AromaTouch Technique Overview

The abundant and expansive use of essential oils in the world today represent a well-documented model for improving overall health, for both the novice user and the educated expert.

Widespread acceptance of essential oils, both within and without the scientific community, has led many to choose the more natural approach to health maintenance. dōTERRA’s Certified Pure Therapeutic Grade™ essential oils are recognized as the most therapeutic oils in the world and play a leading role in positive health choices.

AromaTouch is a new oil application technique developed in accordance with this new awareness of CPTG essential oils. This clinical approach to essential oil application is a powerful, accessible way to include in any protocol within your spa’s treatments to experience the beneficial qualities of dōTERRA’s CPTG essential oils. By incorporating the dōTERRA AromaTouch Technique in your spa’s treatments you can enhance the benefits received from dōTERRA essential oils, addressing whole body needs and creating overall systemic benefits.

AromaTouch Technique Development

The AromaTouch Technique was developed by Dr. David K. Hill, a leading expert on the use of essential oils for medicinal benefit. To develop the technique Dr. Hill drew on his training as a physician, his experience using essential oils with patients and for personal care, and his understanding of essential oil science. The technique was created to address four systemic constants: stress, toxic insult, inflammatory response, and autonomic imbalance. Recognizing that there are common factors at the foundation of illness in the body, the AromaTouch Technique was developed to manage these systemic constants and return the body to a state of balance.

Because essential oils contain many different healing properties, every oil used in the AromaTouch Technique has been selected specifically for its individual therapeutic benefit and aroma. The AromaTouch Technique complements CPTG essential oils and further enhances their impact. The AromaTouch Technique addresses common negative factors that influence health and assists the body in returning to a state of homeostasis via a four-step process centered on CPTG essential oils and simple hand techniques. dōTERRA’s AromaTouch Technique will enhance essential oil activity; stimulating known body meridians while balancing body systems and function.

AromaTouch Technique and Visceral Contact Points

For centuries health care practitioners have relied on known body meridians, or energy zones, and specific body organ points to enhance health. Modern science has documented that specific visceral (organ) points and whole system meridians do exist. In fact, there are three body parts known to contain entire visceral contact point access: the hands, feet, and ears. The AromaTouch Technique utilizes these known elements and organizes them into an easy-to-administer pattern of techniques to enhance overall health and relaxation. By applying basic concepts of neurology and physiology, the body may easily be divided into clear regions and zones that allow for a whole body approach to wellness. The AromaTouch Technique is a simple and valuable way to stimulate and enhance precise body function.
Systemic Constants

Most individuals encounter factors in daily life, from both their internal and external environments, that can influence their overall health and wellbeing. The negative disturbances cause an imbalance in homeostasis, the natural balance of body systems and health. Such challenges, even when they do not directly result in disease, cause our bodies to function at a sub-optimal level. The AromaTouch Technique works to restore homeostasis, minimizing the impact of these factors.

Four systemic constants that most often impair homeostasis are:

• STRESS
  Emotional distress, career choice, family discord, financial worry, lack of rest, and many other life issues elevate stress levels in the body. Elevated stress levels maintained over time have been shown in clinical studies to cause negative consequences to health. Studies have revealed that over time, high stress levels can lead to the development of cardiovascular disease, depression, insomnia, ulcers, and even some forms of cancer.

• TOXIC INSULT
  Immunity depends on the ability of the body to produce effective white blood cells, complementary proteins, and other cell and body barriers. The immune system consists of many types of proteins, cells, organs, and tissues that interact in an elaborate and dynamic network, carrying out a range of interrelated functions to keep you healthy. However, toxins are constantly bombarding the immune system. This careful balance can be easily hampered by any number of factors: environmental, dietary, medical intervention, habits, genetics, etc. Exposure to a wide array of toxic insults, including disease-causing pathogens, hormone or pesticide contaminated food products, increased levels of free-radical pollution, and overexposure to radiation, can all contribute to the weakening of the immune system.

• INFLAMMATORY RESPONSE
  The inflammatory response occurs when bacteria, trauma, toxins, heat, or other causes, injure body tissues. The increased consumption of foods with pro-inflammatory components (foods high in polyunsaturated vegetable oils and trans-fats) together with high carbohydrate and low protein consumption contribute to chronic uncontrolled inflammation and various immunological dysfunctions. Studies increasingly show a direct link between chronic illness, inflammation, and disease. Inflammation is also harmful to the body's autonomic balance because of its pain inducing effects.

• AUTONOMIC IMBALANCE
  The opposite of homeostasis, an imbalance of the autonomic nervous system (also known as the ANS, or visceral nervous system) can negatively impact health in a number of ways. Recent research has shown a direct link between autonomic imbalance and hypertension (high blood pressure). There is also evidence that autonomic imbalance can lead to cardiovascular morbidity and even mortality. Autonomic imbalances can result from a number of sources, the major ones are: stress, decreased immunity, and inflammation. Restoring homeostasis, or autonomic balance, can reduce the physiological impact of stressors on the body.
AromaTouch CPTG Essential Oils

STRESS MANAGEMENT

Balance Essential Oil Blend
Spruce, Rosewood, Frankincense, Blue Tansy

- **Aroma:** Warm, woody and earthy
- **Significance:** We all experience moments of disconnectedness or elevated levels of anxiety. This superb blend, with its warm, woody aroma, creates a sense of overall well-being, promoting a feeling of tranquility and balance throughout multiple body systems.

Lavender

The word lavender literally means “to be washed” or “to wash” in French. This remarkable plant has been cherished for its unmistakable aroma and its treasured medicinal properties for thousands of years.

- **Significance:** Lavender is chemically complex and offers a broad spectrum of assistance to the body. Lavender can be used as an effective calming agent, mood modulator, and stress reducer. Lavender is also excellent for use in the management of wounds and tissue damage. Due to its soothing nature, Lavender has been selected for use in the AromaTouch Technique to promote relaxation. Its calming effects on the body, and ability to modulate mood, make it the perfect oil to soothe body systems and relieve stress.

