

THE dōTERRA HEALING HANDS FOUNDATION



dōTERRA Healing Hands offers hope and healing by offering access to tools for more autonomy to communities worldwide.

Projects like lending microloans, access to medical services, education, hygiene, clean water and fighting child prostitution empower people and improve their quality of life.

www.doterrahealinghands.org

THE HELPING TOUCH PROJECT

We want to contribute our share to improve the lives of those less fortunate than us. And this is how we do it:



You will receive an Aromatouch hand treatment with essential oils. This will take 10 minutes and, unlike a regular hand massage, using dōTERRA essential will make a big difference. If you want to, you will donate 5 Euros (or more!) to the donations account of the Dufte Hände e.V. charity. Or the person who did your treatment will do that for you.

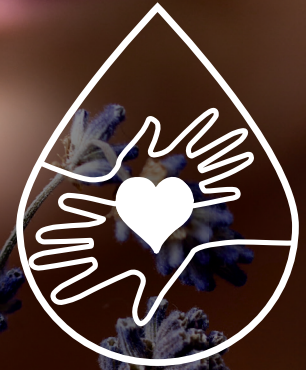
Donations account Dufte Hände e.V.
IBAN: DE14 2135 2240 0179 2345 62

BIC: NOLADE21HOL

The charity will transfer all donations every month and without any deductions to dōTERRA Healing Hands. 100 percent of the money will go to the people it is intended for. dōTERRA will cover all administrative costs.

www.helping-touch.com

helping touch



TOUCHING PEOPLE – HELPING PEOPLE

For more
information and
videos on helping touch,
go to

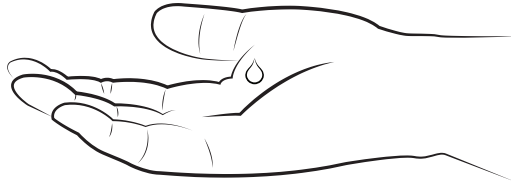
www.HELPING-TOUCH.COM



THIS IS HOW YOU DO IT:

1. APPLY THE OIL

Place a small amount of oil on the palm of receiving person and spread evenly.



2. STRETCH THE BACK TISSUE OF THE HAND

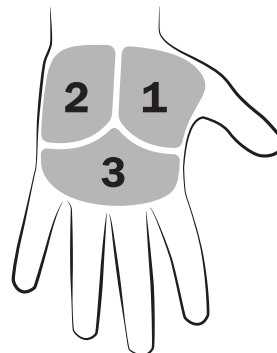
1. Hold the hand of the receiving person, palm facing down, with both hands and your thumbs placed on top of the back of the hand.

2. Use your thumbs to massage the back of the hand from the centre to the outside. Start at the wrist and work your way to the knuckles.



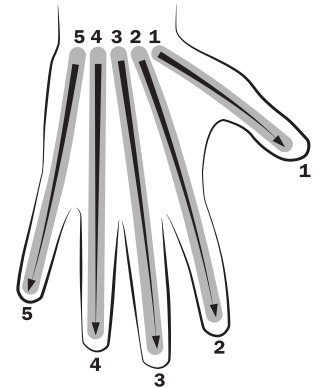
3. STRETCH THE REGIONAL TISSUE

Turn the palm of the hand of the receiving person up. Use your thumbs and work your way through all three regions of the hand with circular, opposing motions. Apply medium pressure and start with region 1. Make sure to cover each region fully.



4. ACTIVATE ZONES PRECISELY

Use your thumbs to work through all five zones of the hand. Beginning in zone 1, place your thumb on the upper end of the hand of the receiving person. Start at the wrist and pull your thumbs, alternating left and right, through zone 1 up to the tip of your finger. Repeat this procedure through all five zones and three times in each zone.



5. STRETCH BETWEEN EACH FINGER

1. With the palm of the receiving person facing up, grab the wrist with your hand.

2. Use your free hand to pull the tissue between fingers towards the tips of the fingers by using your thumb and forefinger.

3. Repeat this three times before starting between the next fingers.

