

# aromatouch<sup>®</sup> TECHNIQUE

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



## Stress Management

Reduces chronic stress

*Oils: Balance & Lavender*



## Immune Support

Strengthens the immune system

*Oils: Melaleuca & OnGuard<sup>®</sup>*



## Inflammatory Response

Unchecked inflammation increases  
*chronic illnesses*

*Oils: AromaTouch<sup>®</sup> & Deep Blue*



## Homeostasis

Proper homeostasis maintains  
balance in the nervous system

*Oils: Wild Orange & Peppermint*