IMMUNITY

Melaleuca Alternifolia

Recognized by its more common name “Tea Tree”, Melaleuca Alternifolia is often used to relieve infections and is revered for its cleansing properties.

- **Significance:** Modern science has begun to investigate the effectiveness of Melaleuca against many different types of pathogens and microbes including resistant strains of MRSA, also known as the hospital super bug. With more than ninety different compounds combined to create a synergistic masterpiece, tea tree oil is nothing short of a miracle in its capacity. The cleansing ability of Melaleuca is an essential part of the AromaTouch Technique. Melaleuca aids in the body’s return to homeostasis via its system cleansing properties.

OnGuard Essential Oil Blend
Wild Orange, Clove, Cinnamon, Eucalyptus, Rosemary

- **Aroma:** A balanced, smooth aroma with sweet and spicy notes and a hint of citrus.
- **Significance:** Essential oils have long been accepted as having cleansing and potent benefits in many areas. Essential oils are utilized in many commercial cleaning and disinfecting preparations and are regarded as safe, active ingredients. More than ever before, pathogenic exposure poses a substantial risk to our overall health. Studies demonstrate that citrus oils are extremely successful at managing unwanted bacteria, viruses, and molds. OnGuard has cleansing properties that are vital to the immune support step of the AromaTouch Technique. The combined power of the oils in OnGuard are significant in supporting the body’s immune response to invasive pathogens.
INFLAMMATION

AromaTouch Essential Oil Blend
Cypress, Marjoram, Basil, Lavender, Grapefruit, Peppermint
• Aroma: Mildly invigorating with relaxing qualities.
• Significance: Many individuals suffer from both chronic and acute discomfort. AromaTouch is a powerful blend of CPTG essential oils designed to soothe tissue irritation and elevate circulation in order to manage discomfort. Improved circulation promotes health in damaged tissues while helping to diminish muscle ache, tension, and spasm. AromaTouch is a very beneficial blend and will enhance any type of massage or soft tissue technique.

Deep Blue Essential Oil Blend
Wintergreen, Peppermint, Camphor, Blue Tansy, Blue Chamomile, Helichrysum, Osmanthus
• Aroma: A revitalizing and powerful scent.
• Significance: Deep Blue contains a potent blend of essential oils that provide cooling relief to aching joints and other discomforts in the body. Inflammation, as a chronic immune system response, has been shown to cause disease and decrease immunity. Chronic inflammation can also act as a major body system stressor. The essential oil blend, Deep Blue, is effective at supporting healthy inflammatory response in the body. Because of Deep Blue’s potent components, it is to be only applied topically.

HOMEOSTASIS

Wild Orange
Autonomic Imbalance
Wild Orange, like many citrus oils, is a direct inhibitor of many types of unwanted germs and pathogens in the body.
• Significance: Citrus oils possess remarkable system-protecting characteristics, including immune supporting properties. Wild Orange is cold pressed from the rind of the fruit and has an extraordinary aroma known to enhance and elevate mood while modulating stress-related anxiety. Citrus oils are best known for their immune support compounds like limonene.

Limonene has been shown to naturally support the levels of a critical antioxidant known as glutathione. Every cell in your body is dependent on this important antioxidant for cellular protection. Some areas of the body, like the liver, colon, and brain, are often deficient in the necessary levels.

Peppermint
Autonomic Imbalance
Peppermint is highly valued and is featured in several blends used in the AromaTouch Technique for this reason. Its soothing qualities and discomfort alleviating properties make it extremely effective in balancing the body and addressing systemic stressors.
• Significance: There are more than 30 different compounds in pure peppermint oil, creating a synergistic masterpiece of biological activity. This complexity gives peppermint the ability to act on both the physical and mental systems in the body. The active component found in peppermint oil is menthol, an organic compound that works as a discomfort modulator and soothing agent in the body. Menthol is thought to inhibit muscle contractions by blocking the flow of contraction signaling ions to muscle cells. Peppermint is probably best known in the medical field, and rightly so, for its muscle relaxant and tissue soothing qualities.
Local application of peppermint generates a long lasting cooling effect on the skin, helping to diminish inflammation and pain. Peppermint’s cooling qualities have been shown in studies to ease mental fatigue, depression and head sensitivity when rubbed on temples, as well as refreshing the spirit, stimulating mental agility and improving concentration.
AromaTouch Technique Protocol

45 MINUTES
NOTE: You may at any time apply coconut oil, in addition to any essential oil, if the skin becomes too dry and also to facilitate hand movement. Start with your client face down, between linens.

STRESS MANAGEMENT

Balance Essential Oil Blend
Step 1 Stand at the client's side and apply BALANCE along the length of the spine, from the base (top) of the sacrum to the base of the skull, using as many drops needed to create a light, even layer over the length of the spine.

Step 2 Use the pads of your fingers and light touch to evenly distribute the oil up the length of the spine.

Step 3 Place both hands palm down with fingers overlapping over client's heart chakra; make three clockwise circles, holding position momentarily. Separate hands and slide them along spine, one hand to the base of the skull and one hand to the base (top) of the sacrum, resting the palms there.

Step 4 Hands should be held in this position for as long as is necessary for the practitioner and client to form a connection of trust; a feeling of relaxation and balance in both individuals. The practitioner may feel for rhythm, pulse, and/or energy as indicators.

Lavender Essential Oil
Step 1 Stand at the client's side and apply LAVENDER along the length of the spine, from the base (top) of the sacrum to the base of the skull, using as many drops needed to create a light, even layer.

Step 2 Use the pads of your fingers and light touch to evenly distribute the oil up the length of the spine.

