

# Raindrop Technique Reference Guide

**Note:** Remember right hand to right foot and left hand to left foot. Do both right and left feet before moving to the next oil in the sequence.

**Supplies:** Raindrop Technique oil collection (oregano, thyme, basil, cypress, wintergreen, marjoram, Aroma Siez, peppermint, Valor and V-6 Massage Oil), massage table or flat, comfortable surface, and blanket or sheet for receiver's privacy.

Once Vita Flex is complete, have the receiver turn over and lay on his or her stomach. Be sure the receiver is comfortable and modesty respected. The receiver should place his or her arms comfortably along the sides of the body. The whole of the back needs to be exposed for application of the Raindrop oils. Oils will be utilized from the sacrum, or base of the spine, to the atlas, or base of the skull.

**Caution:** *some of the oils may feel hot to the receiver. You may apply V-6 at any time. This will create a cooling effect on the area of discomfort.*

1. **Oregano:** Apply 4-5 drops evenly along the spine from the sacrum to the atlas. \*Feather \*Fan
2. **Thyme:** Apply 4-5 drops evenly along the spine from the sacrum to the atlas. \*Feather \*Fan
3. **Basil:** Apply 4-5 drops evenly along both sides of the spine. \*Feather \*Spinal Tissue Pull
4. **Cypress:** apply 6-10 drops evenly along both sides of the spine. \*Feather \*Finger Straddle
5. **Wintergreen:** Apply 4-5 drops evenly along both sides of the spine.  
\*Feather \*Vita Flex Thumb Roll
6. **Marjoram:** Apply 10-15 drops evenly along the spine and on tense muscles.  
\*Feather \*Circular Hand Massage
7. **Aroma Siez:** Apply 10-15 drops evenly along the spine and on tense muscles.  
\*Feather \*Palm Slide
8. **Peppermint:** Apply 4-8 drops evenly along both sides of the spine.  
\*Feather
9. **Valor:** Apply 6-8 drops evenly along the center of the spine.  
\*Feather
10. **Lymphatic Pump**

