



Parks and Recreation Department

Raindrop Therapy & Aromatherapy

Aromatherapy uses fragrant oils extracted from herbs, flowers and fruits to naturally enhance the benefits of massage. Nine essential oils are used along the spinal column. Each drop is worked into the tissue by using feathering technique by the therapist's hands.

After all oils are worked in then hot packs are placed on the back which allows the absorption of the oils into the body. The oils help to assist in lowering inflammation in the body and to promote a sense of well-being. While the oils absorb into the tissues, a foot massage is then performed with peppermint oil. This allows for the deeper sense of relaxation and decreases stress. This therapy is wonderful for those who suffer from arthritis and headaches.