

## Vita Flex Technique

Vita Flex Technique means “vitality through the reflexes.” It is a specialized form of hand and foot massage that is exceptionally effective in delivering the benefits of essential oils throughout the body. It is said to have originated in Tibet thousands of years ago, and was perfected in the 1960s by Stanley Burroughs long before acupuncture was popular in Western medicine.



## Raindrop Therapy

Using  
**Young Living**  
Essential Oils

ON THE RIVER MASSAGE &  
HEALING ARTS

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*Lifelong Health and  
Happiness*

## Raindrop Technique

D. Gary Young developed the Raindrop Technique during the 1980s based on his research with essential oils as antimicrobial agents, and prompted by some fascinating information he learned from an elder among the Lakota Indian Nation in South Dakota. The Lakota would "inhale" energy into the spine and then out through nerve pathways to afflicted areas of the body. Since 1989, Raindrop Technique has received an enormous amount of praise from users around the world for its ability to help ameliorate spinal abnormalities such as scoliosis and kyphosis, and facilitate tissue cleansing.

### How do Essential Oils work?

Essential Oils have a unique ability to penetrate cell membranes and diffuse throughout the blood and tissues. The unique, lipid-soluble structure of essential oils is very similar to the makeup of our cell membranes. The molecules of essential oils are also relatively small, which enhances their ability to penetrate into the cells.

### Introduction to the Technique

The oils are dispensed like little drops of rain from a height of about six inches above the back and very lightly massaged along the vertebrae and back muscles. Although the entire process takes about 45 minutes to complete, the oils will continue to work in the body for up to one week following treatment, with

continued re-alignment taking place during this time.

### Summary

Raindrop Technique can be customized to address different health issues that are not directly related to back problems. Lung infections, digestive complaints, hormonal problems, liver insufficiencies and other problems can all be dealt with by substituting standard Raindrop Therapy essential oils with other oils that are specifically targeted for that body system.

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