

Hello Gorgeous
411 Broadway Avenue
Valley Springs, SD 57068
605-757-6157
www.HelloGorgeousInc.com



AROMA TOUCH THERAPY

doTERRA's Aroma Touch Technique is a clinical approach to applying essential oils along energy meridians and visceral contact points of the back and feet to help balance sympathetic and parasympathetic nervous systems of the body. The Aroma Touch Technique improves well-being by reducing physical and emotional stressors and by supporting healthy autonomic function. The Aroma Touch Technique includes four primary steps designed to minimize systemic stressors to autonomic balance. This technique helps: Stress Management (Balance & Calm), Immune Support (Cleanse & Strengthen) Inflammatory Response (Stimulate & Soothe), Homeostasis (Invigorate & Center)

Different factors that we face in our daily life can have an impact on our overall well-being. When dealing with a child who needs individual care, a friend frustrated with school, a spouse with stress from work, or a teenager worn out from a sporting practice, the Aroma Touch can help. This technique has multiple benefits from the eight specific oils used in combination with human touch. No matter what situation comes, you can feel empowered knowing there will always be the Aroma Touch Technique.