

Raindrop Technique Essential Oils

Valor

This blend has been used to help empower the physical and spiritual bodies. It helps us overcome fear and opposition so we can stand tall during adversity. It may help build courage, confidence and self-esteem. It brings a feeling of calmness, peace, and relaxation. It may be used in place of Peace & Calming for hyperactivity and attention deficit disorder in children. It has been found beneficial in helping to align the physical structure of the body, relieving pain along the spine. It also balances and aligns electrical energies within the body. It is best applied with six drops on each foot or massaged in along the spine using the Raindrop Technique. Valor has been touted as chiropractor in a bottle. It has improved scoliosis in as little as 30 minutes, though this should not be considered normal. Some individuals require several months of application before any improvement is seen. Valor has also been shown to change anaerobic mutated cells back to their aerobic natural state.

Single Oils Contained in this Blend:

Spruce – grounds the body, creating the balance and the opening necessary to receive and to give. It may help dilate the bronchial tract to improve the oxygen exchange. It also helps one release emotional blocks.

Rosewood – is soothing to the skin, appealing to the mind, relaxing to the body and creates a feeling of peace and gentleness.

Blue Tansy – may help cleanse the liver and calm the lymphatic system to help rid oneself of anger and promote a feeling of self-control.

Frankincense – contains sesquiterpenes, which may help oxygenate the pineal and pituitary glands. As one of the ingredients for the holy incense, frankincense was used anciently to help enhance one's communication with the Creator. It may help promote a positive attitude.

Carrier Oil contained in this Blend: Almond oil.

Body Systems Affected: The oils in this blend may help it be effective for dealing with various problems related to Muscles and Bones, Skin, the Nervous System, and Emotional Balance.

Aromatic Influence: This blend of oils may help balance the electrical energies in the body. Diffuse wherever and whenever possible.

Application: It works best on the bottoms of the feet. Put six drops of Valor on bottoms of feet. Put Valor on heart, throat chakra, wrists, solar plexus, and from neck to thymus. To balance left and right brain, put Valor on left fingers and rub on right temple or put Valor on right fingers and rub on left temple or cross arms and rub Vitaflex points on the bottoms of feet. To relieve pain along the spine, apply Valor to Vitaflex points on feet and on spine using the Raindrop Technique. Wear as a perfume or cologne.

Companion Oils: Balance with Valor and protect with White Angelica.

Frequency: Very low to balance and align the physical body. Aligns the skeletal system. Approximately 47 Hz.

Oregano

(Origanum compactum, CT Carvacrol)

Botanical Family: Labiatae

Extraction Method/Origin: Stem distilled from leaves – Morocco, France.

Chemical Constituents: Phenols (up to 80%), Monoterpenes (< 25%), Sesquiterpenes (< 6%), Carboxylic Acids (< 5%), Esters (< 4%), Ketones and Alcohols.

Properties: Antibacterial, antifungal, ant parasitic, antiseptic (to respiratory system), antiviral, antispasmodic, and immune-stimulant.

(Oregano continued)

Common Primary Uses: Antibacterial, antifungal, calluses, candida, carpal tunnel, parasites (intestinal), pneumonia, sore throat, staph/MRSA, strep throat, viral infection, warming oils, warts, whooping cough.

French Medicinal Uses: Asthma, bronchitis (chronic), mental disease, pulmonary tuberculosis, rheumatism (chronic), whooping cough.

Other Possible Uses: This oil may help colds, digestion problems, metabolism balance, viral and bacterial pneumonia, and vital centers strengthening.

Body System(s) Affected: Immune and Respiratory Systems, Muscles and Bones.

Aromatic Influence: Strengthens one's feelings of security.

Application: Apply to Vitaflex points directly on area of concern; diffuse.

Oral Use as Dietary Supplement: Generally regarded as safe (GRAS) for human consumption by the FDA. Dilute one drop oil in 1 tsp honey or in 4 oz of beverage (rice milk). Not for children under 6 years old. Use caution and in greater dilution for children 6 years old and over.

Safety Data: Can cause extreme skin irritation.

Blend Classification: Enhancer and Equalizer.

Blends With: Basil, fennel, geranium, lemongrass, myrtle, pine, thyme, rosemary.

