

# AromaTouch Technique

doTERRA's AromaTouch Technique combines the therapeutic benefits of eight Certified Pure Therapeutic Grade essential oils with massage techniques to bring about whole body benefits. (The oil is applied along your spine (5 drops) with step 4 including your feet.)

"Using doTERRA's CPTG essential oils with this application increases the benefits people experience in a profound way. Grounded in solid science and research, this technique is beneficial to anyone seeking to improve overall health and well-being, and provides another opportunity to emphasize the benefits of incorporating essential oils in everyday living," said Dr. David K. Hill, Chief Medical Officer, doTERRA.

## STEP ONE: Stress Mgmt



**Balance® Grounding Blend**—Everyone experiences moments of disconnectedness or anxiety. We perfectly blend spruce, rosewood, frankincense, and blue tansy to offer an enticing fragrance which promotes tranquility and a sense of balance.



**Lavender Essential Oil** - Our most popular oil, lavender is widely used and acknowledged for its calming and relaxing qualities.

## STEP TWO: Immunity



**Melaleuca Essential Oil** - Recognized by its more common name tea tree, melaleuca has been revered for its cleansing and regenerative properties\*, especially for the skin.



**On Guard® Protective Blend**—On Guard is doTERRA's unique, proprietary blend formulated to support healthy immune function.\* Wild orange essential oil, combined with clove, cinnamon, eucalyptus, and rosemary offer a fragrant, natural and effective alternative to synthetic options for immune support.

## STEP THREE: Inflammation



**AromaTouch® Massage Blend**—doTERRA's proprietary massage blend combines the therapeutic benefits of oils well-known to relax muscles, calm tension, soothe irritated tissue, & increase circulation. AromaTouch combines our CPTG essential oils of basil, grapefruit, cypress, marjoram, peppermint, and lavender in a perfectly relaxing blend which adds many important benefits to various massage techniques.



**Deep Blue® Soothing Blend**—According to recent studies, more than half of us are sufferers of ongoing discomfort. Deep Blue is doTERRA's soothing solution to this challenge. Wintergreen, camphor, peppermint, blue tansy, German chamomile, helichrysum and osmanthus work together to ease achy joints and sore muscles.

## STEP FOUR: Homeostasis



**Wild Orange Essential Oil** - Cold-pressed from the orange peel, wild orange is excellent for energizing and revitalizing. It is also commonly used as an effective tool for uplifting mood, as well as for its wonderful citrusy aroma.



**Peppermint**—Its soothing qualities and discomfort alleviating properties make it extremely effective in balancing the body and addressing systemic stressors.

**Schedule your appointment today! (586) 610-4960**

**Zsuzsanna Pozar**