Nos soins sont prodigué par Sophie Van den Abeele diplomée en Raindrop et Reiki

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What is the Raindrop Technique?

What is the Raindrop Technique?

Developed by D. Gary Young, ND – 1980
Therapeutic technique dropping essential oils along the spine
Includes Vita-Flex (reflex points on the feet) technique
Includes Effleurage (finger stroking) along the spine
Combined with warm compresses you have a powerful, relaxing treatment that offers many benefits to the mind, body & spirit

Quelle est la Technique Raindrop

Développé par D. Gary Young, ND - 1980
Technique Thérapeutique de gouttes d'huiles essentielles le long de la colonne vertébrale
Comprend la technique Vita-Flex (points réflexes sur les pieds)
Comprend Effleurage (doigt caressant) le long de la colonne vertébrale, combiné avec compresses chaudes, vous avez un puissant traitement de relaxation qui offre de nombreux avantages à mental, le corps et l'esprit

Wat is de Raindrop Technology?

Ontwikkeld door D. Gary Young, ND . 1980
Technische dropping Therapeutische etherische oliën langs de wervelkolom
Inclusief Vita-Flex (reflex op de voeten punten) Technisch
Inclusief Effleurge (vinger strelen) langs de ruggengraat combinatie met warme kompressen you-hebben een krachtige, ontspannende behandeling veel Dat biedt voordelen voor de geest, lichaam en geest

Who Can The Raindrop Benefit?

The Raindrop is not recommended for pregnant women. Children may benefit from the raindrop but it is essential to dilute the oils properly.

The Raindrop technique is for anyone healthy or ill, but especially helpful for anyone suffering from
Stress
Chronic back pain, tight shoulders, sciatica
Autoimmune disorders: chronic fatigue, RA, fibromyalgia, lupus, MS
Chronic health conditions
Week immune system
Sports injuries
Scoliosis
Recovery from major illness

La Technique Raindrop est pour toute personne en bonne santé ou malade, mais particulièrement utile pour les personnes souffrant de
stress, maux de dos chroniques, épaules serrées, sciatique
Maladies auto-immunes: fatigue chronique, RA, la fibromyalgie, le lupus, MS
Maladies chroniques Système immunitaire
Blessures sportives
Scoliose
Récupération de maladie grave

De technische Raindrop is voor iedereen die gezond of ziek, het doel vooral handig voor iedereen van het lijden
Stress, chronische pijn in de rug, strakke schouders,ischias § Auto-immuunziekten: chronische vermoeidheid, RA, fibromyalgie, lupus, MS
Chronische gezondheidseisen
Week immuunsysteem
Sportblessures
Scoliose
Herstel van ernstige ziekte

Raindrop Technique

Benefits of Raindrop Technique?

- Boost in the immune system
- Relaxed muscles
- Reduced stress
- Increased circulation and oxygenation of tissues to promote self-healing Reduced inflammation along the spine
- Relief from body and joint discomfort
- Quicker recovery from flu or colds, increased resistance to future bugs Detoxifying the body
- Lowering the body burden (effects of stressors on the body) Increased energy
- Improved sleep at night

- Booste le système immunitaire
- Détend les muscles
- Reduit le stress
- Accrois l'oxygénation des tissus pour promouvoir l'auto-guérison et réduit l'inflammation le long de la colonne vertébrale
- Soulagement des douleurs articulaires
- Une récupération plus rapide en cas de virus ou de refroidissements, résistance accrue aux problèmes de santé futurs détoxification du corps
- L'abaissement de la charge corporelle (effets des facteurs de stress sur le corps) Augmentation de l'énergie
- Améliore le someil

- Boost immuunsysteem bij de
- ontspannen spieren
- minder stress
- Verhoogde circulatie en zuurstofvoorziening van de weefsels tot een vermindering van self-healing ontsteking langs de wervelkolom bevorderen
- Vrijstelling van het lichaam seal en ongemak
- Sneller herstel van griep verkoudheid goud verhoogde weerstand tegen toekomstige bugs ontgiften van het lichaam
- Het verlagen van de lichaamsbelasting (effecten van stressoren op het lichaam) Verbetering van de energie
- Verbeterde slaap 's nachts

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Who Administers the Raindrop Technique?

