

## ***Raindrop Therapy:***

This application technique was developed by Dr. Don Gary Young, N.D. Aromatologist, and one of North America's leading experts on the art and science of aromatherapy.

This technique involves dropping the oils directly onto the spine from about six inches above the body. The oils are then worked into the spine using light strokes with the fingers which stimulate energy impulses and disperse the oils along the nervous system throughout the entire body. In this way, the body can be brought into balance and the energy centers can be cleared and re-aligned.

Although a session lasts for about 45 minutes to an hour, the oils will continue to work in the body for a week or more following the treatment.

Raindrop Therapy uses a sequence of nine highly anti-microbial essential oils dropped gently on the spine and then lightly worked in using various hand to body techniques. Heat application is also used. Many types of spinal misalignments are caused by viruses and bacteria that lie dormant along the spine resulting in inflammation and deformity.

Stress which causes reduced oxygen and circulation to the body can intensify the inflammation resulting in pain and misalignment.

We all carry viruses and bacteria which deplete our immune system. Everyone benefits from Raindrop Therapy because the spinal column contains nerves that feed the entire body. Wonderfully soothing, nurturing and relaxing, Raindrop Therapy can work its benefits in the body for days to weeks or months after the application. It is a non-invasive tool for correcting defects in the curvature of the spine.

Reiki Energy Balancing and Releasing is highly suggested prior to Raindrop Therapy.

## ***Essential Oils***



## ***Raindrop Therapy***

## ***Sherry Cress***

***Call 217-440-4930  
For Your Appointment***

***Located at the  
Blair House  
1414 Vermont***

# Young Living Essential Oils

Essential Oils are concentrated liquids distilled from all parts of the plant. The purest grade of oil should be used from plants grown in organic used soils. These oils have the ability to enter cells and membranes within minutes. When inhaled or applied topically to the body Essential Oils have the following properties:

- Anti-bacterial, Anti-fungal, Anti-viral, Anti-inflammatory
- Antiseptic
- Aid in air purification
- Reduce appetite and aid in weight loss
- Aid healing by increasing oxygen in the body
- Natural chelators
- Sleep aid
- Balances hormones
- Heals burns
- Enhances circulation and immune system

## *Raindrop Session* **\$65.00**

Oils listed below are commonly used in a raindrop therapy

- Basil
- Wintergreen / Birch
- Cypress
- Marjoram
- Oregano
- Peppermint
- Thyme
- Aroma Siez
- Valor



These oils are used on the feet with Reflexology and then "dropped" along the spine and rubbed into the body gently encouraging your body to relax and re-align itself while the spine is gently stretched to release any muscle tension and mis-alignments. The oils used are intended to help rid the body of bacteria and viruses that are trapped in the tightened muscles along the spine.

Raindrop Therapy is not a cure-all. It is a tool to help restore a balance in the body that may result in good health.