

# HOW TO PERFORM THE AROMATOUGH HAND TECHNIQUE

The full AromaTouch Technique is one of the most effective ways to use essential oils on the body, but you may not always have the proper time and notice needed to perform the full technique on someone. This simple hand technique still offers many benefits and can be done at almost any time, any place!

It takes approximately 2–5 minutes to perform the AromaTouch technique on each hand, which amounts to about 5–10 minutes total. While the AromaTouch Hand Technique is quick and simple, it can provide a big impact.

## Choose Your Oil

Before beginning the technique, choose which oil you will use. Below is a list of a few oils we recommend, but other oils or blends can also be used.

- Frankincense
- Peppermint
- Lavender
- dōTERRA Balance®
- Elevation®
- dōTERRA On Guard®
- dōTERRA Serenity®



## Five Movements

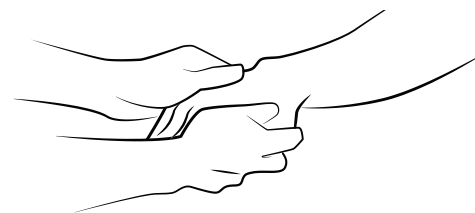
### 1. Oil Introduction

The first movement of the hand technique is the oil introduction. Take the recipient's hand in yours with their palm open and facing upward. Place one to three drops of essential oil into their palm and spread it evenly into their hand.



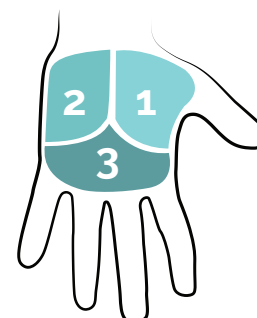
### 2. Dorsum Tissue Stretch

Turn the recipient's hand over, gripping it in both of your hands with your thumbs resting on top of the dorsum (back) of their hand. Use your thumbs to stretch the dorsum tissue moving from the inside out and from the wrist to the base of the fingers.



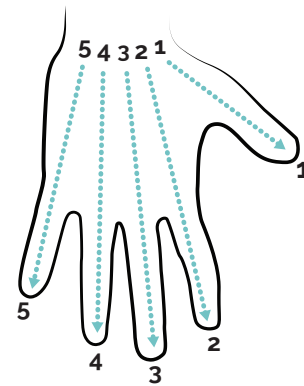
### 3. Regional Tissue Pull

With the recipient's palm facing upward again and their hand resting in both of yours, use your thumbs to methodically work through the three regions of the hand you see below. Begin with region one, using medium pressure, and continue until you've worked through the entire surface area of each of the hand's three regions.



#### 4. Pinpoint Zone Activation

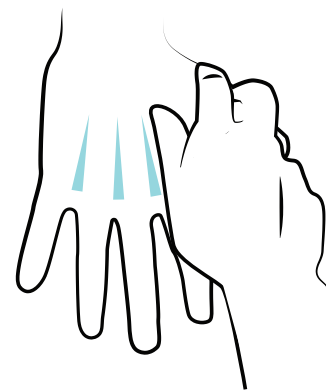
Next, use your thumbs to work through each of the hand's five zones, which can be seen below. Beginning in zone one, place your thumbs at the top of the recipient's hand close to the wrist and use your thumbs to work down the zone to the fingertip. Your thumbs should alternate using medium pressure in a pinpoint style down through the zone. Chose a lead thumb and follow thumb for this step and make sure the follow thumb is always behind the lead thumb.



Repeat this movement three times in each of the five zones.

#### 5. Inter-Phalangeal Pull

Lastly, with the recipient's palm still facing up, gently grip and support their wrist with one of your hands. With your other hand, stretch the tissue located between fingers away from the hand by gripping and sliding the tissue between your thumb and forefinger. For this movement, use light pressure and fluid motion.



Repeat this pulling movement three times between each of the fingers.

*When finished, repeat the same five steps on the recipient's other hand.*

### AromaTouch Technique References

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