RAINDROP THERAPY

Very good for any spinal problem including scoliocis (you will need to do it many times if the spine is severe). This uses Young Living oils, but you can substitute your favourites.

1. **6 drops VALOR in each of therapist hand. Rub hands together.**
   Apply to soles of clients feet by placing hands as flat as possible against feet while holding bottom of the foot. Hold right foot with right hand, left foot with left hand. You may sit or kneel.
   Apply 3 drops on each shoulder, then place right hand on right shoulder and left hand on left shoulder using as much hand coverage as possible.
   If there are two facilitators, one applies the valor and the other does the shoulders.
   Let mind be free and peaceful, encourage client to take deep breaths slowly.
   Do not break physical contact. Hold position 5-10 minutes.
   Do not work on people if you are feeling angry, negative or sick!

2. **Apply OREGANO and THYME. Does not matter which one is first.**
   Hold bottle 6 inches above skin, even space 5-6 drops of each oil along spine from bottom to top.
   Apply second oil the same way, layered over the first. If it burns at all, apply base oil to dilute.
   Always start at the base of the skull, working up to neck.
   Using 4 inch brush like strokes, flare your fingertips out to sides of back as you feather up the spine. The right hand moves to right, left hand moves to left. Repeat twice again.
   Do not work directly on spine, do not force oils or apply direct pressure.
   Now do the same, stroking up 8 inches before flaring out - do three times up the sides of the spine.
   Now do the same, stroking up 12 inches before flaring out - 3 times.
   Continue until your stroke feather up full length of spine up to the atlas. Flare fingertips out over shoulders when you reach top. Repeat twice more.
   Repeat the feather stroking segments two times.

3. **Apply BASIL, BIRCH, CYPRESS, MARJORAM, PEPPERMINT.**
   Apply 4-5 drops basil along sides of spine. Layer it in by evenly spreading it with fingertips.
   Repeat using other 4 oils in sequence.
   Do not work directly on spine, do not force oils or apply direct pressure.
   Starting on one side of spine, gently massage oils in along muscles to sides of spine. Start at sacrum, using fingertips of both hands places side by side. Use circular clockwise motion working up side of spine to the atlas, pushing or pulling the tissue in the direction you want the spine to move.
   After doing one side of spine, start on the other, repeat the feather stroking segments two more times.
   Using index and middle finger of either hand, place fingers so they straddle spine. Start at coccyx(bottom of spine), move to top, working directionally toward brain. Using mild pressure, fingers on either side of spine, place one hand over top of fingers, then in gentle sawing motion, rock fingers of the hand on top back and forth while moving fingers on both sides of spine gently up spine to the atlas. Repeat 2 more times.
   Beginning at sacrum, with thumbs on either side of spine, use Vita Flex technique working up spine approximately thumb's width apart with each move up to the atlas.
   With the thumbs on each side of spine, nail side up and slightly angled out, rock the

thumbs so they point upward with joints slightly bent. Then apply mild pressure straight down. Continue to roll thumbs slightly over onto nails, then release. Move your thumbs up about one-half thumb width and apply same technique. Do all the way to atlas. Repeat twice more.

4. **Apply 6-8 drops AROMA SIEZ over each side of back and rub into muscles on both sides of spine.**

5. **Apply 20-25 drops ORTHO EASE massage oil to each side of spine (not on the spine) into the muscle tissue of the back. Massage oils in all over the back, using gentle fingertip massage for a few minutes. After the oils have been massaged in, rest for 5 minutes. Then apply Ortho Ease over entire back and legs.**

6. **Place dry towel over the back. Then soak a hand towel in HOT water, wring it out and fold it in thirds along the entire length of spine over the dry towel. Place another dry towel folded in half over the wet towel.**
   It usually starts to feel hot, then cools down. The greater the inflammation/viral infection, the hotter it is.
   If too uncomfortable, dilute by applying oil massaged into back.
   If it does not become hot, they can carefully roll onto back (keeping the towels in place) which creates more heat.

   Note: doing respiration assistance will benefit after this step. Client lies face down, head and body are straight. Place thumb and forefinger firmly on mastoids (bumps behind the ears), place palm of other hand on the sacrum. Upon inhaling apply 10-15 pd pressure pulling forward and apart. Release on expiration. Repeat this as a rocking motion 6-12 times.

7. **Apply 5-6 drops each of BIRCH, BASIL, CYPRESS and PEPPERMINT along inside shin bone of lower legs. Start at top of knee, follow shin bone down to heel and sideways to big toe on each foot. Apply one oil at a time in this order, massaging each oil in before applying next oil.**
   Place fingers of one hand along inside shinbone just below knee. Using Vita Flex roll fingers around leg down to ankle, then along foot up to top of big toe. Roll fingers up, then over onto nails of fingers, applying slightly more pressure at top of the roll and releasing as you roll fingers over onto the nails. (Make sure your nails are short). This should be done three times on each leg.

8. **Hold legs just above ankles for a few minutes, then cradle head under your right hand and place left hand around chin, gently pulling to create slight tension. Hold traction for several minutes, do not pull hard.**
   If you have two people facilitating, one can hold ankles and the other do the head - the person holding the feet acts as the anchor while the other person begins a mild rocking motion, repeating the pulling and releasing for about 4-8 minutes.
   Now roll the client onto their back.

9. **Client in now face down with head in the cradle snuggly, observe back and the corrections that are visible.**