Odor: *Type: Middle Note (50-80% of the blend); Scent: Herbaceous, sharp; Intensity: 5.*

Thyme

(Thymus vulgaris, CT Thymol)

Botanical Family: Labiatae (mint)

Extraction Method/Origin: Steam distilled from leaves, stems and flowers- Utah, Idaho, France.

Chemical Constituents: Phenols (up to 60%): Monoterpenes (<54%), Oxides (<15%), Alcohols (<14%), Sesquiterpenes (<8%), Carboxylic Acids (<2%), Ethers, Ketone.

Properties: Highly antibacterial, antifungal, antioxidant, antiviral, antiseptic.

Common Primary Uses: Aging, antibacterial, antifungal, antioxidant, bronchitis, colds (common), colitis, croup, dermatitis/eczema, hair loss, indigestion, laryngitis, parasites (intestinal), pneumonia, psoriasis, ringworm, sciatica, spider bites, thrush, viral infection, warming oils.

Historical Uses: It was used by the Egyptians for embalming and by the ancient Greeks as protection against infectious illnesses. It has also been used for respiratory problems, digestive complaints, the prevention and treatment of infection, dyspepsia, chronic gastritis, bronchitis, pertussis, asthma, laryngitis, tonsillitis, and enuresis in children.

French Medicinal Uses: Anthrax, asthma, bronchitis, colitis (infectious), cystitis, dermatitis, dyspepsia, fatigue (general), pleurisy, psoriasis, sciatica, tuberculosis, vaginal candida.

Other Possible Uses: This oil is general tonic for the nerves and stomach. It may also help with bacterial infections, colds, circulation, depression, digestion, physical weakness after illness, flu, headaches, immunological functions, insomnia, rheumatism, urinary infections, viruses along the spine and wounds.

Body System(s) Affected: Immune System, Muscles and Bones.

Aromatic Influence: It helps supply energy in times of physical weakness and stress. It has also been thought to increase intelligence and aid concentration. It is uplifting and helps to relieve depression.

(Thyme continued)

Application: Apply to Vitaflex points and/or directly on area of concern.

Oral Use a Dietary Supplement: Generally regarded as safe (GRAS) for human consumption by the FDA. Dilute one drop oil in 2 tsp honey or in 8 oz of beverage (rice milk). However, more dilution may be necessary due to this oil's potential for irritating the mucus membranes. Not for children under 6 years old; use caution and greater dilution for children 6 years old and over.

Safety Data: This type of thyme oil may be somewhat irritating to the mucous membranes and the dermal tissues (skin). This type of thyme should be avoided during pregnancy. Use this type with caution when dealing with high blood pressure.

Blend Classification: Equalizer and Enhancer.

Blends With: Bergamot, cedarwood, juniper, melaleuca, oregano, and rosemary.

Odor: *Middle Note (50-80% of the blend); Scent: Fresh, medicinal, herbaceous; Intensity: 4.*

Basil

(Ocimum basilicum CT methyl chavicol)

Botanical Family: Lamiaceae or Laviatae (mint)

Extraction Method/Origin: Steam distillation of leaves, stems and flowers – Egypt, India, Utah, and France.

Chemical Constituents: Phenolic Ethers (- up to 89%), Alcohols (up to 20%), linalool (up to 19%), Oxides (up to 9%), Esters (<5%), Monoterpenes (<4%), Ketones (<2%).

Properties: Antibacterial, anti-infectious, anti-inflammatory, antioxidant, antiseptic (stomach/intestinal), antispasmodic (powerful), antiviral, decongestant (veins, arteries of the lungs, prostate), stimulant (nerves, adrenal cortex), and uplifting. Basil may also be anticatarrhal, antidepressant, energizing, and restorative.

Common Primary Uses: Autism, carpal tunnel, chronic fatigue, cramps (abdominal), infection (skin), mental fatigue, migraine, muscle spasms, muscular dystrophy, snake bites, spider bites, whooping cough, wounds.

Historical Uses: Basil was used anciently for respiratory problems, digestive and kidney ailments, epilepsy, poisonous insect or snake bites, fevers, epidemics and malaria.

