

AromaTouch Technique

A CLINICAL APPROACH TO ESSENTIAL OIL APPLICATION

Developed by
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DōTERRA

The AromaTouch Technique was developed by Dr. David K. Hill, a leading expert on the use of essential oils for medicinal benefit. The technique was created to manage four systemic constants that are common factors in illness. These factors are: stress, toxic insult, inflammatory response, and autonomic imbalance.

 Balance	Back	 Apply	 Heart	 Connect	Hello	Stress Management
 Lavender	Back	 Apply	 Slide	 Zones	 Ear	Reduce chronic stress
 Melaleuca	Back	 Apply	 Slide	 Zones	Immune Support	Strengthens the immune system
 OnGuard	Back	 Apply	 Slide	 Zones	 Thumb Walk	Strengthens the immune system
 AromaTouch	Back	 Apply	 Slide	 Zones	Inflammatory Response	Unchecked inflammation increases chronic illnesses
 Deep Blue	Back	 Apply	 Slide	 Zones	 Thumb Walk	Unchecked inflammation increases chronic illnesses
 Wild Orange & Peppermint	Left foot	 Apply	 Regions	 Zone Walk	 Zone Pull	Homeostasis
Layer together with Wild Orange first	Right foot	 Apply	 Regions	 Zone Walk	 Zone Pull	Proper homeostasis maintains balance in the autonomic nervous system
	Back	 Apply	 Slide			
	Feet	 Lymphatic Rock				
	Back	 Heart	Goodbye	<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">Lymphatic Movement</p> <p style="text-align: center;">For more information:</p> </div>		