***Raindrop Technique and Essential Oil Therapy***

     Scents directly access a part of our brain called the amygdala.  Everyone has had the experience of being strongly affected by a particular scent.  Natural healing and well-being can be encouraged by aromatherapy and direct application of essential oils.  Therapeutic grade essential oils can be combined with any other healing modality (e.g. Divination, Massage, Hot Stone Massage, Reiki) for an enhanced healing experience.  I use only Young Living Essential Oils in my practice.  I feel a particular affinity for these beautiful oils extracted from nature.  Healing truly does begin in the garden!
     Raindrop Technique is the application of a variety of therapeutic grade essential oils using a stroking and feathering technique.  The oils are applied along the spine as well as on the soles of the feet thereby being absorbed into all body tissues.  RT is a gentle balancing/aligning tool that may assist us when we are feeling overwhelmed and stressed.  It supports optimal health by reducing inflammation, infection and muscular discomfort.  The essential oils connect us with Earth Energies, the plant devas and the energies of the natural world in general.  I bring in the Elementals with each sessions and call on my Spirit Guides to assist.  The oils are both gentle and wonderfully powerful in their ability to heal.  This is truly an amazing experience!