French Medicinal Uses: Migraines (especially from liver and gallbladder problems), mental fatigue, menstrual periods (scanty).

Other Possible Uses: This oil may be used for aches/pains, anxiety, bronchitis, chronic colds, concentration, nervous depression, digestion, earache, fainting, fatigue (mental), fever, gout, headaches, hemorrhoids, hiccups, insect bites (soothing), repelling insects, insomnia (from nervous tension), intestinal problems, poor memory, chronic mucus, muscle spasms, ovarian cysts, prostate problems, rhinitis (inflammation of nasal mucus membranes), loss of smell, snake bites, vomiting, wasp stings, and whooping cough.

Body System(s) Affected: Cardiovascular System, Muscles and Bones.

Aromatic Influence: Helps one maintain an open mind and increases clarity of thought.

Application: Apply to temples, tip of nose, Vitaflex points, and/or directly on area of concern; diffuser. May also be added to food or water as a dietary supplement.

Oral Use a Dietary Supplement: Generally regarded as safe (GRAS) for human consumption by the FDA. Dilute one drop oil in 1 tsp honey or in 4 oz of beverage (rice milk). Not for children under 6 years old. Use caution and in greater dilution for children 6 years old and over.

(Basil continued)

Safety Data: Avoid during pregnancy. Not for use by people with epilepsy. It may also irritate sensitive skin (test on small area first).

Blend Classification: Enhancer and Equalizer.

Blends With: Bergamot, cypress, fir, geranium, helichrysum, lavender, lemongrass, marjoram, peppermint, spruce, wintergreen.

Odor: Type: *Top of Middle Notes (20-80% of the blend); Scent: Herbaceous, spicy, anise-like, camphorous, lively; Intensity: 4.*

Frequency: Low (Physical); approximately 52 Hz.

Wintergreen

(Gaultheria procumbens)

Botanical Family: Ericaceae (heather)

Extraction Method/Origin: Steam distillation from leaves – Canada.

Chemical Constituents: Phenolic Esters (>90%), Caroxylic Acids.

Properties: Analgesic, anti-inflammatory, anti-rheumatic, antiseptic, antispasmodic, disinfectant, diuretic, stimulant (bone), and warming.

Common Primary Uses: Dandruff, gout, muscle aches.

Historical Uses: Wintergreen oil has a strong, penetrating aroma. The America Indians and early European settlers enjoyed a tea that was flavored with the birch bark or wintergreen. According to Julia Lawless, “This has been translated into a preference for ‘root beer’ flavorings.” A synthetic methyl salicylate is now widely used as a flavoring agent, especially in root beer, chewing gum, toothpaste, etc. In fact, the true essential oil is produced in such small quantities (compared to the very extensive uses of the synthetic methyl salicylate) that those desiring to use wintergreen essential oil for therapeutic uses should verify the source of their oil to make sure they have a true oil, not a synthetic one.

French Medicinal Uses: Rheumatism, muscular pain, cramps, arthritis, tendonitis, hypertension, inflammation.

Other Possible Uses: This oil may be beneficial for acne, bladder infection, cystitis, dropsy, eczema, edema, reducing fever, gallstones, gout, infection, reducing discomfort in joints, kidney stones, draining and cleansing the lymphatic system, obesity, osteoporosis, skin diseases, ulcers, and urinary tract disorders. It is known for its ability to alleviate bone pain. It has a cortisone-like action due to high content of methyl salicylate. For nerve or tissue pain, use Relieve It.

Body System(s) Affected: Muscles and Bones.

Aromatic Influence: It influences, elevates, opens and increases awareness in the sensory system.

Application: Apply to Vitaflex points and/or directly on area of concern; diffuse. Apply topically on location, and use only small amounts (dilute with V-6 Oil for application on large areas).

Safety Data: Avoid during pregnancy. Not for use by people with epilepsy. Some people are very allergic to methyl salicylate. Test a small area of skin first for allergies.

Blend Classification: Personifier and Enhancer.

Blends With: Basil, bergamot, chamomile, cypress, geranium, juniper, lavender, lemongrass, marjoram, peppermint, and rosewood.

