

AromaTouch Technique Overview



Widespread acceptance of essential oils, both within and without the scientific community, has led many to choose the more natural approach to health maintenance. do-TERRA'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 experience the beneficial qualities of do-TERRA's CPTG essential oils. By incorporating the do-TERRA AromaTouch Technique in your life, you can enhance the benefits received from do-TERRA 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. do-TERRA'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 over-all 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, Helichysum, 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.

You do not need to be a massage therapist to perform this technique. The AromaTouch treatment can be implemented into a daily, weekly or monthly regimen. The benefits of this treatment are outstanding and endless!

To learn more about Aromatouch treatment via webinar training, follow the link below

<https://www.yousendit.com/download/T2djclVDTk01bmLLRmNUQw>

To learn the hands on application technique you can order the aromatouch dvd 4213 from your doTERRA account or attend a live AromaTouch Technique training and become certified. You can find all the upcoming AromaTouch workshops on www.doterra.com

Dr. David Hill, D.C.

Chief Medical Advisor

Chairman, Scientific Advisory Committee

As Chief Medical Advisor to dōTERRA, Dr. Hill plays an instrumental role in the development of dōTERRA's Certified Pure Therapeutic Grade essential oils and other wellness products. He is a dynamic leader and world-renowned expert in the field of integrative medicine with special expertise in the use and application of essential oils for medicinal benefit. Driven to seek alternative solutions to health, Dr. Hill devotes his time to extensive research and study in the area of natural medicine, more specifically essential oils and their extraordinary healing powers. Dr. Hill travels the globe sharing his expertise with doctors, educators, researchers and individuals on the value of essential oils and whole body system health. With his extensive experience, Dr. Hill stands at the head of a new era of education and understanding of natural medicine and essential oils. He remains on the cutting edge of technology by immersing himself in research, and is dedicated to educating and empowering others to take control of their own health. He is the developer of the AromaTouch Technique – a clinical approach to the application of essential oils.

After receiving his degree in Chiropractic medicine from Parker College of Chiropractic in Dallas, Texas, Dr. Hill spent time increasing his experience and knowledge of the field of medicine, both traditional and integrative. This included years of family practice, and working with the staff in many hospitals. Joining the hospitals as a member of their active physician and ancillary staff provided him with valuable insight into the traditional protocols and practices of modern medicine. In addition, it allowed insight into where the gaps between traditional and integrative lie; and where they could complement each other.

Driven to seek alternative solutions to health, Dr. Hill devoted his time to extensive research and study in the area of natural medicine, more specifically essential oils and their extraordinary healing powers. Dr. Hill is well recognized in the field of integrative medicine and essential oils, and as such he has been invited to interact with a number of large, established hospitals including Beth Israel Medical Center, one of New York City's premier hospitals, consulting with them on ways to integrate essential oils into modern medical practice. Dr. Hill was also an active member of the advisory board for the Urban Zen Initiative, an organization created by Donna Karan to promote the implementation of integrative medicine into traditional Western medicine.

Today, Dr. Hill is often invited to participate in radio and TV programs, most recently speaking about essential oils on BBC radio. He travels the globe sharing his expertise with doctors, educators, researchers, and individuals on the value of essential oils and whole body system health. He is the author of numerous books, manuals, and pamphlets.

After extensive experience, Dr. Hill stands at the head of a new era of education and understanding of natural medicine and essential oils. He remains on the cutting edge of technology by immersing himself in research, and is dedicated to educating and empowering others to take control of their own health.