

AromaTouch™ Technique

AromaTouch Technique is a gentle yet powerful treatment which uses essential oils instead of firm pressure. It is the clinical application of dōTERRA's pure therapeutic grade oils across the body's energy meridians along the spine and feet. The technique, developed by Dr David K Hill, has been years in development. The therapeutic value of this treatment is broad and deep, allowing a multitude levels of healing. The recipient will gain what is needed for them at that moment in time, as the body is brought back into balance and homeostasis. This treatment will help you to release stress and restore your vital energy to an optimal state of being, gaining clarity of mind whilst being perfectly calm and centred. Being a qualified Reiki Master and certified crystal healing practitioner, Fiona also incorporates these energies into all her treatments to amplify the healing benefits of the essential oils.

In a 1 hour treatment:

8 Certified Pure Therapeutic Grade essential oils are used in sequence to enhance all areas of health and wellbeing. 4 key areas are supported:

- Reduction of Stress: Grounding Blend and Lavender
- Toxic Insult & the Immune System: Melaleuca and Protective Blend
- Inflammation: Massage Blend and Soothing Blend
- Homeostasis & correcting Autonomic Imbalances: Wild Orange and Peppermint

Book a Free Discovery Session with Fiona below to discuss what might be best for you in terms of your needs.

Email Fiona at fiona@youtopiawellbeing.com.au