

## **ACUPRESSURE FACIAL**

### **Holistic Health Benefits**

1. Increases circulation bringing oxygen and fresh nutrients to the cells
2. Helps firm facial muscles
3. Flushes stuck toxins and lymph helping to reduce dark circles and bags
4. Boosts collagen and elastin production for increased skin elasticity and tone
5. Helps relieve sinus pressure.
6. Acts like an internal facial cleansing the face from the inside out.
7. Can relieve headache pressure.

### **General Routine:**

1. Start by applying warm towels to the face to open pores and prepare the muscles for touch.
2. Apply a small amount of moisturizer to the face so that fingers can glide over the skin.
3. Move through the prescribed acupressure points of the face making 5 slow, even circles on each point before moving on to the next. Perform each pass through the face twice before going onto the next step. (See detailed instructions and diagram below). The first pass through the skin breaks-up gunk and the second pass flushes it away.
4. Finish with general massage to the face and warm towels.
5. Remember! There is no replacement for lots of water and adequate sleep!

### **Detailed Routine:**

#### **1. Forehead:**

- a. Medial (inner) edge of brow: Starting from the bone that forms the rim of the eye socket move in a straight line up to the hairline stopping at 4-5 equidistant points along the way to make 5 slow circles. Repeat.
- b. Center of brow: Starting from the bone that forms the rim of the eye socket move in a straight line up to the hairline stopping at 4-5 equidistant points along the way to make 5 slow circles. Repeat.
- c. Lateral (outer) edge of brow: Starting from the bone that forms the rim of the eye socket move in a straight line up to the hairline stopping at 4-5 equidistant points along the way to make 5 slow circles. Repeat.
- d. Smooth out brow sweeping from medial to lateral (1-3x)

#### **2. Lower Ocular ridge (the ridge of bone forming the lower half of the eye socket):**

- a. Start at the nose and follow it to the outer corner of the eye stopping at 4-5 points along the way to make 5 slow circles. Repeat. Remember: the skin under the eye is delicate! Glide! Do not drag!

#### **3. Temporal bone:**

- a. Follow the perimeter of the temporal bone starting at the "I've got a headache" soft spot about an inch from the outer edge of the eye, up into the hairline, then circling down to the front of the ear, stopping at 6-8 points along the way to make 5 slow circles.
- b. Grip entire area with 4 fingers and make five, big, slow circles.
- c. Repeat series.

#### **4. Center of face:**

- a. Start to the outside edge of the end of the bridge of the nose (where the bone turns to cartilage) and make 5 slow circles.
- b. Slide to the nostril attachments and make 5 slow circles.
- c. Slide to the middle upper lip and make 5 slow circles.

- d. Slide to the corners of mouth and make 5 slow circles.
- e. Slide to the middle of the lower lip and make 5 slow circles.
- f. Repeat series.

**5. Maxillae:**

- a. Follow the line of the upper jaw bone starting from where the bone intersects with the nose to the outer edge where the lower jaw connects stopping at 6-7 points along the way to make 5 slow circles. Focus: The circles should be made with an upward pressure.

**6. Mandible:**

- a. Follow the lower jaw starting at the center of chin to the very top of the bone where it ends under the ear, stopping at 7-9 points along the way to make 5 slow circles. Focus: The circles should be made with an upward pressure.
- b. Rub up and down the masseter (jaw muscle) to ease jaw pressure.
- c. Repeat series.
- d. Sweep the length of of the jaw 2-3 times starting at the chin and out to the ear.

**7. Ears:**

- a. Start between the jaw bone and the flap of skin at the center of the ear making 5 low circles.
- b. Slide up slightly to where the ear attaches to the head and make 5 slow circles.
- c. Continue around the ear stopping 5 or 6 times along the way to make 5 slow circles.
- d. Gently press in at the last point located underneath the earlobe.
- e. Friction the lobes and cartilage.
- f. Fold ears in half, pull the ears away from the head, cup the ear and then open your hands like a flower blooming.
- g. Repeat series.

**8. SCM (Sternocleidomastoid Muscle): The muscle that attaches at the base of the skull behind the ear and connects to the center of the collar bone/sternum:**

- a. Start behind the ears, hold SCM with your thumb and pointer finger and make 5 circles, "milking" the muscle.
- b. Follow the length of the muscle to the sternum stopping 4-5 times along the way to "milk" the muscle 5 times.
- c. Press along the length of the clavicles from the centers out to the shoulders.
- d. Repeat series.

