

Raindrop Technique

Raindrop Technique synergistically combines several holistic modalities to bring physical, emotional and energetic alignment to the body.

In a session therapeutic grade essential oils are applied to the feet and dropped along the spine, through the body's energy field, like raindrops. Focused energetic stroking and massage techniques combine with the various scents to stimulate organs, muscles and bones at the cellular level – detoxing and energetically aligning the body. Based on the client's presence and intentions the work also supports emotional well-being and allows for the release of old emotions that may be stored in the subconscious*.

Additional benefits include, and are not limited, to:

- Realigns the spine in a non-manipulative way
- Reduces inflammation in the body
- Relaxes muscles
- Relieves pain
- Improves circulation
- Improves immune system functions
- Reduces stress and anxiety
- Supports emotional well-being

* Essential oils cross the blood-brain barrier and affect the limbic system, which supports a variety of functions, including emotion, behavior, motivation, long-term memory, and olfaction. It appears to be primarily responsible for emotional life, and it has a great deal to do with the formation of memories.

Present Moment

MASSAGE & BODYWORK

619 Twinridge Lane • Richmond, VA 23235
contactpresentmoment@gmail.com • 804.339.6371

yourpresentmoment.com

