

## The dōTERRA AromaTouch® Technique

### Step 1: dōTERRA Balance®

1. Begin with the **Oil Introduction**. Maintain contact with the recipient for the entire technique.
2. Move into performing **Three Clockwise Palm Circles**.
3. Spread your hands along the spine to the crown and base of the sacrum. Hold for three to five deep breaths before moving on.

### Step 2: Lavender

1. Without losing contact with the recipient, perform the **Oil Introduction**.
2. Do the **Alternating Palm Slide**.
3. Begin the **Five-Zone Activation**.
4. Perform **Auricular Stress Reduction**.

### Step 3: Tea Tree

1. Without losing contact with the recipient, perform the **Oil Introduction**.
2. Move to the **Alternating Palm Slide**.
3. From the crown of the head, begin the **Five-Zone Activation**.

### Step 4: dōTERRA On Guard®

1. Without losing contact with the recipient, perform the **Oil Introduction**.
2. Do the **Alternating Palm Slide**.
3. Perform the **Five-Zone Activation**.
4. Move to the **Thumb Walk**.

### Step 5: dōTERRA AromaTouch®

1. Without losing contact with the recipient, perform the **Oil Introduction**.
2. Move to the **Alternating Palm Slide**.
3. Perform the **Five-Zone Activation**.

### Step 6: dōTERRA Deep Blue®

1. Without losing contact with the recipient, perform the **Oil Introduction**.
2. Do the **Alternating Palm Slide**.
3. Perform the **Five-Zone Activation**.
4. Move to the **Thumb Walk**.

### Step 7: Wild Orange and Peppermint (Feet)

1. Perform the **Oil Introduction** (foot) while maintaining contact. Apply Wild Orange first, and then Peppermint.
2. Begin the **Three-Region Foot Activation**.
3. Perform the **Five-Zone Foot Activation**.
4. Move to the **Five-Zone Tissue Pull**.
5. Repeat Steps 1–4 for the opposite foot.

### Step 8: Wild Orange and Peppermint

1. Without losing contact with the recipient, perform the **Oil Introduction**. Apply Wild Orange first, and then Peppermint.
2. Do the **Alternating Palm Slide** on the side of the back opposite of you.
3. Move to performing **Three Clockwise Palm Circles** on the same side you started on at the beginning of the technique.

### Step 9:

1. Finish by performing the **Lymphatic Movement** two to three times or for about 15 to 30 seconds.