

**CP** TG Certified Pure Therapeutic Grade®

In addition to being pure and natural, the essential oils I use are subject to further quality testing that ensures the **correct composition** of the active compounds that should be found in each oil. Even though an essential oil may be pure, if the **right species** or part of a plant has not been used, or if the plant has not been grown in the **right environment** or harvested at the **right time**, or if it has not been distilled under the **right conditions**, the natural chemical make up of the extraction will not provide as predictable and **powerful a benefit**. These CPTG (Certified Pure Therapeutic Grade®) essential oils are guaranteed to be pure and natural and free of synthetic compounds or contaminants (including pesticides). They far exceed the AFNOR and ISO **quality standards** and are subjected to rigorous mass spectrometry and gas chromatography analysis to ensure extract composition and activity. These 100% pure essential oils represent the **safest and most beneficial essential oils** available today and are certain to exceed customer satisfaction for quality and efficacy.

# How Essential Oils Heal Your Body

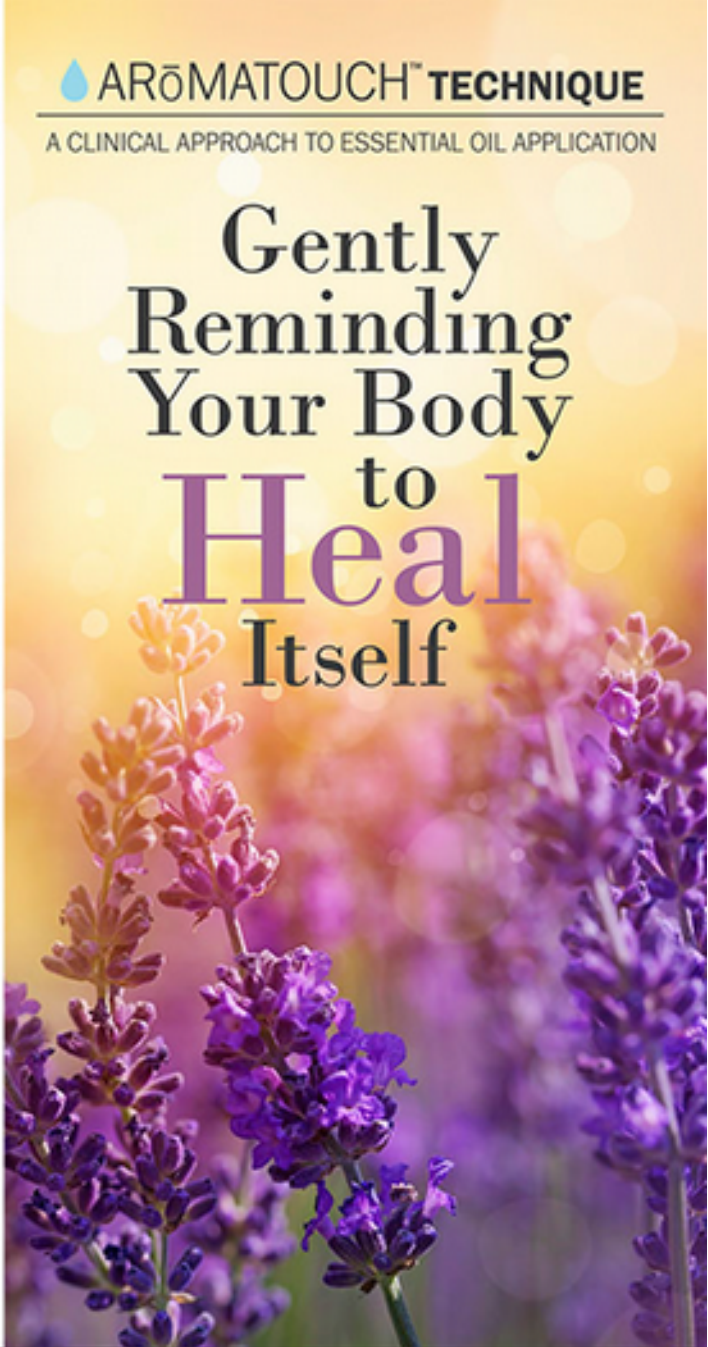
Essential oils are composed of tiny molecules that are small enough to penetrate the blood brain barrier, which to you means that using them actually produces health benefits that many modern-day pharmaceuticals cannot. Essential oils are extremely concentrated. The human body contains 100 trillion cells. One drop of essential oil contains approximately 40 million-trillion molecules. That's enough to cover every cell in our body with 40,000 molecules. It only takes one molecule of the right kind to open a receptor site for healing and alter cellular function. You can see why using even one drop or inhaling essential oil vapor can have a profound effect on your health.

