

# aromatouch® TECHNIQUE QUICK REFERENCE

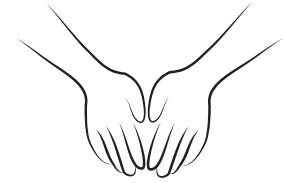
## DIRECTIONS

## MOVEMENTS



### Step One: dōTERRA Balance®

1. Begin with the **oil introduction**. Maintain contact with the recipient for the entire technique.
2. Move into performing **three clockwise palm circles**.
3. Spread hands along the spine to the crown and the base of the sacrum.



three palm circles



### Step Two: Lavender

1. Without losing contact with the recipient, perform the **oil introduction**.
2. Perform the **alternating palm slide**.
3. Begin the **five-zone activation**.
4. Perform **Auricular Stress Reduction**.



alternating palm slide



### Step Three: Melaleuca

1. Without losing contact with the recipient, perform the **oil introduction**.
2. Move into the **alternating palm slide**.
3. From the crown of the head, move into the **five-zone activation**.



five-zone activation



### Step Four: dōTERRA On Guard®

1. Without losing contact with the recipient, perform the **oil introduction**.
2. Begin the **alternating palm slide**.
3. Perform the **five-zone activation**.
4. Move into the **thumb walk tissue pull**.



auricular stress reduction



### Step Five: AromaTouch®

1. Without losing contact with the recipient, perform the **oil introduction**.
2. Begin the **alternating palm slide**.
3. Perform the **five-zone activation**.

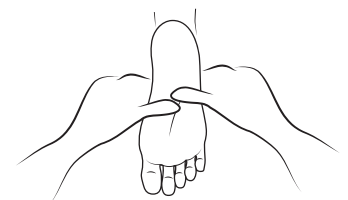


thumb walk tissue pull



### Step Six: Deep Blue®

1. Without losing contact with the recipient, perform the **oil introduction**.
2. Begin the **alternating palm slide**.
3. Perform the **five-zone activation**.
4. Move into the **thumb walk tissue pull**.



regional tissue pull



### Step Seven: Wild Orange & Peppermint (Feet)

1. Perform the **oil introduction (foot)**. Apply Wild Orange first and then Peppermint.
2. Begin the **regional tissue pull**.
3. Perform the **pinpoint zone activation**.
4. Move into the **five-zone tissue pull**.
5. Repeat steps 1-4 for the opposite foot.



pinpoint zone activation



### Step Eight: Wild Orange & Peppermint

1. Without losing contact with the recipient, **perform the oil introduction**. Apply Wild Orange first and then Peppermint.
2. Perform the **alternating palm slide** on the side of the back opposite you.
3. Move into performing **three clockwise palm circles**.

### Step Nine:

1. Finish by performing the **lymphatic movement**.