Step 3 Alternating Palm Slide: from spine to sides, base of sacrum to base of skull.
   a. Stand at the client's side and place both hands palm down on the opposite side of the back, close to the spine, with fingers pointing away from you.
   b. Beginning at the base of the sacrum, slide palms with mild downward pressure away from the spine towards the side, alternating hands. Continue this sliding motion and move your hands slowly up the spine to the base of the skull.
   c. Perform steps a and b 3 times.
   d. Move to the clients other side and repeat the process.

Step 4 Five-Zone Activation: from base of sacrum to top of head
   a. Stand at the head of the client and place both hands side by side on either side of the spine with fingertips at the base of the sacrum (zone 1).
   b. Pull hands toward the head, with medium downward pressure, through the neck and up to the top of the head.
   c. Return hands to the base of the sacrum and move hands laterally to zone 2.
   d. Pull hands toward the head, with medium downward pressure, upon reaching the shoulders push hands out along the shoulder to the point.
   e. Rotate hands around the point so that your fingers cup underneath the clients shoulder and pull hands back to the neck, continuing to the top of the head.
   f. Repeat steps c through e for zones 3, 4, and 5.

Step 5 Auricular Stress Reduction: from earlobe to point of ear
   a. Grip each earlobe between your thumb and your forefinger. Using gentle pressure work your fingers in small circles along the ear of the lobe.
   b. Upon reaching the top of the ear, slide your thumb with gentle pressure along the back of the ear returning to the lobe.
   c. Perform steps a and b 3 times.
**Melaleuca Essential Oil**

**Step 1** Stand at the client's side and apply MELALEUCA along the length of the spine, from the base (top) of the sacrum to the base of the skull, using as many drops needed to create a light, even layer.

**Step 2** Use the pads of your fingers and light touch to evenly distribute the oil up the length of the spine.

**Step 3** Alternating Palm Slide: from spine to sides, base of sacrum to base of skull.
  a. Stand at the client's side and place both hands palm down on the opposite side of the back, close to the spine, with fingers pointing away from you.
  b. Beginning at the base of the sacrum, slide palms with mild downward pressure away from the spine towards the side, alternating hands. Continue this sliding motion moving your hands slowly up the spine to the base of the skull.
  c. Perform steps a and b 3 times.
  d. Move to the clients other side and repeat the process.

**Step 4** Five-Zone Activation: from base of sacrum to top of head
  a. Stand at the head of the client and place both hands side by side on either side of the spine with fingertips at the base of the sacrum (zone 1).
  b. Pull hands toward the head, with medium downward pressure, through the neck and up to the top of the head.
  c. Return hands to the base of the sacrum and move hands laterally to zone 2.
  d. Pull hands toward the head, with medium downward pressure, upon reaching the shoulders push hands out along the shoulder to the point.
  e. Rotate hands around the point so that your fingers cup underneath the clients shoulder and pull hands back to the neck, continuing to the top of the head.
  f. Repeat steps c through e for zones 3, 4, and 5.

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**OnGuard Essential Oil Blend**

**Step 1** Stand at the client's side and apply ONGUARD along the length of the spine, from the base (top) of the sacrum to the base of the skull, using as many drops needed to create a light, even layer.

**Step 2** Use the pads of your fingers and light touch to evenly distribute the oil up the length of the spine.

**Step 3** Alternating Palm Slide: from spine to sides, base of sacrum to base of skull.
  a. Stand at the client's side and place both hands palm down on the opposite side of the back, close to the spine, with fingers pointing away from you.
  b. Beginning at the base of the sacrum, slide palms with mild downward pressure away from the spine towards the side, alternating hands. Continue this sliding motion moving your hands slowly up the spine to the base of the skull.
  c. Perform steps a and b 3 times.
  d. Move to the clients other side and repeat the process.

**Step 4** Five-Zone Activation: from base of sacrum to top of head
  a. Stand at the head of the client and place both hands side by side on either side of the spine with fingertips at the base of the sacrum (zone 1).
  b. Pull hands toward the head, with medium downward pressure, through the neck and up to the top of the head.
  c. Return hands to the base of the sacrum and move hands laterally to zone 2.
  d. Pull hands toward the head, with medium downward pressure, upon reaching the shoulders push hands out along the shoulder to the point.
  e. Rotate hands around the point so that your fingers cup underneath the clients shoulder and pull hands back to the neck, continuing to the top of the head.
  f. Repeat steps c through e for zones 3, 4, and 5.

**Step 5** Thumb Walk Tissue Pull: from base of sacrum to base of skull
  a. Stand to the side of the client and place thumbs on either side of the spine at the depression between the muscle tissue and the spinal column at the base of the sacrum.
  b. Move thumbs in small semi-circles pulling muscle tissue up, away, and down from the spine; gradually move both thumbs alternately up each side of the spine in this manner, from the base of the sacrum to the base of the skull using medium pressure.
  c. Perform steps a and b 3 times.
INFLAMMATION

AromaTouch Essential Oil Blend

Step 1 Stand at the client's side and apply AromaTouch along the length of the spine, from the base (top) of the sacrum to the base of the skull, using as many drops needed to create a light, even layer.

Step 2 Use the pads of your fingers and light touch to evenly distribute the oil up the length of the spine.

Step 3 Alternating Palm Slide: from spine to sides, base of sacrum to base of skull.
   a. Stand at the client's side and place both hands palm down on the opposite side of the back, close to the spine, with fingers pointing away from you.
   b. Beginning at the base of the sacrum, slide palms with mild downward pressure away from the spine towards the side, alternating hands. Continue this sliding motion and move your hands slowly up the spine to the base of the skull.
   c. Perform steps a and b 3 times.
   d. Move to the clients other side and repeat the process.

