

### Raindrop Therapy Oils (continued from inside)

**PEPPERMINT:** is used to calm and strengthen the nerves, reduce inflammation, and is highly effective when dealing with conditions related to the respiratory system. It also has a synergistic and enhancing effect on all other oils. Is known for its ability to help with nausea, indigestion, pain, inflammation, halitosis, sinusitis, toothache, menstrual pain & cramps, ringworm, scabies, insect bites, fainting, vertigo, intestinal spasms, fatigue, and concentration.

**THYME:** is used for its ability to support the immune system by attacking any bacteria, fungus, infection, or virus that may be present. It may also help one overcome fatigue and physical weakness after an illness, arthritis, poor circulation, urinary infections, lethargy, sores and wounds.

**VALOR:** is the first and most important oil used in this therapy because it helps balance the electrical energies within the body. It also helps create an environment where structural alignment can occur.

**VETIVER:** is used to calm the nerves, reduce inflammation as well as helping to speed healing of scars & wounds,

**WINTERGREEN:** helps those suffering from rheumatism, arthritis, gout & pain in bones from other conditions, and increasing circulation.

**The oils used in this therapy may have many more benefits than those listed above.**



### **How Long Have Essential Oils Been Around?**

Essential oils were mankind's first medicine. From Egyptian hieroglyphics and Chinese manuscripts, we know that priests and physicians have been using essential oils for thousands of years. In Egypt, essential oils were used in the embalming process and well preserved oils were found in alabaster jars in King Tut's tomb. Egyptian temples were dedicated to the production and blending of the oils and recipes were recorded on the walls in hieroglyphics. There is even a sacred room in the temple of Isis on the island of Philae where a ritual called "Cleansing the Flesh and Blood of Evil Deities" was practiced. This form of emotional clearing required three days of cleansing using particular essential oils and bath oils. There are 188 references to essential oils in the Bible.

### *Body N Soul Massage*

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# Aromatherapy Massage

## (Raindrop Therapy)



# RAINDROP THERAPY (Aromatherapy Massage)

This application technique was developed by Dr. Gary Young, N.D. Aromatologist, and one of North America's leading experts on the art and science of aromatherapy. This technique involves dropping the oils directly onto the spine from about six inches above the body. The oils are then worked into the spine using light strokes with the fingers, which stimulate energy impulses and disperse the oils along the nervous system throughout the entire body. In this way, the body can be brought into balance and the energy centers can be cleared and re-aligned. It will also help to reduce spinal inflammations and kill viruses that hibernate along the spinal column, as well as help to straighten any spinal curvatures. The oils will continue to work in the body for a week or more following the treatment. Remove all jewelry or metal to allow the energy to flow freely.

## After Raindrop Therapy:

- By stimulating the Central Nervous System, you have received a total treatment, affecting every system in your body, including emotional release and support.
- Although a session lasts a short time, the oils will continue to work in the body for a week or more following the treatment.
- Even though the oils continue to work in the body for a week or more, one application may last months or it may be necessary to repeat the application every week until your body begins to respond. The object is to develop a new memory in the tissues of the body and train it to hold itself in place.

- Drink plenty of water before and after the treatment. Drink at least 10 to 12 eight ounce glasses of water every day.

## What Benefits Do PURE Essential Oils Provide?

Essential oils are the regenerating, oxygenating, and immune defense properties of plants. Essential oils are so small in molecular size that they can quickly penetrate the tissues of the skin. Essential oils are lipid soluble and are capable of penetrating cell walls, even if they have hardened because of an oxygen deficiency. In fact, essential oils can affect every cell of the body within 20 minutes and are then metabolized like other nutrients. Essential oils contain oxygen molecules, which help to transport nutrients to the starving human cells. Because a nutritional deficiency is an oxygen deficiency, disease begins when the cells lack the oxygen for proper nutrient assimilation by providing the needed oxygen, essential oils also work to stimulate the immune system. Essential oils are very powerful antioxidants. Antioxidants create an unfriendly environment for free radicals. They prevent all mutations, work as free radical scavengers, prevent fungus, and prevent oxidation in the cells.

## Essential Oils Used & Their Benefits:

**AROMA SIEZ:** may help to relax, calm, and relieve the tension of spastic muscles resulting from sports injury, fatigue, or stress.

**BASIL:** is relaxing to spastic muscles and is stimulating to the nerves and the adrenal cortex. Is known for its ability to clear the head, relieve intellectual fatigue and give the mind strength and clarity. Good for anxiety, insomnia & migraines.

**BIRCH:** is great for removing discomfort associated with the inflammation of bones, muscles, and joints. It may also help cleanse the lymphatic system.

**CYPRESS:** is used for its anti-bacterial, anti-infectious, anti-microbial, and diuretic properties. In addition, it may function as a decongestant for the circulatory and lymphatic systems. Is known for its ability to help with oily skin, excessive perspiration varicose veins, insect repellent, muscular cramps, poor circulation, asthma, nervous tension, stress, and balancing of the female reproductive and hormonal systems.

**EUCALYPTUS:** Functions as a diuretic, lowers blood sugar, helps relieve coughs & fevers, relieves muscle, nerve and joint pain, combat exhaustion and mental sluggishness.

**JUNIPER:** helps with rheumatism, cellulite, gout, obesity, acne, dermatitis, sores & ulcers, cystitis, muscles aches & pains.

**LEMONGRASS:** helps with stress, flatulence, acne, muscle aches, athlete's foot, scabies, and excessive perspiration.

**MARJORAM:** is used to relax spastic muscles, soothe the nerves, relieve cramps, aches, and pains, sprains, bruises, colds, rheumatism, intestinal cramps, menstrual problems, anxiety, asthma, bronchitis, insomnia, muscle problems, and to help calm the respiratory system.

**OREGANO:** works in conjunction with thyme to strengthen the immune system and to attack bacteria and viruses. It may also act as an antiseptic for the respiratory system, help balance metabolism, and strengthen the vital centers of the body. Is known for its ability to help with respiratory problems and cellulite also.

**BENEFITS CONTINUED ON THE REVERSE . . . .**