



What can I expect during my Raindrop Therapy?

As you relax, your therapist will begin applying therapeutic-grade essential oils to the spinal reflex points on your feet. These reflex points will communicate through nerve pathways to enliven your entire spine.

You will then receive 9 different oils applied like rain droplets along the spine and over the back. Soft, feather-like energy strokes are used to spread the oils along the spine. These are followed by massage techniques designed to release muscle tension and open up the area along the entire length of the spine.

Oils Used

- ☞ Valor
- ☞ Wintergreen
- ☞ Oregano
- ☞ Marjoram
- ☞ Thyme
- ☞ Peppermint
- ☞ Basil
- ☞ Aroma Siez
- ☞ Cypress



Schedule your Raindrop Therapy Session Today!

For more information or to find a therapist in your area contact:

BELLA DONNA ESTHETICS
891 MILLSTONE AVE.
NANAIMO, BC
V9S 5E4

754-1113



Live. Learn. Relax. Have fun.

RAINDROP TECHNIQUE

with Essential Oils



Raindrop Technique is a thoroughly relaxing experience during which nine therapeutic-grade essential oils are applied to the feet, back, and spine. Raindrop utilizes the antiviral, antibacterial, and anti-inflammatory action of several key essential oils to boost your immune system and help your body heal itself at its own pace.

3 Great Reasons to Enjoy Raindrop Therapy

Soothe Aches & Pains

As we age, our bodies begin to accumulate a lifetime of hard work and abuse - muscles tighten and joints stiffen. Raindrop Therapy is used to assist in releasing tight or spastic muscles as well as relieving joint and bone pain like arthritis.

Cypress essential oil is good for circulation, Wintergreen for pain-relief, Oregano & Thyme are antibacterial and antiviral, Basil & Marjoram are antispasmodic to help relax muscles, and Peppermint is a good pain-reliever and enhances the beneficial effects of the other oils.



Rejuvenate your Soul

Ever feel bombarded by negative energies, stress or miserable days that make you feel like you are tuned into some chaotic frequency? Our soothing aromas create peace and calming, allowing your body to restore harmony to your inner mind and soul. Therapeutic essential oils are used in a specific sequence to recreate the body's natural harmonic frequencies and restore balance.

Reduce Colds & Flu

Have you ever had a cold or flu that just seemed to hang on for weeks at a time?

Scientists have determined that viruses and bacteria are becoming more and more resistant and harder for our immune systems to fight off.

Therapeutic essential oils like Oregano & Thyme have been studied for their ability to destroy invading organisms like viruses & bacteria in our bodies. Raindrop Therapy is a powerful & stimulating tool to support our immune, endocrine, and nervous systems.

Raindrop History

Dr. Gary Young learned from a Native American Lakota elder about feather stroking - an energetic stroking along the spine designed to carry healing energy throughout the body via the nerve pathways. Dr. Young then combined feather stroking with the highly antiviral, antibacterial, and anti-inflammatory properties of the essential oils, which has led to a much-deserved Raindrop Technique legacy.

Many massage therapists and chiropractors currently use Raindrop Therapy to produce astounding results in helping to resolve issues like scoliosis, kyphosis, and chronic back pain.

Fibromyalgia Testimony

"I received my first Raindrop 5 months ago, and since have made it part of my regular self-care regimen. I have significantly less chronic pain and inflammation in my muscles. I also sleep better and feel much less stressed overall. I am completely OFF arthritis medication and muscle relaxers! I give the treatment to others, and notice that I also receive the benefits by inhaling the oils as I feather them in."

Carol, LMT - Portland, OR