Step 4 Five-Zone Activation: from base of sacrum to top of head
   a. Stand at the head of the client and place both hands side by side on either side of the spine with fingertips at the base of the sacrum (zone 1).
   b. Pull hands toward the head, with medium downward pressure, through the neck and up to the top of the head.
   c. Return hands to the base of the sacrum and move hands laterally to zone 2.
   d. Pull hands toward the head, with medium downward pressure, upon reaching the shoulders push hands out along the shoulder to the point.
   e. Rotate hands around the point so that your fingers cup underneath the clients shoulder and pull hands back to the neck, continuing to the top of the head.
   f. Repeat steps c through e for zones 3, 4, and 5.

Deep Blue Essential Oil Blend

Step 1 Stand at the client's side and apply Deep Blue essential oil along the length of the spine, from the base (top) of the sacrum to the base of the skull, using as many drops needed to create a light, even layer.

Step 2 Use the pads of your fingers and light touch to evenly distribute the oil up the length of the spine.

Step 3 Alternating Palm Slide: from spine to sides, base of sacrum to base of skull.
   a. Stand at the client's side and place both hands palm down on the opposite side of the back, close to the spine, with fingers pointing away from you.
   b. Beginning at the base of the sacrum, slide palms with mild downward pressure away from the spine towards the side, alternating hands. Continue this sliding motion and move your hands slowly up the spine to the base of the skull.
   c. Perform steps a and b 3 times.
   d. Move to the clients other side and repeat the process.

Step 4 Five-Zone Activation: from base of sacrum to top of head
   a. Stand at the head of the client and place both hands side by side on either side of the spine with fingertips at the base of the sacrum (zone 1).
   b. Pull hands toward the head, with medium downward pressure, through the neck and up to the top of the head.
   c. Return hands to the base of the sacrum and move hands laterally to zone 2.
   d. Pull hands toward the head, with medium downward pressure, upon reaching the shoulders push hands out along the shoulder to the point.
   e. Rotate hands around the point so that your fingers cup underneath the clients shoulder and pull hands back to the neck, continuing to the top of the head.
   f. Repeat steps c through e for zones 3, 4, and 5.

Step 5 Thumb Walk Tissue Pull: from base of sacrum to base of skull
   a. Stand to the side of the client and place thumbs on either side of the spine at the depression between the muscle tissue and the spinal column at the base of the sacrum.
   b. Move thumbs in small semi-circles pulling muscle tissue up, away, and down from the spine; gradually move both thumbs alternately up each side of the spine in this manner, from the base of the sacrum to the base of the skull using medium pressure.
   c. Perform steps a and b 3 times.
**HOMEOSTASIS**

**Wild Orange and Peppermint Essential Oils**

**FEET**

Step 1 Stand at the client's feet and place Wild Orange in the palm of your hands and apply evenly to bottom of client's foot, using as many drops needed to create a light, even layer. Follow with Peppermint in the same manner.

Step 2 Hold the client's foot in both hands and massage the 3 regions of the foot using your thumbs. Begin in region 1 and work through region 3 applying medium pressure.

Step 3 Hold the same foot in both hands and massage the 5 zones of the foot using your thumbs. Begin in zone 1 and work through zone 5. Start at the point of the heel and move to the toes by alternately walking each thumb vertically through each zone applying medium pressure.

Step 4 Continue to hold the same foot in both hands and pull through the 5 zones of the foot using your thumbs and fingers, cradling the foot in your palm. Begin in zone 1 and work through zone 5. Start at the point of the heel and pull toward the toes. Repeat pulling motion 3 times in each zone before moving to next zone—applying medium pressure, alternating hands.

Step 5 Repeat steps 1-4 on other foot.

**BACK**

Step 1 Stand at the client's side and apply Wild Orange along the length of the spine, from the base (top) of the sacrum to the base of the skull, using as many drops needed to create a light, even layer. Follow with Peppermint in the same manner.

Step 2 Use the pads of your fingers and light touch to evenly distribute the oil up the length of the spine.

Step 3 Alternating Palm Slide: from spine to sides, base of sacrum to base of skull.
   a. Stand at the client's side and place both hands palm down on the opposite side of the back, close to the spine, with fingers pointing away from you.
   b. Beginning at the base of the sacrum, slide palms with mild downward pressure away from the spine towards the side, alternating hands. Continue this sliding motion and move your hands slowly up the spine to the base of the skull.
   c. Perform steps a and b 3 times.
   d. Move to the client's other side and repeat the process.

**LYMPHATIC MOVEMENT**

Step 1 Stand at the client's feet and lightly place the palms of your hands to the bottom of the client's feet so that your arms are in line with the client's legs. Gently rock their body back and forth, pushing them away and then pulling them towards you, to stimulate lymphatic system movement.

Note: If necessary, you may slightly lift the client's legs off the table to facilitate movement.

Step 2 Repeat the procedure 2-3 times, in 15-30 second intervals.

**FINISH**

Place both hands palms down with fingers overlapping over client's heart chakra; make three clockwise circles, holding position momentarily. Separate hands and slide them along spine, one hand to the base of the skull and one hand to the base (top) of the sacrum, resting the palms there for 15 seconds.

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**COST PER TREATMENT BREAKDOWN:**

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Cost per Treatment</th>
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</thead>
<tbody>
<tr>
<td>Balance x 4 drops</td>
<td>$0.32</td>
</tr>
<tr>
<td>Lavender x 4 drops</td>
<td>$0.36</td>
</tr>
<tr>
<td>Melaleuca x 4 drops</td>
<td>$0.28</td>
</tr>
<tr>
<td>OnGuard x 4 drops</td>
<td>$0.48</td>
</tr>
<tr>
<td>AromaTouch x 4 drops</td>
<td>$0.40</td>
</tr>
<tr>
<td>Deep Blue x 4 drops</td>
<td>$1.52</td>
</tr>
<tr>
<td>Wild Orange x 4 drops</td>
<td>$0.16</td>
</tr>
<tr>
<td>Peppermint x 4 drops</td>
<td>$0.32</td>
</tr>
</tbody>
</table>

**Total cost:** $3.84

**Suggested treatment cost:** $65-$95
AromaTouch Hand Technique

While the AromaTouch Technique does provide the most thorough absorption and most effective use of essential oils for the body, the AromaTouch Hand Technique is a great introductory model. An excellent compliment to any treatment and a possible companion to the AromaTouch Technique, this hand technique is highly effective at managing systemic constants. The hand is one of three locations on the body that contains a complete visceral (organ) system. Those receiving this simple yet effective hand technique will receive whole body benefits.

