

## What is the AromaTouch™ Technique?

*dōTERRA's AromaTouch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body. Developed by Dr. David Hill, a leading expert in integrative medicine and therapeutic applications of essential oils, the AromaTouch Technique improves wellbeing by reducing physical and emotional stressors and by supporting healthy autonomic function. The technique is simple and intuitive and uses dōTERRA's CPTG Certified Pure Therapeutic Grade™ essential oils for an unparalleled grounding experience for recipients.*



# dōTERRA®

**CP** TG Certified Pure Therapeutic Grade®

### **STEP 1: Stress Management—Balance & Calm**

The **AromaTouch Technique** begins with dōTERRA's **Balance** grounding blend of **Spruce, Rosewood, Frankincense, and Blue Tansy** followed by **Lavender** to support calming, de-stressing, and relaxation.

### **STEP 2: Immune Support—Cleanse & Strengthen**

After establishing a state of calm and tranquility, **Melaleuca** essential oil is applied as a cleanser and detoxifier, followed by an application of dōTERRA's proprietary **OnGuard™** protective blend of pure, therapeutic-grade **Wild Orange, Clove, Cinnamon, Eucalyptus, and Rosemary** essential oils that stimulate and support the body's own external and internal defensive immune functions.

### **STEP 3: Inflammatory Response—Stimulate and Soothe**

Step three begins with the application of **AromaTouch™** Massage Blend of **Basil, Grapefruit, Cypress, Majoram, Peppermint, and Lavender** to help stimulate blood flow to surface tissues, followed by a comforting application of **Deep Blue®** soothing blend of **Wintergreen, Peppermint, Blue Tansy, German Chamomile, Helichrysum, and Osmanthus** to help support a healthy inflammatory response in the body.

### **STEP 4: Homeostasis—Invigorate & Center**

The final step of the technique includes an invigorating application of pure **Wild Orange** and **Peppermint** essential oils that refresh, rejuvenate, and center the body, mind, and spirit in strength and serenity.

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## AromaTouch™ Technique



## AromaTouch Technique Kit

Increase the benefits you experience with CPTG® Essential Oils by incorporating the AromaTouch® Technique into your healthy lifestyle philosophy. This kit contains 5 ml bottles of the 8 CPTG oils used in the AromaTouch Technique, as well as the AromaTouch overview booklet and presentation box. For a limited time, you will also receive dōTERRA®'s Fractionated Coconut Oil (4 oz.) when you purchase this kit.

### BALANCE

*The warm, woody aroma of BALANCE, dōTERRA's grounding blend, creates a sense of calm and well-being. Perfectly blended spruce, rosewood, frankincense and blue tansy offers an enticing fragrance which promotes tranquility and a sense of balance.*

### MELALEUCA

*The leaves of the tea tree have been used for centuries by the Aborigines to heal cuts, wounds, and skin infections. At 12 times the antiseptic power of phenol, it has some strong immune building properties. Benefits immune and respiratory systems, muscles and bones, skin.*



### AROMA TOUCH

*dōTERRA's proprietary massage blend combines the therapeutic benefits of oils well-known to relax muscles, calm tension, soothe irritated tissue, increase circulation, and soothe limbs. AromaTouch combines our CPTG essential oils of basil, grapefruit, cypress, marjoram, peppermint and lavender in a perfectly relaxing blend.*

### WILD ORANGE

*Cold-pressed from the orange peel, wild orange is excellent for energizing and revitalizing. It is also commonly used as an effective tool for uplifting mood as well as for its wonderful citrusy aroma.*

#### Step 1

### LAVENDER

*Lavender is a universal oil that has traditionally been known to balance the body and to work wherever there is a need. If in doubt, use Lavender. Use from anxiety, to insect bites, to wounds. Benefits cardiovascular systems, emotional balance, nervous system, skin*

#### Step 2

### ON GUARD®

*The oils in this blend have been studied for their strong abilities to kill harmful bacteria, mold, and viruses. This blend can be diffused into the air or be used to clean and purify household surfaces. Benefits the immune system*



#### Step 3

### DEEP BLUE®

*This remarkable blend contains oils that are well known and studied for their abilities to soothe inflammation, alleviate pain, and reduce soreness. Benefits various problems related to the nervous system and to muscles and bones.*

#### Step 4

### PEPPERMINT

*For centuries, peppermint has been used to soothe digestive difficulties, freshen breath, and to relieve colic, gas, headaches, heartburn and indigestion. Benefits digestive system, muscles and bones, nervous and respiratory systems, skin.*