

Testimonial

I must admit I was not sure this gentle form of 'massage' could make me feel relaxed at all! I was pleasantly surprised and found the experience to be extremely relaxing; in fact on each occasions I fell asleep and felt absolutely fantastic afterwards. I found I slept better that night and for a few nights after.

I highly recommend this Technique as it is so gentle and relaxing, how could you not enjoy it!

Ceris Melbourne

Raindrop Techniques

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 Raindrops' can enhance feelings of balance and confidence.
- May balance pH

**CONTACT JENNIFER TODAY FOR
A TREATMENT AT
THE CENTRE FOR
MIND BODY & SPIRIT
9 – 11 SYNNOT ST WERRIBEE
Ph 9742 6311**

Young Living oils can be purchased as Kits and individually.

Kits include;
Aroma complete case of most essential oil singles & blends
Essential 7
Everyday Oils Collection
Raindrop Technique

Ask Jennifer to show you the collection and choose the aroma which has the greatest appeal.

38 Signature Blvd
Sanctuary Lakes VIC 3030

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GIDEUP to HEALTH and WELLNESS

RAINDROP TECHNIQUE™



Almost everyone can receive a Raindrop Technique, it is personalized to meet the individuals needs, following an assessment of your completed Client History Form



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 & American Indian bodywork techniques, combined with the power of therapeutic grade essential oils and massage.

HOW WILL IT FEEL

Imagine the sensation of sinking into a deep and blissful state of rest, as you receive the Ancient Tibetan version



of reflexology on your feet. You slowly even reluctantly come back to your body and roll over, you experience the gentle splashes as therapeutic grade essential oils are applied up your spine and to your tired muscles. These oils are then "feathered in" using a spine-tingling technique inspired by the Native Americans and your back is further invigorated with a combination of exotic bodywork and massage techniques. Sounds like heaven.

SHORT ON TIME

The Vitaflex can be enjoyed like a mini Raindrop Technique. It is the ancient Tibetan version of reflexology and is performed along spinal point from heel to toe. The oils are applied only to the feet and the technique takes about 30 minutes. All though this is a short version the benefits can still be remarkable.

WHEN SHOULD I HAVE A RAINDROP TECHNIQUE

It is suggested that the Raindrop Technique be enjoyed every week for 2 months, fortnightly

the following 2 months, then monthly.

This is a luxury most of us could only dream of, Every month or 6 weeks (like a haircut) will calm the senses.



- Client History Form is completed before 1st Raindrop Technique

- A skin test of the oils used in the Raindrop Technique or Vitaflex is performed before commencement

- Unlike massage there is no oil residue

- Unlike Reflexology and traditional massage only light pressure is applied

- Hydration is essential before and after receiving Raindrop Technique

- The Raindrop Technique can be performed partly clothed in underwear or shorts