Protocol

CLOCKS

NOTE: You may at any time apply coconut oil, in addition to any essential oil, if the skin becomes too dry and also to facilitate hand movement.

Step 1 Use both hands to grip the client's hand on either side with the dorsum (back) of their hand facing up and your thumbs on top.

Step 2 Use your thumbs to stretch the tissue of the hand, move from the inside to the outside edge, and from the wrist to the base of the fingers.

Step 3 Turn client's hand over and apply a light, even layer of your selected essential oil/oils to the entire palm of the hand.

Step 4 Use both hands to grip the client's hand on either side with their palm facing up and your thumbs on top. Methodically massage the 3 regions of the palm. Begin in region 1 applying medium pressure; massage the entire surface area of each of the regions.

Step 5 Place your thumbs at the top of the client's palm, close to the wrist. Alternate walking each thumb down the entire length of zone 1 to the tip of the finger applying medium pressure. Repeat the procedure for all 3 zones.

Step 6 Inter-Phalangeal (tissue located between each finger) pull
   a. With the client's palm facing up, grip the wrist in one hand.
   b. Use your other hand to gently stretch the inter-phalange tissue away from their hand by gripping and sliding the tissue between your thumb and forefinger.
   c. Repeat the pull 3 times in each finger before moving to the next.

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<td>Peppermint x 4 drops:</td>
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<tr>
<td>Coconut Oil:</td>
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</tbody>
</table>

Total cost: $4.14
Suggested treatment cost: $65-$115
Be Well Spa Journey

**Elevation:** ELEVATE the mood. A proprietary dōTERRA blend created to stimulate the body's chemistry. Applied to the crown, Elevation can bring back feelings of self-love, confidence, joy and peace.

**Peppermint:** INVIGORATE the soul. Applied to the souls of the feet, Peppermint can increase circulation as well as soothe and cool the skin; regenerate the body.

**Balance:** LET IT BE. Applied to the ears and shoulders, Balance is a proprietary dōTERRA blend created to bring harmony to all physiological systems of the body by promoting tranquility and a sense of balance.

**Lavender:** CALM the mind. Applied to the heart chakra, Lavender can calm the nervous system, generating a feeling of peace and harmony.

**Lemon:** Drink to HEALTH. Add a drop of Lemon to your client's water after the Journey to purify and promote good health.

**Protocol**

**5 MINUTES**

Note: You may at any time apply coconut oil, in addition to any essential oil, if the skin becomes too dry and also to facilitate hand movement. Start with your client face up, between linens.

**Step 1:** Apply 1 drop of Elevation to the crown of the head. Gently rock the body back and forth, compressing all the way from the head to the feet.

**Step 2:** Apply 1 drop of Peppermint to the bottom of your client's feet; wrap them in a hot towel. Compress for a few seconds and remove the hot towel. Hold the client's heels and pull toward you, gently pulling side to side. Take warm stones and place them in between the client's toes. Lay the feet on the table and gently rock each side of the body to the head of the table.

**Step 3:** Apply 1 drop of Balance on the shoulders and ears. Massage the ears in circular motions with the thumb and forefinger; follow by rocking the shoulders side to side. Take out hot and cold stones. Place 2 warm stones on the forehead above the eyes, and place the cold stone on the 3rd eye. Allow to rest for a few seconds. Lightly massage the face with the 2 warm stones by pulling down each side of the face in a sweeping motion. Perform 3 times.

**Step 4:** Apply 1 drop of Lavender on the heart chakra. Apply a light pressure and hold for a few seconds.

Finish by offering client water with 1 drop of Lemon.

<table>
<thead>
<tr>
<th>COST PER TREATMENT BREAKDOWN:</th>
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</thead>
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<tr>
<td>Elevation x 1 drop: $0.14</td>
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<tr>
<td>Peppermint x 2 drops: $0.16</td>
</tr>
<tr>
<td>Balance x 1 drop: $0.08</td>
</tr>
<tr>
<td>Lavender x 1 drop: $0.09</td>
</tr>
<tr>
<td>Lemon x 1 drop: $0.04</td>
</tr>
<tr>
<td><strong>Total Cost</strong></td>
</tr>
<tr>
<td>Suggested Treatment Cost: <strong>$0.51</strong></td>
</tr>
<tr>
<td>Add on to any massage or facial</td>
</tr>
</tbody>
</table>
AromaYou Body Treatment

AROMAYOU BODY TREATMENT
80 minutes
Note: You may at any time apply coconut oil, in addition to any essential oil, if the skin becomes too dry and also to facilitate hand movement. Start with your client face down, between linens.

Prepare: 1: Add 1 drop of Peppermint to hot towels.
2: Add 1 drop of customized oil blend to Diffuser.

Customized Treatments:
Cellulite Reduction: Slim and Sassy
Hydrate: Serenity/Lavender
Regenerate: Citrus Bliss
Detoxify: Melaleuca/OnGuard

Step 1: Stimulate
Apply coconut oil with 1 drop AromaTouch and 2 tablespoons bath salts. Apply to the back and perform swift, circular motions, exfoliating the body. Help the client turn face up. Finish the exfoliation face up.
Remove with warm Peppermint towel, compressing towel into body, utilizing the essential oil put into the water. Exfoliate may be showered off.