Marjoram

(Origanum majorana)

Botanical Family: Labiatae (mint)

Extraction Method/Origin: Steam distilled from leaves – France.

Chemical Constituents: Monoterpenes (up to 60%), Alcohols (<30%), Phenols (>21%), Esters (<7%), Aldehydes (<6%), Sesquiterpenes (<5%), and Phenolic Ethers.

Properties: Antibacterial, anti-infectious, antiseptic, antispasmodic, arterial vasodilator, digestive stimulant, diuretic, expectorant, sedative, and tonic.

Common Primary Uses: Arthritis, carpal tunnel, colic, constipation, cramps (muscle), croup, high blood pressure, muscle fatigue, muscle spasms, muscular dystrophy, neuralgia, Parkinson's disease, physical stress, whiplash.

Folklore: Known as the "herb of happiness" to the Romans and "joy of the mountains" to the Greeks, marjoram was used to decorate at both weddings and funerals. Not only would it warm both the body and the emotions, but many believed it would increase longevity. It was grown on grave sites to comfort the departed soul.

Historical Uses: Marjoram was used for poisoning (as an antidote), fluid retention, muscle spasms, rheumatism, sprains, stiff joints, bruises, obstructions of the liver and spleen, and respiratory congestions. According to Roberta Wilson, "Those curious about their futures anointed themselves with marjoram at bedtime so they might dream of their future mates."

French Medicinal Uses: Aches, arthritis, asthma, bronchitis, colic, constipation, cramps, insomnia, intestinal peristalsis, migraine headaches, muscles, neuralgia, pains, parasympathetic nervous system (tones), blood pressure (regulates), rheumatism, sprains.

Other Possible Uses: It may be relaxing and calming to the muscles that constrict and sometimes contribute to headaches. It may help anxiety, boils, bruises, burns, carbuncles, celibacy (vow not to marry), colds, cold sores, cuts, fungus and viral infections, hysteria, menstrual problems, calm the respiratory system, ringworm, shingles, shock, sores, relieves spasms, sunburns, tension, and water retention.

Body System(s) Affected: Cardiovascular System, Muscles and Bones.

Aromatic Influence: It promotes peace and sleep.

Application: Apply to Vitaflex points and directly on area of concern; diffuse.

Oral Use as Dietary Supplement: Generally regarded as safe (GRAS) for human consumption by the FDA. Dilute one drop oil in 1 tsp honey or in 4 oz of beverage (rice milk). Not for children under 6 years old. Use caution and in greater dilution for children 6 years old and over.

Safety Data: Use with caution during pregnancy.

Blend Classification: Enhancer and Equalizer.

Blends With: Bergamot, cedarwood, chamomile, cypress, lavender, orange, nutmeg, rosemary, rosewood, ylang ylang.

Odor: Type: *Middle Note (50-80% of the blend); Scent Herbaceous, green, spicy; Intensity: 3.*

Cypress

(Cupressus sempervirens)

Botanical Family: Cupressaceae (conifer: cypress)

Extraction Method/Origin: Steam distillation from branches – France, Spain.

(Cypress continued)

Chemical Constituents: Monoterpenes (>55%), Sesquiterpene Alcohols (up to 15%), Alcohols (<9%), Esters (<5%), Sesquiterpenes, Diterpene Alcohols, Diterpene Acids.

Properties: Antibacterial, anti-infectious, antimicrobial, mucolytic, antiseptic, astringent, deodorant, diuretic, lymphatic and prostate decongestant, refreshing, relaxing, and vasoconstrictor.

Common Primary Uses: Aneurysm, bunion, bursitis, carpal tunnel, cataracts, concussion (brain), deodorant, hemorrhoids, herniated disc, jock itch, Lou Gehrig's disease, muscle fatigue, nose bleed, Raynaud's disease, shingles, stroke, toxemia, tuberculosis, varicose veins.

Historical Uses: It was used anciently for its benefits to the urinary system and in other instances where there is excessive loss of fluids, such as perspiration, diarrhea, and menstrual flow. The Chinese valued cypress for its benefits to the live and the respiratory system.

