

# AromaTouch™ Hand Technique

by Dr. David K. Hill, DC



# **AromaTouch™ Hand Technique**

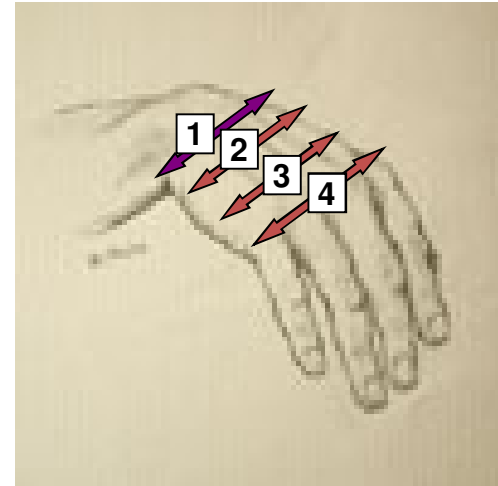
- **Primary Objectives**
  - **Introduce oils**
  - **Reduce stress**
  - **Stimulate body**
- **Benefits of this technique**
  - **Stimulates blood flow**
  - **Increases oxygen**
  - **Distributes the oils to the tissue**

# Selecting the Right Oil

- **Before starting, ask the person how they are feeling.**
  - Are they ill, do they have a headache, or allergies?,
  - Do they have an upset stomach or pain somewhere?
  - Are they stressed or agitated?
  - If not then ask what their favorite oil is.
- **Depending on their answer you may want to select an Essential Oil suited their condition.**
- **If they aren't suffering from anything specific, use either their favorite oil or AromaTouch™ when the oil application step comes.**
- **Bottom line – there is no wrong oil.**
- **Between the technique and the oil - Any oil selected will benefit the person in some way.**

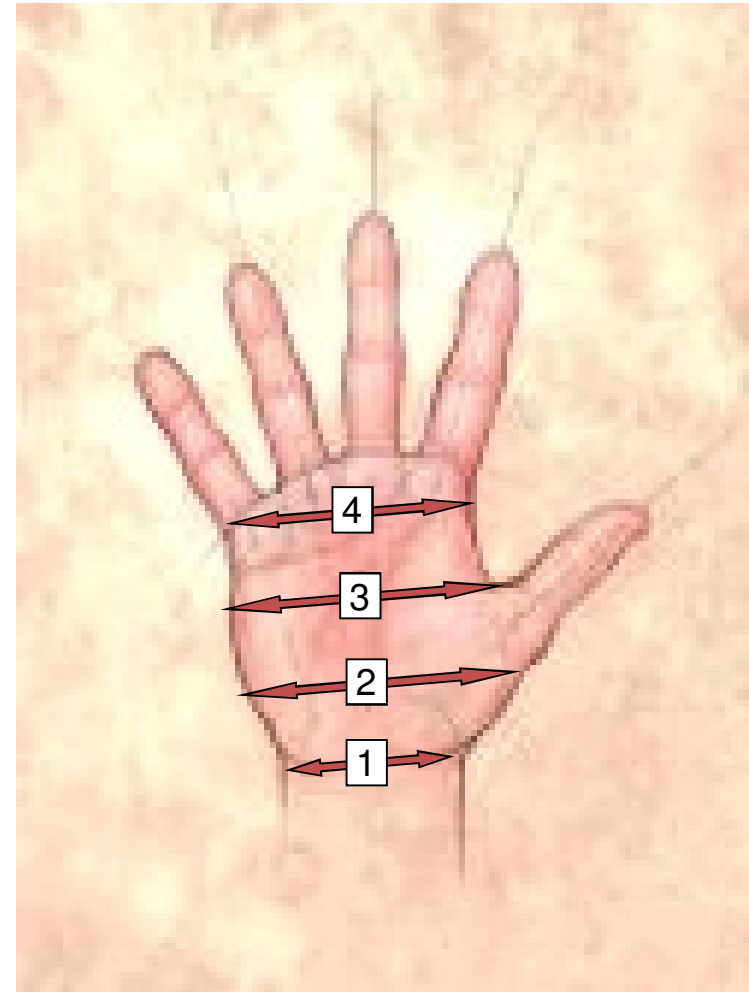
# Relax the Hand - Back

- **Relax Wrist** – Using your thumbs gently stretch the back of the hand/wrist several times to loosen tension. Start in the center of the wrist and stretch outward using firm but gentle pressure.
- **Dorsal Stretch** – Continue down the hand and stretch the entire hand by cupping the hand with both of yours – tucking your fingers into the palm then running your thumbs outwards across the back of the hand from center to the outer edges; continue until you reach the edges of the fingers.



