### Step One: doTERRA Balance®
1. Begin with the **oil introduction**. Maintain contact with the recipient for the entire technique.
2. Move into performing **three clockwise palm circles**.
3. Spread hands along the spine to the crown and the base of the sacrum.

### Step Two: Lavender
1. Without losing contact with the recipient, perform the **oil introduction**.
2. Perform the **alternating palm slide**.
3. Begin the **five-zone activation**.
4. Perform **Auricular Stress Reduction**.

### Step Three: Melaleuca
1. Without losing contact with the recipient, perform the **oil introduction**.
2. Move into the **alternating palm slide**.
3. From the crown of the head, move into the **five-zone activation**.

### Step Four: doTERRA On Guard®
1. Without losing contact with the recipient, perform the **oil introduction**.
2. Begin the **alternating palm slide**.
3. Perform the **five-zone activation**.
4. Move into the **thumb walk tissue pull**.

### Step Five: AromaTouch®
1. Without losing contact with the recipient, perform the **oil introduction**.
2. Begin the **alternating palm slide**.
3. Perform the **five-zone activation**.

### Step Six: Deep Blue®
1. Without losing contact with the recipient, perform the **oil introduction**.
2. Begin the **alternating palm slide**.
3. Perform the **five-zone activation**.
4. Move into the **thumb walk tissue pull**.

### Step Seven: Wild Orange & Peppermint (Feet)
1. Perform the **oil introduction (foot)**. Apply Wild Orange first and then Peppermint.
2. Begin the **regional tissue pull**.
3. Perform the **pinpoint zone activation**.
4. Move into the **five-zone tissue pull**.
5. Repeat steps 1–4 for the opposite foot.

### Step Eight: Wild Orange & Peppermint
1. Without losing contact with the recipient, **perform the oil introduction**. Apply Wild Orange first and then Peppermint.
2. Perform the **alternating palm slide** on the side of the back opposite you.
3. Move into performing **three clockwise palm circles**.

### Step Nine:
1. Finish by performing the **lymphatic movement**.

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**Quick Reference**

- **three palm circles**
- **alternating palm slide**
- **five-zone activation**
- **auricular stress reduction**
- **thumb walk tissue pull**
- **regional tissue pull**
- **pinpoint zone activation**

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.