French Medicinal Uses: Arthritis, bronchitis, circulation, cramps, hemorrhoids, insomnia, intestinal parasites, lymphatic decongestion, menopausal problems, menstrual pain, pancreas insufficiencies, pleurisy, prostate decongestion, pulmonary tuberculosis, rheumatism, spasms throat problems, varicose veins, and water retention.

Other Possible Uses: This oil may be beneficial for asthma, strengthening blood capillary walls, reducing cellulite, circulatory system functioning, colds, strengthening connective tissue, spasmodic coughs, diarrhea, edema, energy, fever, gallbladder, bleeding gums, hemorrhaging, influenza, laryngitis, liver disorders, lung circulation, muscular cramps, nervous tension, nose bleeds, ovarian cysts, increasing perspiration, skin care, scar tissue, whooping cough and wounds.

Body System(s) Affected: Cardiovascular System, Muscles and Bones.

Aromatic Influence: It influences and strengthens, and it helps ease the feeling of loss. It creates a feeling of security and grounding and it helps to heal emotions.

Application: Apply to Vitaflex points and directly on area of concern; diffuse.

Oral Use a Dietary Supplement: None.

Safety Data: Use with caution during pregnancy.

Blend Classification: Equalizer.

Blends With: Bergamot, clary sage, juniper lavender, lemon, orange and sandalwood.

Odor: Type: *Middle Note (50-80% in the blend); Scent Fresh, herbaceous, slightly woody with evergreen undertones; Intensity: 3.*

Peppermint

(Mentha piperita)

Botanical Family: Lamiaceae (mint)

Extraction Method/Origin: Steam distilled from leaves, stems, flower buds – North America.

Chemical Constituents: Phenolic Alcohols (up to 55%), Ketones (<25%), Monoterpenes (<15%), Esters (<9%), Oxides (<9%), Furanoids (<8%), Phenols (<3%), Alcohols (<3%), Sulphides.

Properties: Analgesic, antibacterial, anti-carcinogenic, anti-inflammatory (prostate and nerves), antiseptic, antispasmodic, antiviral, and invigorating.

Common Primary Uses: Alertness, allergies (airborne), allergies (skin), antibacterial, antioxidant, asthma, autism, bad breath (halitosis), brain injury, candida, carpal tunnel, chronic fatigue, cold sores, concentration (poor), constipation, cooling, cramps (abdominal), Crohn's disease, diarrhea, energizing, fainting, fever, flu (influenza), gas/flatulence,

(Peppermint continued)

gastritis, headache, heartburn, heatstroke, hemorrhoids, herpes simples, hives, hot flashes, indigestion, irritable bowel syndrome (IBS), itching, jet lag, memory, migraine, morning sickness, motion sickness, multiple sclerosis, muscle fatigue, nausea, paralysis, polyps (colon), radiation (gamma), ringworm, scabies, sciatica, shock, stimulating, tennis elbow, varicose veins, vomiting.

Historical Uses: For centuries, peppermint has been used to soothe digestive difficulties, freshen breath, and relieve colic, gas, headaches, heartburn and indigestion.

French Medicinal Uses: Asthma, bronchitis, candida, diarrhea, digestive aid, fever (reduces), flu, halitosis, heartburn, hemorrhoids, hot flashes, indigestion, menstrual irregularity, migraine headaches, motions sickness, nauseas, respiratory function (aids), shock, skin (itchy), throat infection, varicose veins, vomiting.

Other Possible Uses: This oil may help anger, arthritis, colic, depression, fatigue, food poisoning, headaches, hives, hysteria, inflammation, irritable bowel syndrome, liver problems, memory, morning sickness, nerves (regenerate and support), radiation exposure, rheumatism, elevate and open sensory system, sooth and cool skin (may help keep body cooler on hot days), toothaches, tuberculosis, and add flavor to water.

Body System(s) Affected: Digestive, Nervous, and Respiratory Systems, Muscles and Bones. Skin.

Aromatic Influence: It is purifying and stimulating to the conscious mind. Reduces fevers. Dr. Dembar of the University of Cincinnati discovered that inhaling peppermint oil increased the mental accuracy of the students by up to 28%.

Application: Apply to Vitaflex points and/or directly on area of concern.