Step 2: Relax
Add 5 drops of customized oil blend to 15 drops of coconut oil. Apply mixture to the back of the client and finish face up. Wrap client into plastic & add heating element. Allow client to rest for 25 minutes.
While client is resting, apply Balance to the scalp and ears, and perform scalp massage.

Step 3: Nourish
Unwrap client one area at a time. Remove the plastic from the table and turn client face down. Perform the AromaTouch Technique.

Finish by offering client water with 1 drop of Lemon.

Suggested treatment cost: $55-$85
AromaYou Spa Pedicure

**30 minutes**

Note: You may at any time apply coconut oil, in addition to any essential oil, if the skin becomes too dry and also to facilitate hand movement.

**Step 1: Stimulate**
Using polish remover, clear polish from the toenails. Trim and file basic shape to nails.

**Step 2: Awaken and Affect**
Add 1 drop of Lemon and disinfectant liquid to warm water and soak feet. Mix a cuticle remover with 1 drop of Lavender and apply for soothing and softening. Push back cuticles and groom as needed.

**Step 3: Relax**
Add 1 drop of Lavender to massage cream and massage foot and calves. Perform AromaTouch Foot Massage (see AromaTouch Technique; Homeostasis; Feet)

**Step 4: Nourish**
Remove excess cream from the toenails using rubbing alcohol. Apply 1 drop of Peppermint to the feet to invigorate and neutralize the alcohol odor. Polish.

**COST PER TREATMENT BREAKDOWN:**

<table>
<thead>
<tr>
<th>Essential Oil</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon x 1 drop</td>
<td>$0.04</td>
</tr>
<tr>
<td>Lavender x 2 drops</td>
<td>$0.18</td>
</tr>
<tr>
<td>Peppermint x 1 drop</td>
<td>$0.08</td>
</tr>
</tbody>
</table>

**Total Cost** $0.30

Suggested treatment cost: $40-$65
AromaYou Spa Manicure

30 minutes
Note: You may at any time apply coconut oil, in addition to any essential oil, if the skin becomes too dry and also to facilitate hand movement.

Step 1: Stimulate
Using Polish Remover, clean polish from the fingernails. Trim and file basic shape to nails.

Step 2: Awaken and Affect
Add 1 drop of Lemon and disinfectant liquid to warm water and soak hands. Mix a cuticle remover with 1 drop of Lavender and apply for soothing and softening. Push back cuticles and groom as needed.

Step 3: Relax
Add 1 drop of Lavender to massage cream and massage hands and forearms. Perform Aroma-Touch Hand Technique.

Step 4: Nourish
Remove excess cream from the nails using rubbing alcohol. Apply 1 drop of Peppermint to the hands to invigorate and neutralize the alcohol odor. Polish.

COST PER TREATMENT BREAKDOWN:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lemon x 1 drop</td>
<td>$0.04</td>
</tr>
<tr>
<td>Lavender x 2 drops</td>
<td>$0.18</td>
</tr>
<tr>
<td>Peppermint x 1 drop</td>
<td>$0.08</td>
</tr>
</tbody>
</table>

Total Cost: $0.30
Suggested treatment cost: $40-$60
AromaYou Hydrotherapy Treatment

60 minutes

Note: You may at any time apply coconut oil, in addition to any essential oil, if the skin becomes too dry and also to facilitate hand movement. Start with your client face down, between linens.

PREPARE:
1: Add 1 drop of Peppermint to hot towels.
2: Add 1 drop of customized oil blend to Diffuser.

Customized Treatment Blends:
Weight Loss: Slim & Sassy
Invigorating: Citrus Bliss
Hydrating: Balance
Stress Relief: Serenity

Step 1: Stimulate
Apply coconut oil with 1 drop AromaTouch and 2 tablespoons bath salts. Apply to the back and perform swift, circular motions, exfoliating the body. Help the client turn face up. Finish the exfoliation face up.
Remove with warm Peppermint towel, compressing towel into body, utilizing the essential oil put into the water.

Step 2: Relax
Mix 8-10 drops of customized oil blend into ½ cup bath salts and add to water. Assist client into the Hydro tub room. Allow client to rest in tub for 20 minutes.

Step 3: Nourish
Help client back to massage table and have them lie face down. Apply 5 drops customized oil blend to neck, shoulders, and back. Massage lightly to nourish and hydrate.

Finish by applying 1 drop of Balance to the bottom of client’s feet and offering client water with 1 drop of Lemon.

Suggested treatment cost: $40-$65
60 minutes

Create chakra balance by applying specific oils to assist and support spiritual development and awakening of the chakra energies.

Step 1: Start with client lying face up. Check chakras by using a pendant over each of the 7 chakras. Watch for the movement of the pendant—Clockwise circles represent an open, balanced chakra. Counter-clockwise or oblong circles indicate imbalance. No movement indicates a block.

Step 2: Apply OnGuard on the crown for protection, as you are creating some vulnerability in the client by working on their chakras.

Perform AromaTouch Foot Technique* with 1 drop of Balance to provide grounding and openness to receive the balancing that will be facilitated.

Step 3: Apply oil directly to chakras in clockwise motion. Root chakra can be applied to feet. Use a different finger for the application of each of the oils to avoid mixing oils.

2. Third Eye: apply Serenity. Use in meditation, open third eye and become closer to conscious thought.
7. Root: apply Balance. Harmonize with the earth and base chakra; trees have deep roots into the earth.

Step 4: Check the chakras. If they are not in balance, apply Purify to the chakra that did not clear, then apply the oil for that chakra again. Repeat until chakra clears or consider other options, such as discussing the emotions or relationships associated with that chakra.

Finish by holding client’s heels on the table until you feel a unified pulse from both feet, grounding your client. Offer client water with 1 drop of Lemon.

Suggested treatment cost: $45-$75
Essential Skincare

dōTERRA Essential Skincare is a family of skincare products designed to maximize the power of essential oils to help keep your skin feel and look young, healthy and gorgeous. Carefully selected CPTG essential oils are added in generous portion to each product. The dōTERRA Essential Skincare line uses cutting edge technology to complement the essential oils in targeting the visible signs in both cellular and mechanical aging.