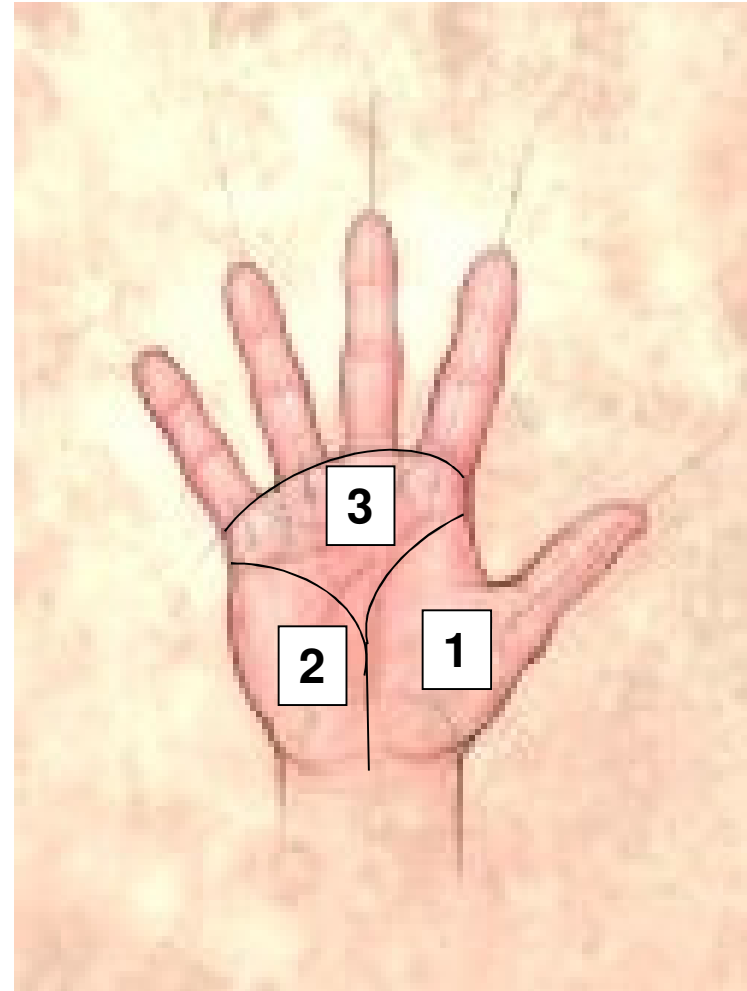
# Relax the Hand - Palm

- **Palmar Stretching** – Starting at the wrist stretch the entire hand open by placing your fingers on the back of the hand and then running your thumbs outwards across the palm of the hand from center to the outer edges; continue until you reach the edges of the fingers. Usually 4 or 5 stretches will cover the full hand.
- Perform the series of stretches 1-2-3 times as you feel the person needs to relax the hand.



# Massage the Hand Sections

- **The hand is divided into 3 sections:**
  - **Section 1** is off to the side and the heel from the thumb
  - **Section 2** is the heel and mid section below the pinky
  - **Section 3** is from the center of the palm, out to the sides of the hand and up to all the edges of the fingers
- **Using gentle but firm pressure massage each section starting with 1 then 2 then 3 to loosen the hand and increase the blood flow.**