- Doctors & nurses
- Licensed Massage Therapists Certified CARE instructors
- PhysicalTherapists
- Reiki Master
- Cosmetologist
- Doctor of Naturopathy
- Reflexologist
- Acupuncturist
- Aromatherapist

- Docteurs & infirmières
- Licensed Massage Therapists Certified CARE instructors
- PhysicalTherapists
- Maître de Reiki
- Cosmetologue
- Doctor en Naturopatie
- Reflexologist
- Acupuncturist
- Aromatherapist

- Artsen en verpleegkundigen
- Licensed Massage Therapeuten Certified CARE instructeurs
- Fysiotherapeuten
- Reiki Master
- schoonheidsspecialist
- Doctor in de Natuurgeneeskunde
- reflexologist
- acupuncturist Aromatherapist

Raindrop Technique

Essential Oils Used In The Raindrop Technique

- Oregano
- Thyme
- Basil
- Wintergreen
- Cypress
- Peppermint
- Marjoram
- Valor essential oil blend
- Aroma Siez oil blend

This is a powerful blend of oils that are synergistic with each other, when combined they can provide anti- inflammatory effects and have been researched extensively for their ability to kill viral and bacterial pathogens to support the immune system

- Origan
- Thym
- Basilique
- Wintergreen
- Cypress
- Menthe
- Marjolaine
- Valor essential oil blend
- Aroma Siez oil blend

Ceci est un puissant mélange d'huiles qui sont synergiques ensemble, combinésils ont des effets anti-inflammatoires et la capacité deà tuer les agents pathogènes viraux et bactériens pour soutenir le système immunitaire

- Oregano
- Thyme
- Basil
- Wintergreen
- Cypress
- Peppermint
- Marjoram
- Valor essential oil blend
- Aroma Siez oil blend

Dit is een mengsel van oliën krachtig dat zijn synergetisch samen en in combinatie anti-inflammatoire effecten en-zijn-uitgebreid onderzocht op hun vermogen om virale en bacteriële ziekteverwekkers doden om ondersteuning van het immuunsysteem

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Origan

Origanum compactum

- Young Living grows & distills it's own oregano on the farm in Ecuador which has been tested and found to be 4 x's as powerful as penicillin.
- Powerful immune stimulant, anti-fungal, anti-inflammatory.
- Grounding
- Researched for it's ability
- to stop mold growth . Journal of EnvironPatholToxicolOncol. 1994
- Considered a "Hot" Oil

Raindrop Technique

THYM

Thyme

- One of the most powerful anti-bacterial essential oils
- Anti-viral, anti-fungal, anti- microbial, anti-parasitic
- Researched to be effective at killing many bacteria including E. coli, Listeria, Salmonella and Aspergillus (mold)
- Purifying
- Helps to overcome fatigue & exhaustion after illness

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BASILIC

Ocimum basilicum

- Anti-spasmodic
- Anti-viral
- Anti-bacterial
- Anti-inflammatory
- Muscle relaxant
- Anti-microbial
- Fights mental fatigue
- Considered a “hot” oil

Raindrop Technique

GAULTERIE

Gaultheria procumbens

- Supports the respiratory tract
- Anti-coagulant
- Anti-spasmodic
- Vasodilator
- Pain relief for arthritis, joints, muscles and nerves
- Warming oil
- Avoid use if epileptic
- Anti-coagulant effects may be enhanced if used with aspirin or prescription blood thinners

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CYPRES

Cupressus sempervirens

- Improves circulation
- Strengthens blood
- capillaries
- Anti-infectious
- Anti-spasmodic
- Discourages fluid retention

Raindrop Technique

MENTHE

Mentha peperita

- Cooling oil
- Anti-inflammatory
- Anti-parasitic
- Anti-bacterial
- Anti-viral
- Anti-fungal
- Pain reliever
- Digestive stimulant

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Raindrop Technique

MARJOLAINE

Origanum majorana

- Known as the “herb of happiness” to the Romans
- Muscle soothing properties
- General relaxant
- Expectorant
- Mucolytic
- Anti-bacterial
- Anti-fungal
- Promotes peristalsis
- Calms the nerves

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Raindrop Technique

AROMA SIEZ

Essential Oil Blend of

- Essential Oil Blend of
- Basil
- Marjoram
- Lavender
- Peppermint
- Cypress

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VALOR

Valor essential oil blend includes:

- Spruce – helps to balance emotions, gives a sense of grounding
- Rosewood – relaxing, empowering, uplifting, grounding, strengthening
- Blue Tansy – Helps overcome anger and negative emotions
- Frankincense – Stimulates the limbic region of the brain, may help combat depression

- Balances electrical energies in the body
- Gives a boost to confidence & self-esteem
- Effective when applied to soles of the feet or the shoulders

CONSIDERATIONS

Considerations

- There may be some redness on the skin, this is normal and is not an indication of a burn.
- The skin is the last place toxins exit the body, the essential oils help draw out the toxins. Any redness will lessen within an hour or so. If there is discomfort during the session, apply more vegetable oil (Young Livings V-6 oil)
- Only use Young Living Therapeutic Grade essential oils for the Raindrop Technique
- Make sure recipient drinks plenty of pure water before and after a treatment to help remove toxins.
- Ideally allow the oils to remain on the skin for 24 hours, as they continue to penetrate the skin and support the immune system.
- For more detailed information consult the Essential Oil Desk Reference