

AromaTouch Technique

A CLINICAL APPROACH TO ESSENTIAL OIL APPLICATION

Developed by
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DōTERRA

The AromaTouch Technique was developed by Dr. David K. Hill, a leading expert on the use of essential oils for medicinal benefit. The technique was created to manage four systemic constants that are common factors in illness. These factors are: stress, toxic insult, inflammatory response, and autonomic imbalance.

	Balance	Back				Hello	Stress Management
	Lavender	Back					Reduce chronic stress
	Melaleuca	Back				Immune Support	
	OnGuard	Back					Strengthens the immune system
	AromaTouch	Back				Inflammatory Response	
	Deep Blue	Back					Unchecked inflammation increases chronic illnesses
	Wild Orange & Peppermint	Left foot					Homeostasis
Layer together with Wild Orange first	Right foot					Proper homeostasis maintains balance in the autonomic nervous system	
Back			Lymphatic Movement				
Feet							For more information:
Back		Goodbye					