



## Statement of Policy Against Raindrop Therapy

The Aromatherapy Registration Council (ARC) hereby formally clarifies its prohibition on the use or the teaching of "Raindrop Therapy, Raindrop Technique" or "Aroma Touch" and any other therapies similar to "Raindrop Therapy, Raindrop Technique" or "Aroma Touch" that involve the use of neat essential oils on the skin by its Registered Aromatherapists<sup>1</sup>. In its discretion, the Aromatherapy Registration Council may revoke without notice the registration of any aromatherapist whom it determines by credible evidence is engaging in the practice or teaching of Raindrop Therapy, in order to protect the public health. It may publish a list of aromatherapists with revoked registrations.

**Definition of Raindrop Therapy:** For the purposes of this Statement, "Raindrop Therapy" is defined as the topical application of specific "undiluted" essential oils on the skin. For the purposes of this Statement, an essential oil shall be deemed "undiluted" if an essential oil is administered topically to an adult or child and has more concentration of essential oil than 2% or the proper dilution ratio generally accepted as safe for that oil.

**Concerns regarding Public Health:** ARC believes that Raindrop Therapy poses risks to the public health. Raindrop Therapy techniques are typically practiced as a one-size-fits-all technique, and may not be suitable for people with compromised liver or kidney function, those with heart disease, those on blood thinning medication, those with allergies to aspirin, and other disorders. Topical application of undiluted oils has a high risk of creating adverse skin reactions. ARC also believes that there is no published, research-validated clinical evidence to support any claim that Raindrop Therapy is able to assist in correcting spinal curvatures caused by scoliosis or to align electric and structural elements of the body, and that, therefore, claims made in this regard or the application of Raindrop Therapy for these purposes is detrimental to the public health. ARC believes that aromatherapy should only complement, not substitute for, conventional medicine.

**Further Readings Regarding the Dangers of Raindrop Therapy** (linked with permission):

<https://www.naturesgift.com/aromatherapy-information/essential-oil-safety/rdt/>

<http://www.alliance-aromatherapists.org/aromatherapy/aromatherapy-safety/#raindrop>

<http://www.alliance-aromatherapists.org/wp-content/uploads/2012/08/White-Paper-on-RDT.pdf>

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<sup>1</sup> For the purposes of this Policy Statement these administration techniques will be referred to as Raindrop Therapy throughout.