Oral Use a Dietary Supplement: Generally regarded as safe (GRAS) for human consumption by the FDA. Dilute one drop oil in 1 tsp honey or in 4 oz of beverage (rice milk). Not for children under 6 years old. Use caution and in greater dilution for children 6 years old and over.

Safety Data: Repeated use can possibly result in contact sensitization. Use with caution if dealing with high blood pressure. Use with caution during pregnancy.

Blend Classification: Personifier.

Odor: Type: *Middle Note (50-80% of the blend); Scent: Minty, sharp, intense; Intensity: 5.*

Frequency: Physical, approximately 78 Hz.

Source: Reference Guide for Using Essential Oils by Connie and Alan Higley, 2013 Edition.

Aroma Siez

An advanced complex of anti-inflammatory, muscle-relaxing essential oils that promote circulation and treat spasmed, tight, inflamed, aching muscles resulting from injury, fatigue, or stress. It also relieves headaches.

Ingredients:

Basil (*Ocimum basilicum*) combats muscle spasms and inflammation. It is relaxing to both striated and smooth muscles (involuntary muscles such as those found in the heart and digestive system).

Marjoram (*Origanum majorana*) helps regenerate smooth muscle tissue, and assists in relieving spasms, sprains, bruises, migraine headaches and calming the nerves. It is antibacterial and antiseptic.

Lavender (*Lavandula angustifolia*) relieves muscle spasms/sprains/pains, headaches, inflammation, anxiety, burns, and skin conditions (psoriasis) preventing scarring, and stretch marks. It is hypotensive, anti-infectious, anticoagulant.

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(Aroma Siez continued)

Peppermint (*Mentha piperita*) has powerful pain-blocking, anti-inflammatory, and anti-spasmodic properties. A 1994 double-blind, placebo controlled, randomized cross-over study at the University of Kiel in Germany found that peppermint oil had a significant analgesic effect (Gobel et al., 1994).

Cypress (*Cupressus sempervirens*) is antibacterial, antimicrobial, antiseptic, and improves circulation and lymphatic drainage. It reduces edema and water retention. It strengthens the vascular system.

Application:

For topical use, dilute 1 drop of Aroma Siez with 1 drop V-6 or olive oil. Apply to affected area as needed. Apply on location to sore muscles, ligaments or areas of poor circulation. Use with Raindrop Technique.

Possible skin sensitivity.

Essential Oils Desk Reference, 4th Edition, CD-ROM

Ortho Ease Massage Oil

An anti-inflammatory and pain-killing complex of vegetable and essential oils. Ideal for strained, swollen, or torn muscles and ligaments. Also combats insect bites, dermatitis, and itching.

Essential Oils:

Wintergreen (*Gaultheria procumbens*) contains a cortisone-like compound that combats pain from sore bones, muscles, and joints.

Juniper (*Juniperus osteosperma* and *J. scopulorum*) detoxifies and cleanses.

Marjoram (*Origanum majorana*) reduces pain and inflammation in sore muscles; antiseptic.

Red Thyme (*Thymus vulgaris*) is powerfully antiviral, antimicrobial, and antibacterial. It is also rubefacient or warming to the skin.

Vetiver (*Vetiveria zizanioides*) is an anti-inflammatory that soothes joint and muscle pain.

Peppermint (*Mentha piperita*) cooling and invigorating, it blocks pain and itching. (Gobel et al., 1996). Antifungal and antibacterial.

Eucalyptus globulus is antibacterial and antifungal. • *Eucalyptus radiata* stimulates circulation

Lemongrass (*Cymbopogon flexuosus*) has powerful antifungal properties that were documented in the journal *Phytotherapy Research*.

Vegetable Oils:

Coconut Oil (fractionated) is distilled from pure coconut oil. It is colorless, odorless, never goes rancid, and is easily washed out from fabrics.

Wheatgerm Oil is rich in lecithin, vitamin E, and B vitamins. Protects skin from free radical damage. Moisturizing and noncomedogenic.

Grape Seed Oil is light-textured, odorless, and nourishing to the skin.

Almond Oil is high in vitamin E and phytonutrients. Highly nourishing to the skin, it protects cell membranes from oxidative damage.

Olive Oil is rich in cell-protecting phytonutrients and antioxidants like squalene.