

## **AROMATOUCH HAND TECHNIQUE INSTRUCTIONS (Accessible)**

Sit across from and close to the person you will be giving the technique to. It can be helpful to have a pillow on your lap to let their hand rest on as you work, or to sit across the corner of a table, or a tv-tray.

### **STEP 1: OIL INTRODUCTION**

1. Apply a light, even coating of your selected oil to the entire palm of the recipient's hand.  
*(Use 1 - 2 drops, or if using a Touch oil, roll it around the palm of the hand.)*

### **STEP 2: DORSUM TISSUE STRETCH**

1. Take one of the recipient's hands in both of yours, and turn it so the back of their hand is facing up. Hold their hand with your thumbs resting on the top of the back of their hand.
2. Use both thumbs at the same time to stretch the tissue of the hand moving from the middle of their hand to the outside, starting from the wrist and working down to where the fingers attach.

*The Oil Introduction and Dorsum Tissue Stretch are important to the AromaTouch® Hand Technique because it is the giver's opportunity to help the recipient feel comfortable with their touch and explain what they will be doing. It also prepares the recipient for the benefits they will receive through the rest of the technique.*

*There should be light to medium pressure through this step. This step should take about 30 seconds from start to finish.*

### **STEP 3: REGIONAL TISSUE PULL**

1. Now turn their palm to face upward, with your hands on either side, with your thumbs on top of their palm, your fingers supporting their hand.

Now visualize the palm in thirds (3 regions.)

- a. Region 1 is from the center of the palm toward the thumb.
- b. Region 2 is the center of the palm towards the outside wrist opposite the thumb.
- c. Region 3 is the center of the palm upward to where all 5 fingers attach.

Use your thumbs to alternately press into all three regions with medium pressure, beginning in Region 1.

*Make sure to work the entire surface area of each of the hand's regions. This step stimulates the skin, which starts the absorption process.*

### **STEP 4: PINPOINT ZONE ACTIVATION**

There are 5 zones on the hand, starting from the inner wrist, down to the tip of the finger. Zone 1 is the thumb, zone 5 is the pinkie.

1. Use your thumbs to methodically work through each of the hand's five zones. Beginning in Zone 1, place your thumbs at the top of the recipient's hand close to the wrist and alternately stair-step your thumbs down the entire length of Zone 1 to the tip of the finger.

Choose a lead thumb and a follow thumb for this step. Make sure the follow thumb is always *behind* the lead thumb, rather than “leap-frogging” over it.

2. Repeat the procedure 3 times, and then move to the next zone.
3. Complete three times for all 5 zones.

*Helpful Tip: It is important not to rush this step. Take the time to work methodically through each zone as this movement can produce the powerful benefits that we aim to achieve through the AromaTouch® Technique.*

### **STEP 5: INTERPHALANGEAL PULL**

1. With the recipient's palm facing up, lightly grip the wrist in one hand.
2. Use your other hand to stretch the tissue located between each finger away from the hand by gripping and sliding the tissue between your thumb and forefinger.
3. Repeat the pull three times between each finger before moving on.

*You will use your pointer finger and thumb to pull on this tissue, starting where the fingers start to spread apart from each other, and pulling away from their body. This movement helps to close the hand technique.*

*The pressure on this step is light to medium pressure with a fluid pulling motion. This step should only take about 30 seconds to perform.*

***NOT REQUIRED or officially part of the technique:*** *To finish up, I like to take their hand in both of mine and gently swipe down from above the wrist to fingertips and give it a tiny squeeze (like saying thank you with a gentle hand hug 😊 )*

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### **QUICK REFERENCE GUIDE**

1. Perform the oil introduction.
2. Begin with dorsum tissue stretch.
3. Move into the regional tissue pull.
4. Perform the vertical thumb walk.
5. Finish with the inter-phalangeal pull.

This technique is an essential oil application that is intended for personal use (in homes and on family or close friends) and not for monetary benefit.

Anyone who uses it for non-personal use or for monetary benefit assumes all responsibility for that use and must comply with the laws of their state.