Massage MARJORAM

Apply 3–4 drops of Marjoram (diluted) on each side of the back and 3–4 drops on the spine. Complete the feathering and fanning sequence, followed by the Circle Massage technique: Place the palms of the hands near the sacrum on the right side of the back. Circle the hands in a firm clockwise motion three times, then move two hand widths up and repeat all the way up to the base of the neck. Complete the step a total of three times on each side, alternating the side each time.



4.F: Palm Slide AROMA SIEZ™

Apply 3–4 drops of Aroma Siez (diluted) on each side of the back and 3–4 drops on the spine. Distribute with the feather stroke, complete the feathering and fanning sequence, followed by the Palm Slide technique: Place both palms on the recipient's back on each side of the

spine. One hand should be higher than the other. Slide palms opposite directions, working up the length of the spine. Complete the technique a total of three times.

4.G: Feathering and Fanning

PEPPERMINT AND VALOR™

Apply 3–5 drops of Peppermint (diluted) to the spine. Complete the feathering and fanning sequence. Repeat the feather and fanning sequence with 3–4 drops of Valor (diluted) on each side of the back and 3–4 drops on the spine.

5: Completing the Raindrop Technique

If the recipient is experiencing skin discomfort, use V-6 Vegetable Oil Complex to complete the Raindrop. Dispense two pumps of either V-6 or Ortho Ease into the palm of your hand and gently massage the oil into the recipient's shoulders and back.



5.A: Occiput Pull

Ask the recipient to lay face up while you hold the sheet to cover his or her torso and legs. Sit so your shoulders are parallel to the recipient's shoulders. Place both hands on the back of the head with the pads of the fingers resting on the base of the skull. The recipient's head should

remain on the table. Gently pull the head toward you in a soft rocking motion, so the recipient's entire body moves toward you. Sustain this motion for one minute and then rest for one minute. Repeat this process two more times.

After finishing the technique, allow the recipient privacy to dress and gather personal belongings. Before the recipient leaves, take a moment to thank him or her for participating and encourage him or her to experience the Raindrop Technique periodically.