The Essential Anti-Aging Collection includes Facial Cleanser, Pore Reducing Toner, Tightening Serum, Anti-Aging Moisturizer and an Invigorating Scrub that brightens and energizes skin.

### MORNING/EVENING REGIMEN

<table>
<thead>
<tr>
<th>CLEANSE</th>
<th>TONE</th>
<th>TARGET</th>
<th>NOURISH</th>
<th>EXFOLIATE/POLISH</th>
</tr>
</thead>
<tbody>
<tr>
<td>FACIAL CLEANSER</td>
<td>PORE REDUCING TONER</td>
<td>TIGHTENING SERUM</td>
<td>ANTI-AGING MOISTURIZER</td>
<td>INVIGORATING SCRUB</td>
</tr>
<tr>
<td>A gentle cleanser formulated to freshen skin and remove impurities.</td>
<td>A calming toner that soothes and pH balances skin while visibly reducing the size of pores.</td>
<td>An age-lighting serum that tightens and smoothes naturally to increase skin luminosity.</td>
<td>An anti-aging moisturizer that targets the visible signs of aging by reducing the appearance of fine lines and wrinkles, stimulating collagen, speeding cell renewal, and slowing the signs of mechanical aging.</td>
<td>An energizing scrub which invigorates and exfoliates leaving skin soft and smooth.</td>
</tr>
</tbody>
</table>

**USAGE**
Dispense cleanser into palm of hand. Apply to dry face and neck in a circular motion. Rinse with warm water and towel dry.

**ESSENTIAL OILS**
Melaleuca
Lavender
Peppermint

**ESSENTIAL OILS**
Lavender
Yang yang
German chamomile

**ESSENTIAL OILS**
Frankincense
Sandalwood
Myrrh

**ESSENTIAL OILS**
Lavender
Jasmine
Geranium
Frankincense

**ESSENTIAL OILS**
Grapefruit
Peppermint

**FIRMNESS/WRINKLES**
Soybean Extract
Rhizobian and Asacia Gum Extracts
Oat Kernel Extract

**FIRMNESS/WRINKLES**
Matrikine Messaging
Patented Hyaluronic Acid
Spheresites
Proprietary Octapeptides

**EVEN TONE/CLARITY**
Cruciferous Vegetable Extract
Cruciferous Vegetable Extract

**EVEN TONE/CLARITY**
Cruciferous Vegetable Extract
Biomimetic Peptides

**EVEN TONE/CLARITY**
Cruciferous Vegetable Extract

**EVEN TONE/CLARITY**
Cruciferous Vegetable Extract

**RADIANCE/Hydration**
Pumpkin Seed Extract

**RADIANCE/Hydration**
Vitamin Blend

**RADIANCE/Hydration**
Vitamin Blend

**RADIANCE/Hydration**
Vitamin Blend

**RADIANCE/Hydration**
Jojoba Beads

**2-3 TIMES PER WEEK**
90 minutes

Step 1: Relax
Begin the facial with the client face down; perform the AromaTouch Technique on the back and feet.

Step 2: Stimulate
- Remove eye makeup with eye makeup remover. Cleanse the face with Essential Skincare Facial Cleanser. Remove with a warm, moist towel or sponge. Apply Pore Reducing Toner. Saturate a cotton round and apply to face, neck and décolleté using an upward and outward motion.

- Apply 1 drop of Wild Orange to the client’s face. Apply a moderate amount of Invigorating Scrub over the hands, face, neck and décolleté. Steam for several minutes. While the steam is on, apply Balance to your hands, let client breathe in aroma. Perform a scalp massage.

- Remove steam and massage granules on face for up to 5 minutes. Place 2 cotton pads dampened with Pore Reducing Toner over the eyes during this time. May apply with rotary brush.

- Remove invigorating Scrub from hands. Apply 1 drop of Lavender and 1 drop of coconut oil and cover in plastic. Remove Invigorating Scrub from face, neck, and décolleté with warm, moist towel or sponge.

- Perform extractions if necessary. Apply Pore Reducing Toner or Melaleuca to extracted areas for antibacterial benefits.

Step 3: Rest
Perform an eye massage with Anti-aging Moisturizer. Massage the face, neck and décolleté with coconut oil and 1 drop of Lavender. Leave Lavender on face.

Apply your choice of mask with 1 drop of customized oil in a medium amount to the face, neck and décolleté. Leave mask on for 15 minutes and remove. Remove mask with tepid, moist towel or sponge. Apply Pore Reducing Toner.

Step 4: Nourish
Mix 1 drop of Melaleuca and 1 drop of coconut oil and apply to the face. Add a thin layer of Tightening Serum to face, neck and décolleté and allow to sit for 1 minute. Massage a pea size amount of Anti-aging Moisturizer into face, neck and décolleté. Finish by applying a solar block of your choice.

Finish by offering client water with 1 drop of Lemon.

COST PER TREATMENT BREAKDOWN:

<table>
<thead>
<tr>
<th>Product</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wild Orange x 2 drop</td>
<td>$0.08</td>
</tr>
<tr>
<td>Serenity x 3 drops</td>
<td>$0.36</td>
</tr>
<tr>
<td>Lavender x 2 drops</td>
<td>$0.18</td>
</tr>
<tr>
<td>Melaleuca x 2 drops</td>
<td>$0.14</td>
</tr>
<tr>
<td>Essentials Cleanser</td>
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<tr>
<td>Pore Reducing Toner</td>
<td>$0.58</td>
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<tr>
<td>Invigorating Scrub</td>
<td>$0.75</td>
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<tr>
<td>Tightening Serum</td>
<td>$0.82</td>
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<tr>
<td>Anti-aging Moisturizer</td>
<td>$0.86</td>
</tr>
<tr>
<td>Coconut Oil</td>
<td>$0.50</td>
</tr>
</tbody>
</table>

Total cost: $4.77
Suggested treatment cost: $75.00-$125.00
AromaYou Facial

60 Minutes
Option: Begin your Facial with the client face down, perform the AromaTouch Technique on the back and feet.

PREPARE:
1: Add 1 drop of customized oil blend to hot towels.
2: Add 1 drop of customized oil blend to Diffuser.

