




STEP	OIL	ACTION	LOCATION
<b>3</b> Inflammation and Pain Reduction  	<b>AROMATOUCH</b>	Apply oil	Along the length of the spine
		Evenly distribute oil	Along the length of the spine
		Alternating Palm Side - Repeat at least 2 times - Repeat on opposite side	From the spine to sides, the base of the sacrum to the base of the skull
		Zone Activation	Zone 1-5, from base of the sacrum to the top of the head
	<b>DEEP BLUE</b>	Apply oil	Along the length of the spine
		Evenly distribute oil	Along the length of the spine
		Alternating Palm Side - Repeat at least 2 times - Repeat on opposite side	From the spine to sides, the base of the sacrum to the base of the skull
		Thumb Walk Tissue Pull - Repeat at least 2 times	From the base of the sacrum to the base of the skull

MOVE TO THE FEET OF THE RECIPIENT


<b>4</b> Homeostasis  	<b>WILD ORANGE followed by PEPPERMINT</b>	Apply oil, distribute	On foot	
		Thumb massage	Regions 1 & 2 thoroughly using medium pressure, beginning in region 1	
		Thumb Slide - Repeat at least 3 times	Zones 1-5 from the heel to the toes	
	<b>MOVE TO THE BACK OF THE RECIPIENT</b>			
	Apply oil	Along the length of the spine		
	Evenly distribute oil	Along the length of the spine		
	Alternating Palm Side - Repeat at least 2 times - Repeat on opposite side	From the spine to sides, the base of the sacrum to the base of the skull		
	Thumb Walk Tissue Pull - Repeat at least 2 times	From the base of the sacrum to the base of the skull		

MOVE TO THE FEET OF THE RECIPIENT

<b>5</b> Lymphatic Stimulation		Lift the recipients feet slightly off the table and gently rock their body back and forth pushing them away and then pulling them towards you to stimulate lymphatic system movement. Repeat the procedure for at least 15-30 seconds.	
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# AROMATOUCHE™ TECHNIQUE

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<b>1</b> Stress Reduction  	<b>BALANCE</b>	Apply oil	Along the length of the spine	
		Evenly distribute oil	Along the length of the spine	
		3 clockwise palm circles	Heart Chakra	
	<b>LAVENDER</b>	Apply oil	Along the length of the spine	
		Evenly distribute oil	Along the length of the spine	
		Alternating Palm Side - Repeat at least 2 times - Repeat on opposite side	From the spine to sides, the base of the sacrum to the base of the skull	
		Zone Activation	Zone 1-5, from base of the sacrum to the top of the head	
		Ear Visceral Point Stimulation - Repeat 3 times on each ear	From the lobe to point (top) of ear, and along the back of ear	
	<b>2</b> Immune Enhancement  	<b>MELALEUCA</b>	Apply oil	Along the length of the spine
			Evenly distribute oil	Along the length of the spine
Alternating Palm Side - Repeat at least 2 times - Repeat on opposite side			From the spine to sides, the base of the sacrum to the base of the skull	
<b>ONGUARD</b>		Apply oil	Along the length of the spine	
		Evenly distribute oil	Along the length of the spine	
		Alternating Palm Side - Repeat at least 2 times - Repeat on opposite side	From the spine to sides, the base of the sacrum to the base of the skull	
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