

# Raindrop Technique™: What to expect

## What is Raindrop Technique?

Raindrop Technique is a gentle yet powerful technique developed from ancient Egyptian and Native American energy principles. These are combined with Ancient Tibetan reflexology, various massage techniques and the power of therapeutic-grade essential oils, to create a truly unique and wonderful experience.

It is a treat to all of the senses, and to body, mind and spirit. The technique is usually performed in silence, giving you the opportunity to sink into a deep state of relaxation and inner connection. Many people drift off to sleep when they receive Raindrop Technique, aided by the relaxing effects of the essential oils.

Raindrop Technique usually focuses on the back and neck, and also the reflex points of the feet (especially the “spinal” reflex). Yet the penetrating effects of the essential oils allow it to be felt through the entire body.

## How long does the session go for?

Depending on your individual needs, the session is likely to take between 1 and 2 hours. Ask the person giving you Raindrop Technique how long you should set aside for the session.

## How often can I receive Raindrop Technique?

Most people like to receive fortnightly or monthly Raindrop Techniques, however there may be times you feel you need it more regularly, especially if you are going through a challenging time. Listen to your body.

## Remove all removable jewellery

Many people report sensations of “energy” running through their body during Raindrop Technique. This is because Raindrop Technique re-establishes the body’s natural flow of inner energy, often called “Chi”. Metal can affect the flow of this current, so please remove all jewellery before the session (if it is easily removable).

## Wear comfortable clothing

Wear comfortable clothing (preferably clothing that is not restrictive). You will remove your shirt for part/all of the session, but your other clothing may stay on.

## Showering after Raindrop Technique

Many people love to leave the Raindrop Technique oils on their skin for as long as possible before showering. If you think this might be you, you may prefer to shower before you come for your session.

## Communicate your Experiences

Everyone responds differently to Raindrop Technique, and whilst most people float out the door afterwards feeling balanced and deeply relaxed, some people *may* experience discomfort during or after a session. This is the case with any form of body work.

It’s important that you communicate your experiences to the person giving you Raindrop Technique, as they may be able to assist, or offer helpful suggestions.

For example, some of the essential oils used in Raindrop Technique may be warming to the skin. These are skin tested for possible sensitivity first, to minimise any likelihood of discomfort. However, if you do experience any prickling or heat on your skin from the oils, the person giving you Raindrop Technique will be able to easily cool the area down using a vegetable (carrier) oil.....but only if you tell them!

## Top Quality Essential Oils

Raindrop Technique is performed using only pure, therapeutic-grade essential oils from *Young Living*, that are guaranteed to be free of chemical adulteration. You deserve the best!

## Detoxification

In our modern world, it’s impossible to avoid chemical exposure. Artificial chemicals are in our food, in the animals we eat, in our water, and in our cosmetics and personal care products. Many of these chemicals are absorbed straight through the skin and some may build up in the body, paving the way for dis-ease.

Because of the penetrating abilities of essential oils, it’s possible during your first few Raindrop Techniques to experience a mild to moderate “detox” response if you either have an overload of toxins in your body, or if your body’s channels of elimination are not working optimally (urine, bowels, breath, skin).

You are a good detox candidate if you:

- Have worked amongst chemicals, eg. hairdresser
- Have taken regular pharmaceutical/recreational drugs
- Have had a recent acute or long-term illness
- Have a history of skin rashes or headaches

Overleaf you will find important information to help you minimize any detox experiences.