

# Raindrop Technique® - FAQ

## What is Raindrop Technique?

Raindrop Technique is an exciting new modality to enter Australia, which can be performed on both people and animals. Its origins come from Ancient Tibetan, Ancient Egyptian and American Indian bodywork techniques, combined with the power of therapeutic-grade essential oils and massage. Raindrop Technique uses Vita flex, the Ancient Tibetan version of foot reflexology. This is performed along the spinal reflex of the feet, in combination with various essential oils. This exotic combination makes for a sensational experience, both giving and receiving, which promotes profound relaxation and balance.

## What are the possible Benefits?

- > Sense of calmness, heightened relaxation
- > Release of tension, toxins and emotional responses that can be stored in the muscles
- > Clients with long term pain issues or those with extreme pain, may find relief as the technique uses very light feathering and mild pressure massage
- > Only Young Living therapeutic grade essential oils are used which are Organic, natural and non-toxic
- > Therapeutic grade oils provide a subtle, lingering scent extending the benefits of the technique long after you have left the salon
- > Regular Raindrop's can enhance feelings of balance and confidence
- > Additional or alternative oils may be used for each client in response to individual needs

## How is the Raindrop different to massage?

The Young Living oils are organic and therapeutic grade with 100 to 140 drops of oil applied during a Raindrop technique most massages use 5 to 10 drops of oil strongly diluted in massage oil. RDT relaxes the client with the oils relaxing the senses and the nervous system together with light physical touch, in traditional massage the body is relaxed with music and physical touch. Heavier pressure may also be used to relax some muscles. The oils work intelligently as required whereas in traditional massage specific needs are addressed through physical massage. Unlike massage there is no oil residue

## Who can have a Raindrop Technique?

Almost everyone can receive a Raindrop Technique.

The Raindrop Technique is personalized to meet individual needs, following an assessment of your Client History Form.

## Can the Raindrop Technique be modified because I'm short on time?

The Vitaflex technique is like having a mini Raindrop Technique. The oils are applied only to the feet and takes about 30mins remarkable benefits.

## What is the difference between Reflexology and vitaflex?

Reflexology accesses the body's systems by working with pressure over the soles of the feet. Vitaflex applies the oils along the side of the feet from heel to toe rolling the oils into spinal reference.

## Will I need to be undressed?

The raindrop Technique can be performed partly clothed in underwear or shorts if preferred.

## Is there anything I need to do after the technique is finished?

It is recommended that you drink at least 2litres of water in the next 24 hours after the treatment. This assists with flushing toxins and other impurities out of the system, which the oils may have released. Abstain from bathing for 24 hours after the treatment. This maximizes the benefits of the oils and enables them to penetrate deeper in the body.

## How often should I have a Raindrop Technique?

It is suggested that the Raindrop Technique be enjoyed every week for 2 months, then fortnightly for the following 2 months, then monthly. For most people this would be a luxury they could only dream of. Receiving the Raindrop Technique regularly, even if only every month or six weeks (as often as a haircut), will over time encourage a feeling of balance and confidence.

## Can I buy the oils used for my Raindrop technique to use at home?

You can purchase a complete kit of the oils used in the Raindrop Technique or they can be purchased individually. Young Living have over 100 single and blended oils from which to choose.

## How does the price compare to a regular massage?

The price difference is in the cost and quality of the oils 100 – 140 therapeutic grade oils are used in the Raindrop Technique. In a traditional massage 5 – 10 drops of aromatherapy grade oils are used.