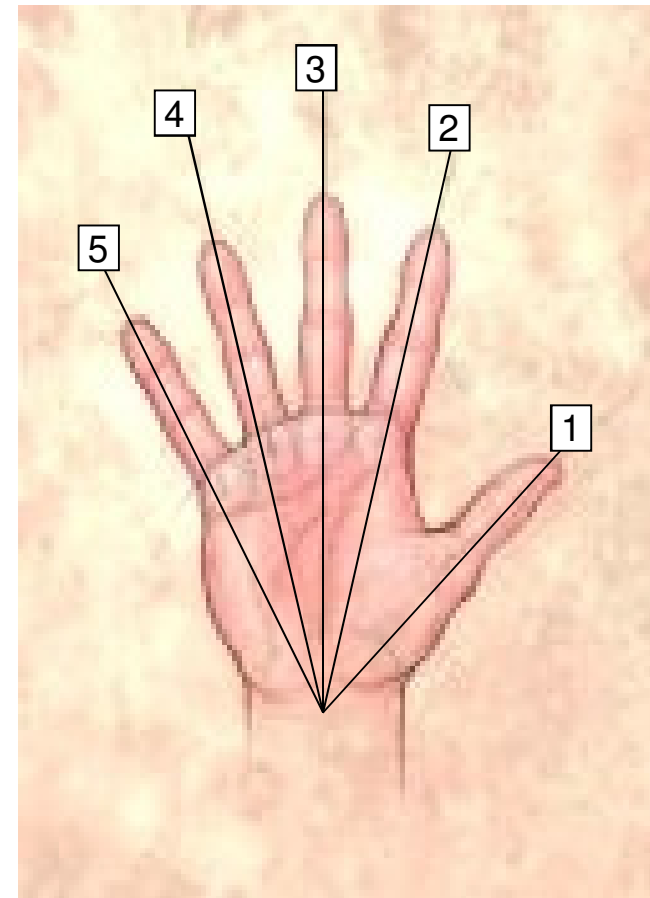


# Applying the Oil

- **Now that the hand has been relaxed and massaged it is ready to receive the oil. Place 2 or 3 drops of Essential Oil into the palm of the person.**
- **Using your hand spread the oil from the palm outward to the fingers. You don't need to rub it in just gently distribute the oil over the palm and fingers of the hand.**
- **The oil should soak in quickly and start to circulate through out the persons system.**

# Working Energy Meridians of the Hand

- **With the hand divided into the five energy meridians start with meridian 1 and work from the central wrist point outward to the very end of the thumb.**
- **The process used is called a ‘thumb crawl’ and is done by placing each thumb – left then right then left . . . Over each other to ‘crawl from the wrist out to the end of each finger.**
- **When you get past the hand and onto each finger, use your fingers to support the persons finger applying pressure on both the upper and under portion of each finger thus stimulating both sides.**
- **Do the full hand then start again as needed.**
- **Perform this 1 – 2 – 3 times is necessary to balance the persons energy.**



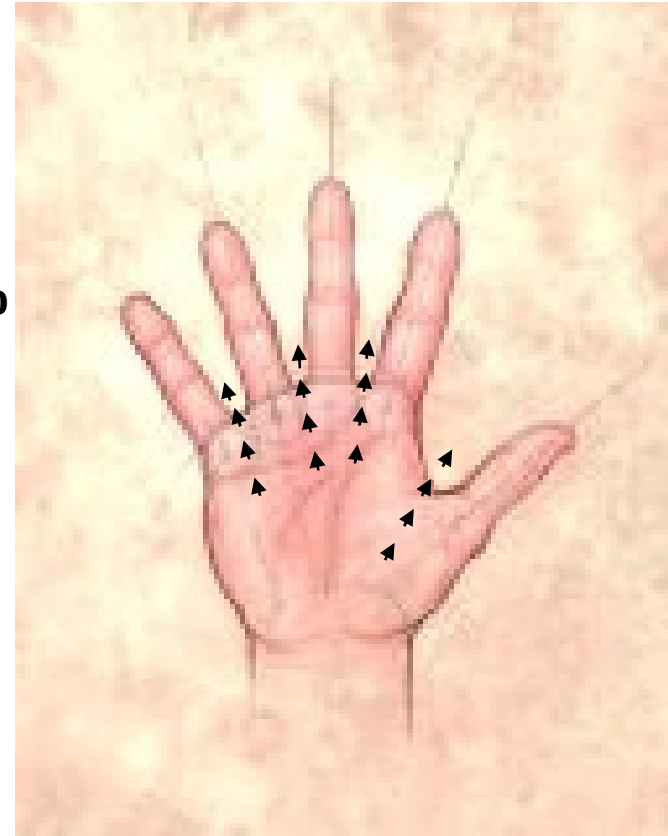
# Final Stretches

- **Inter-phalangeal Stretch**

- With the your thumb on once side and your finger on the other side of the hand, place your thumb and forefinger in-between the pinky and ring-finger of the person.
- Reach in past the knuckle point of the hand as far down to the wrist as you can reach. You will feel the soft tissue between the bones of the hand. You know when to stop when you reach the connective bones near the wrist.
- Applying gentle but firm pressure squeeze your thumb and finger together and pull outward towards the fingers.
- Repeat this step in-between each of the fingers of the hand as shown.

- **Finger Pulls**

- Gentle pull each finger from the base to the tip as you rub it between your thumb an forefinger.



# Finishing the Process

- **Check back with the person and see if they recognize any changes. It can be one of the items they noted as a problem before starting the technique or something completely different.**
- **Ask them to be mindful of anything they feel over the next few hours or even days and let you know so you can note it.**
- **You should also note anything you observe – changes to coloring or mood. Watch for body language as it may say more than their words.**