

AromaTouch Technique

A CLINICAL APPROACH TO ESSENTIAL OIL APPLICATION

Developed by
Dr. David K. Hill, DC

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	Reduce chronic stress
	Lavender	Back	Apply	Slide	Zones			
	Melaleuca	Back	Apply	Slide	Zones	Immune Support	Strengthens the immune system	
	OnGuard	Back	Apply	Slide	Zones			Thumb Walk
	AromaTouch	Back	Apply	Slide	Zones	Inflammatory Response	Unchecked inflammation increases chronic illnesses	
	Deep Blue	Back	Apply	Slide	Zones			Thumb Walk
	Wild Orange & Peppermint	Left foot	Apply	Regions	Zone Walk	Zone Pull	Homeostasis	Proper homeostasis maintains balance in the autonomic nervous system
		Right foot	Apply	Regions	Zone Walk	Zone Pull		
	Layer together with Wild Orange first	Back	Apply	Slide				
		Feet	Lymphatic Rock				Lymphatic Movement	For more information:
		Back	Heart					

Introducing the AromaTouch™ Technique A Clinical Approach to Essential Oil Application

What is the AromaTouch™ Technique?

- dōTERRA's AromaTouch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body. Developed by Dr. David Hill, a leading expert in integrative medicine and therapeutic applications of essential oils, the AromaTouch Technique improves wellbeing by reducing physical and emotional stressors and by supporting healthy autonomic function. The technique is simple and intuitive and uses dōTERRA's CPTG Certified Pure Therapeutic Grade™ essential oils for an unparalleled grounding experience for recipients.

AromaTouch™ Procedure

- The AromaTouch Technique includes four primary steps designed to minimize systemic stressors to autonomic balance. Each step includes the application of two essential oils or essential oil blends specifically formulated to support healthy emotional and physiological functions for wellbeing. The technique requires 30 minutes per application, and multiple applications can be serviced with one set of dōTERRA's essential oils.



AromaTouch™ Technique Training

- The AromaTouch Technique is a differentiating professional service offering that can help build client loyalty and practice profitability. AromaTouch Technique training is now available for licensed massage therapists and healthcare practitioners. Training includes eight hours of in-class instruction and demonstration, training manual and materials, and an introductory set of dōTERRA's CPTG Certified Pure Therapeutic Grade essential oils. Call 1-800-411-8151 for training in your area.



To find training in your area, contact the dōTERRA® Independent Product Consultant who provided you with this information, or call toll-free 1-800-411-8151