



STATEMENT OF POLICY AGAINST *RAINDROP* *THERAPY/RAINDROP TECHNIQUE* OR *AROMATOUC*H

The Aromatherapy Registration Council (ARC) hereby formally clarifies its prohibition on the use or the teaching of *Raindrop Therapy/Raindrop Technique* or *AromaTouch* and any other therapies similar to *Raindrop Therapy/Raindrop Technique* or *AromaTouch* that involve the use of neat essential oils on the skin by its Registered Aromatherapists. 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/Raindrop Technique* or *AromaTouch* in order to protect public health. It may publish a list of aromatherapists with revoked registrations.

Definition of *Raindrop Therapy/Raindrop Technique* or *AromaTouch*: For the purposes of this Statement, *Raindrop Therapy/Raindrop Technique* or *AromaTouch* 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 correct dilution ratio generally accepted as safe for that oil.

Concerns regarding Public Health: ARC believes that *Raindrop Therapy/Raindrop Technique* and *AromaTouch* pose risks to public health. *Raindrop Therapy/Raindrop Technique* and *AromaTouch* are typically practiced as one-size-fits-all techniques 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/Raindrop Technique* or *AromaTouch* are 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/Raindrop Technique* or *AromaTouch* for these purposes, is detrimental to 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://naturesgift.com/the-hazards-of-raindrop-therapy/>

<https://www.alliance-aromatherapists.org/aromatherapy-safety>