Customized Treatment Blends:
- Oily Skin: Citrus Bliss/Lemon
- Dry Skin: Geranium/Serenity
- Mature Skin: Frankincense/Wild Orange
- Sensitive Skin: Lavender/Chamomile
- Combination: Balance/Lemon
- Acneic: Melaleuca/Clear Skin

Step 1: Stimulate
Remove eye makeup with eye makeup remover. Cleanse the face with your choice of cleanser. Remove with warm customized towel, compressing towel into body, utilizing the essential oil put into the water. Apply Pore Reducing Toner. Saturate a cotton round and apply to face, neck and décolleté using an upward and outward motion.

Exfoliate by applying a moderate amount of exfoliate over the hands, face, neck and décolleté, massage granules on face for up to 5 minutes. Perform extractions if necessary. Apply toner to extracted areas for antibacterial benefits.

Step 2: Relax
- Perform an eye massage to the eyes with your choice of eye cream. Massage the face, neck and décolleté with the coconut oil and 1 drop of Lavender. Leave Lavender on face.

- Apply your choice of mask with 1 drop of customized oil blend to the face, neck and décolleté. Leave mask on for 15 minutes and remove.

- Apply 1 drop of Peppermint with 1 drop of coconut oil to the feet, wrap in warm towel. Perform AromaTouch Foot Massage (see AromaTouch Technique; Homeostasis; Feet) while mask is on. Add 1 drop of lemon and 1 drop of lavender to massage the scalp. Remove mask with tepid, moist towel or sponge. Apply Pore Reducing Toner.

Step 3: Nourish
Apply a thin layer of Anti-aging Moisturizer with 1 drop of your customized oil blend to face, neck and décolleté. Massage into face, neck and décolleté. Finish by applying a solar block of your choice.

Finish by offering client water with 1 drop of Lemon.

Suggested Treatment Cost: $65-$85
Essential Customized Facial

60 minutes
Option: Begin the facial with the client face down; perform the AromaTouch Technique on the back and feet.

PREPARE:
1. Add 1 drop of Lemon to hot towels.
2. Add 1 drop of customized oil blend to Diffuser.

Customized Treatment Blends:
- Oily Skin: Citrus Bliss/Lemon
- Dry Skin: Geranium/Serenity
- Mature Skin: Frankincense/ Wild Orange
- Sensitive Skin: Lavender/Chamomile
- Combination: Balance/Lemon
- Acneic: Melaleuca/Clear Skin

Step 1: Stimulate
- Remove eye makeup with eye makeup remover. Cleanse the face with Essential Skincare Facial Cleanser. Remove with a warm, moist towel or sponge.
- Apply Pore Reducing Toner. Saturate a cotton round and apply to face, neck and décolleté using an upward and outward motion.
- Exfoliate by applying a moderate amount of Invigorating Scrub over the hands, face, neck and décolleté, massage granules on face for up to 5 minutes. Place 2 cotton pads dampened with Pore Reducing Toner over the eyes during this time. Can apply with steam and/or rotary brush. Remove Invigorating Scrub from hands and apply 1 drop of customized oil blend and 1 drop of coconut oil and cover in plastic. Then remove Invigorating Scrub from the face, neck, and décolleté with warm, moist towel or sponge.
- Perform extractions if necessary. Apply Pore Reducing Toner to extracted areas for antibacterial benefits.

Step 2: Relax
- Perform an eye massage to the eyes with Anti-aging Moisturizer. Massage the face, neck and décolleté with the coconut oil and 1 drop of Lavender. Leave Lavender on face.
- Apply your choice of mask with 1 drop of customized oil blend to the face, neck and décolleté. Leave mask on for 15 minutes and remove.
- Apply 1 drop of Peppermint with 1 drop of coconut oil to the feet, wrap in warm towel. Perform AromaTouch Foot Massage (see AromaTouch Technique: Homeostasis: Feet) while mask is on. Add 1 drop of Lemon and 1 drop of Lavender to massage the scalp. Remove mask with tepid, moist towel or sponge. Apply Pore Reducing Toner.

Step 3: Nourish
- Apply a thin layer of Tightening Serum to face, neck and décolleté and allow to sit for 1 minute.
- Add a pea size of Anti-aging Moisturizer. Massage into face, neck and décolleté. Finish by applying a solar block of your choice.

Finish by offering client water with 1 drop of Lemon.

Suggested Treatment Cost: $65-$115
Yoga with doTERRA

Apply a few drops of doTERRA Essential Oils to your diffuser during Yoga Session based on your desired results. May also apply to the bottom of feet or crown of head during session and/or apply to local areas for reducing pain and tension.

For Respiration:
Breathe
Lime
Peppermint
Eucalyptus

For Soreness, Pain, Tension:
Deep Blue
AromaTouch
Peppermint
Lemongrass
Lavender

For Elevating mood:
Elevation
Lemon
Lime
Citrus Bliss

For Grounding, Centering and Focus:
Balance
Frankincense
Serenity
Look Who's Using dōTERRA

Experience the best essential oils in the world, discover the dōTERRA difference.

BELLAGIO
LAS VEGAS

MGM GRAND

ARIA
RESORT & CASINO
CITYCENTER, LAS VEGAS

THE RITZ-CARLTON

GREEN VALLEY RANCH
LAS VEGAS

wtsINTERNATIONAL

FOUR SEASONS HOTEL