

# dōTERRA | aromatouch® TECHNIQUE

The AromaTouch Technique® combines your desire to help people with your love for dōTERRA essential oils. There are many ways to enjoy your new essential oils beyond the wonderful, immersive experience of the AromaTouch Technique. For instance, the products in this kit can also be used in the AromaTouch® Hand Technique.



Scan here to learn more about the AromaTouch Hand Technique



## dōTERRA Balance® Grounding Blend

- Put 1-2 drops in hands and breathe in for a grounding aroma.
- Apply to neck before meditating.
- Add to calming bath or massage.



## Lavender Essential Oil

- Take internally to soothe and relax the mind.\*
- Apply to neck and feet at bedtime.
- Incorporate into cooking for a flavorful addition to marinades, baked dishes, and desserts.



## Tea Tree Essential Oil

- Apply 1-2 drops to skin irritations.
- Combine 1-2 drops with facial cleanser.
- Add a few drops to a spray bottle with water and use on surfaces as a cleansing and purifying agent.



## dōTERRA On Guard® Protective Blend

- Add 2-3 drops in a veggie capsule for an immune boost.\*
- Diffuse during winter months for a cold-weather pick-me-up.
- Combine a few drops with a carrier oil for a natural hand cleanser.



## AromaTouch® Massage Blend

- Apply directly to neck and shoulders or use with a carrier oil for massage to promote relaxation.
- Add to Epsom salts and enjoy soaking in a hot bath.
- Diffuse to bring a tranquil spa environment into your home.



## Deep Blue® Soothing Blend

- Apply on feet and knees before and after exercise.
- Rub on lower back after a day of heavy lifting.
- During growth spurts, combine with Fractionated Coconut Oil and massage onto your child's legs before bedtime.



## Wild Orange Essential Oil

- Add a drop to your water for a burst of flavor and to promote overall health.\*
- Put 1-2 drops in hand and breathe in for an energizing sensory experience.
- Diffuse for an uplifting aroma and to freshen the air.



## Peppermint Essential Oil

- Add a drop to water for a refreshing mouth rinse.
- Add 1-2 drops in a dōTERRA Veggie Cap to help alleviate stomach discomfort.\*
- Place one drop in palm of hand and inhale for a midday pick-me-up.



Scan here to begin your AromaTouch certification course

<https://dterra.me/46dcvgQ>

## Application Methods

- A** Can be used aromatically
- T** Can be used topically
- I** Can be used internally
- H** Can be used for home care

## Sensitive Skin

- N** Can be used with no dilution (neat)
- S** Dilute for young or sensitive skin (sensitive)
- D** Dilute before using topically (dilute)

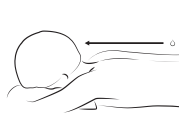
\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

See individual labels for ingredients, cautions, and instruction for use.

**dōTERRA**  
pursue what's pure®

# dōTERRA | aromatouch® TECHNIQUE

After completing the AromaTouch Technique® Certification, use this guide as a reference while administering the technique.



Oil Introduction  
3 passes



Three Clockwise Palm Circles  
3 circles



Cranial Sacral Hold  
1X | 30+ seconds



Oil Introduction  
3 passes



Alternating Palm Slide  
3X | both sides



Five-Zone Activation  
1X | each zone



Auricular Stress Reduction  
3 passes



Oil Introduction  
3 passes



Alternating Palm Slide  
3X | both sides



Five-Zone Activation  
1X | each zone



Oil Introduction  
3 passes



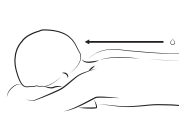
Alternating Palm Slide  
3X | both sides



Five-Zone Activation  
1X | each zone



Thumb Walk  
3 passes



Oil Introduction  
3 passes



Alternating Palm Slide  
3X | both sides



Five-Zone Activation  
1X | each zone



Oil Introduction  
3 passes



Alternating Palm Slide  
3X | both sides



Five-Zone Activation  
1X | each zone



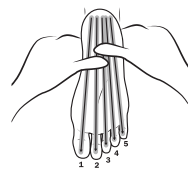
Thumb Walk  
3 passes



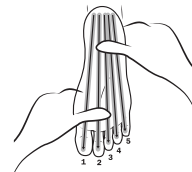
Oil Introduction  
3 passes | Wild Orange  
and Peppermint



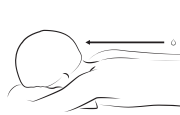
Three-Region  
Foot Activation  
1X | each zone



Five-Zone  
Activation  
1X | each zone



Five-Zone  
Tissue Pull  
3X | each zone



Oil Introduction  
3 passes



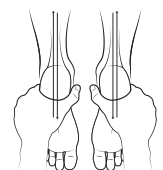
Alternating Palm Slide  
3X | both sides



Clockwise Palm Circles  
3 circles



Cranial Sacral Hold  
1X | 30+ seconds



Lymphatic Movement  
3X | 15-30 seconds