"Using CPTG Certified Pure Therapeutic Grade® essential oils with this application increases the benefits people experience in a profound way. Grounded in solid science and research, this technique is beneficial to anyone seeking to improve overall health and well-being, and provides another opportunity to emphasize the benefits of incorporating Certified Pure Therapeutic Grade essential oils in everyday living."

Dr. David K. Hill

 **ARōMATOUCH™ TECHNIQUE**  
A CLINICAL APPROACH TO ESSENTIAL OIL APPLICATION

# Gently Reminding Your Body to Heal Itself



*"Take rest; a field that has  
rested gives a bountiful crop."*

*-Ovid*

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**The Self-Heal Touch  
Wellness Center**



# The AromaTouch® Technique

The AromaTouch® Technique recommends using essential oils to reduce and eliminate the impact of systemic constants on our overall health. Applying the oils with the AromaTouch® Technique has been shown to help enhance systemic benefits and increase feelings of overall health and well-being.

## Health Benefits of Essential Oils

## How AromaTouch® Can Help You

### Stress Reduction

**Balance blend**, grounding blend, creates a sense of calm and well-being. It can aid in harmonizing the various physiological systems of the body and promote tranquility and a sense of balance.

**Lavender** essential oil has been used for thousands of years for its calming and sedative properties.

### Immune Enhancement

**Melaleuca** essential oil, most commonly known as "tea tree" is best known for its purifying properties.

**On Guard** blend is a proprietary blend of oils that are known for their positive effects on the immune system. The blend provides cleansing and purifying benefits while promoting healthy circulation.

### Inflammation and Pain Reduction

**AromaTouch** is a proprietary massage blend that combines the therapeutic benefits of oils that are known to relax muscles, calm tension, soothe tissues, increase circulation, and smooth limbs.

**Deep Blue** is a proprietary soothing blend for sore muscles and joints. The oils work together to soothe and relax muscles and ease aching joints. Its effects are deep and penetrating with sustained results.

### Homeostasis

**Wild Orange** essential oil has an aroma that is uplifting to both the body and the mind.

**Peppermint** essential oil has invigorating and uplifting properties.

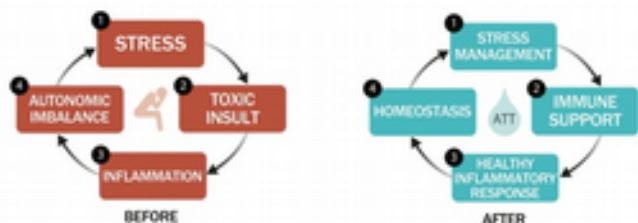
Environmental factors can have a negative impact on overall health and well-being, disturbing homeostasis - the balance our bodies need to function optimally. Such changes, even when they do not immediately result in disease, cause our bodies to function below optimal levels. These include the following:

**Stress:** Emotional distress, career choices, family discord, financial worries, and the like elevate stress levels. Clinical studies have linked high stress and chronic stress to numerous negative health conditions.

**Toxic Insult:** Exposure to a wide array of toxic insults, including disease-causing pathogens; hormone and pesticide-contaminated food products; and increasing levels of free-radicals from pollution, foods, and cleaners, contribute to raises in the occurrence of varying illnesses.

**Inflammation:** The increased consumption of food with pro-inflammatory components (foods high in processed oils) together with high processed carbohydrate, low protein diets contribute to increased inflammation in body systems. Stress, with its accompanying imbalance of cortisol, can also contribute to inflammation, as do various (and increasingly prevalent) immunological dysfunctions. Studies increasingly show links between fatal diseases and inflammation.

**Autonomic Imbalance:** The opposite of homeostasis, an imbalance of the autonomic nervous system (aka the ANS or visceral nervous system) can negatively impact health in a number of ways. Restoring the body's homeostasis can reduce the physiological impact of stressors on the body.



Zones of the feet and back



### Preparing for Your Session:

- \* You should arrive with a clean body and an open mind.
- \* Your session will last about 45 minutes.
- \* Your practitioner only needs access to your back and feet.
- \* Some of the oils will warm you while others will revive you.
- \* Prepare to begin a journey of healing unlike any other.

## The Self-Heal Touch Wellness Center