

# Dr. Ammar Shammaa

## Obstetrics & Gynecology

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### Raindrop Therapy

Raindrop technique is a powerful technique using essential oils. It combines several modalities to bring balance and transformation. It also supports body systems on a physical and emotional level.

This technique involves applying therapeutic grade essential oils to the spine, neck and feet. The session lasts about an hour however the benefits may last up to a week or more.

Combining several holistic techniques, described below, creates a synergistic effect for the body.

The three modalities that combine to form Raindrop Technique are:

- **Aromatherapy** – Raindrop technique uses seven single essential oils, two blends and one essential oil massage blend during the session. It is congruent with the French application of aromatherapy where essential oils are applied NEAT (undiluted) to the body.
- **Vita Flex Technique** – Slight pressure applied to the body creates an electric charge that is therapeutic to the body. This is known as piezoelectric.
- **Feather Stroking** - This is similar to a massage term technique called effleurage.

### **How does Raindrop get its Name?**

Essential oils are actually dropped from about 6 inches above your spine, simulating rain drops! It feels like a rain drop gently striking your spine, and it is very relaxing and comforting.

It is thought that the oils interact with a person's electric field before even penetrating the skin of the back, thereby, enhancing the electromagnetic properties of the oils as well.

### **What are the Benefits of Raindrop Technique?**

There are numerous benefits of the Raindrop Technique. Here are just a few:

- **Balance and Re-align the Energy Centers of the Body** – The combination of techniques brings electrical and structural alignment to the body. The essential oil blend of Valor helps the body align.
- **Non-Manipulative Technique** – No manipulation as in chiropractic is performed. The oils help support the body to come back into harmony by opening energy flow throughout the body.

- **Reduce Stress and Minor Anxiety** - Not only can the oils enhance positive emotions such as joy and happiness, but they can also help us release negative emotions that are subconsciously stored on a cellular level.
- **Aid the Body's Natural Response to Irritation and Injury** – Thyme and Oregano support the immune, respiratory, nervous, and other body systems. They are strong antioxidants.
- **Eases Muscle Discomfort after Exercise** – Muscles that are tense and in minor discomfort due to exercise will also benefit. Basil, Wintergreen, Marjoram, Cypress and Peppermint essential oils may reduce tension.
- **Support Healthy Immune System** – Thyme and Oregano essential oils support a healthy immune system.
- **Emotional Well Being and Release** – Essential oils effect the limbic system where emotions are stored in the "brain's emotional computer".
- **Help Detox the Body Systems** – The oils that are high in phenols may cleanse cellular receptor sites and enhance cleansing of the body.

### **What Essential Oils are used in the Raindrop Technique?**

#### Raindrop Essential Oil Kit

- Valor Essential Oil Blend
- Thyme Essential Oil
- Basil Essential Oil
- Wintergreen Essential Oil
- Marjoram Essential Oil
- Cypress Essential Oil
- Peppermint Essential Oil
- AromaSiez Essential Oil Blend
- Oregano Essential Oil
- Ortho Ease Essential Oil Massage Blend

### **Are there any Side Effects?**

Because the Raindrop Technique encourages detoxification of the body, someone may experience some mild side effects. The best advice is to drink plenty of water before and after a session.

While some may experience detoxification, others may feel relaxed, have heightened awareness or may feel peaceful. It is really on a case by case basis, and depends on so many factors.