

Raindrop Therapy information sheet SCNC Aesthetics 2023

Contraindication to Raindrop Therapy:

- have compromised liver or kidney function
- have heart disease
- are on blood thinners
- are allergic to aspirin
- children
- people who are pregnant
- people with compromised immune systems

Essential oils **MUST** be diluted for this competition. Any topical application of undiluted essential oils can result in:

- dermatitis
- severe inflammation
- sensitization
- burns
- phototoxicity and photosensitivity

Essential oil safety tips

Essential oils might seem harmless because they come from plants, but that doesn't make them any less harmful.

Essential oils can be highly toxic and cause serious health issues when ingested or absorbed through the skin, according to the National Capital Poison Center.

Always dilute essential oils with a carrier oil before applying them to the skin.

There are plenty of options for carrier oils, including:

- almond oil
- coconut oil
- jojoba oil
- argan oil
- grapeseed oil
- sunflower oil
- avocado oil

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Raindrop Technique has been known to increase the immune system, relieve back issues, and to create balance and harmony in the body - physically, mentally, and emotionally. Raindrop Technique focuses the healing essence of the essential oils directly to the spinal column where it is believed that viruses and bacteria lie dormant until the immune system weakens. The oils create an environment that is not hospitable to these “foreign” agents in our bodies and causes them to be eliminated naturally.

- Raindrop Technique is also an effective detoxification and can assist you in eliminating symptoms associated with cold and flu and other common conditions.
- Raindrop Technique is a very gentle therapy and offers you the opportunity to completely relax while improving your overall well being on all levels.

AFTER YOUR RAINDROP SESSION

- After your Raindrop Session, you will be very relaxed and need to drink a lot of water to flush out any released toxins. Ask your practitioner when you should shower; you will want to leave the oils on as long as possible for best absorption and maximum benefit.