



AROMATOUCH

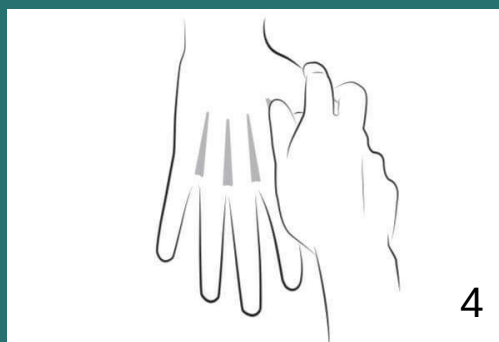
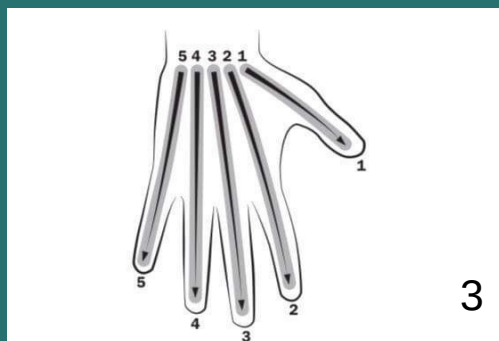
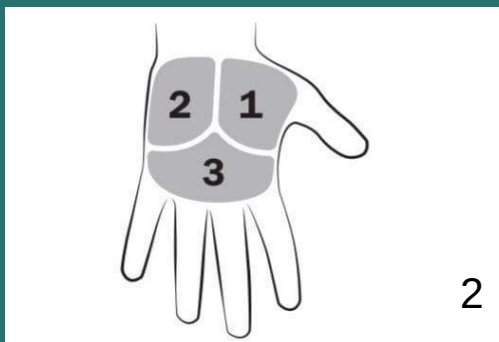
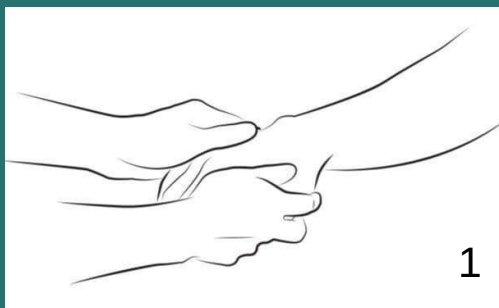
HAND TECHNIQUE

www.aromatouch.com

WHAT IS THE HAND TECHNIQUE?

The AromaTouch Hand Technique is a simple and effective way to promote well-being and build powerful connections through the experience of essential oils—much like the full AromaTouch Technique, but wrapped in a smaller time commitment package.

The AromaTouch Hand Technique only takes 1–3 drops of oil applied to each hand to have an amazing oil experience. For each blend suggestion, you will need a sample vial. Put 25 drops of Fractionated Coconut Oil in the sample vial and then add the oil that you would like to use for the Hand Technique. This will help the oils blend well and readily absorb into the skin.



STEP BY STEP

1.

Apply 1-3 drops of your selected oil into the palm of the recipient. Spread the oil all across the palm and the fingers as even as possible. Turn the hand over and with your thumbs, stretch the dorsum tissue from the inside out and from the wrist to the base of the fingers.

2.

Turn the recipient's hand back to palm side up while maintaining contact. Use your thumbs in alternation to perform circular motions away from each other starting in region 1 using medium pressure. Perform this movement for 15-30 seconds in each region.

3.

Start at the base of the wrist and beginning in zone 1, alternately work thumbs down the zone to the tip of the finger. Pressing down motion with medium pressure. Repeat this process three times through all 5 zones before moving on the next zone.

4.

Use your thumbs and forefinger to pull the tissue in between each finger away from the hand. Repeat this process three times in between each finger before moving on to the next section of tissue.

OIL BLENDS

Armored up

9 drops Copaiba
6 drops doTERRA On Guard®

Yin and Jang

7 drops Lavender
7 drops Wild Orange

Care free

4 drops Cedarwood
3 drops Ylang Ylang
8 drops Balance®

Walk in the woods

4 drops Copaiba
6 drops Douglas Fir
5 drops Peppermint