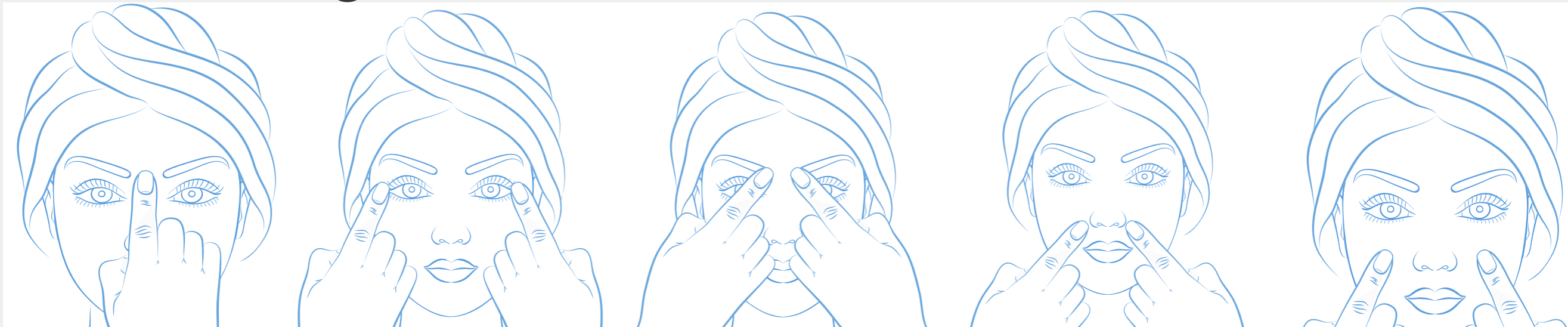




# *Acupressure* **Massage**



## *for Natural* **Facelifting**

*The acupressure points are the basis of all of Chinese medicine, and massage routines like this were practiced by ancient Chinese royals who wanted to stay looking young.*

*In just a few minutes, you can open the eyes, remove puffiness and brighten the complexion.*

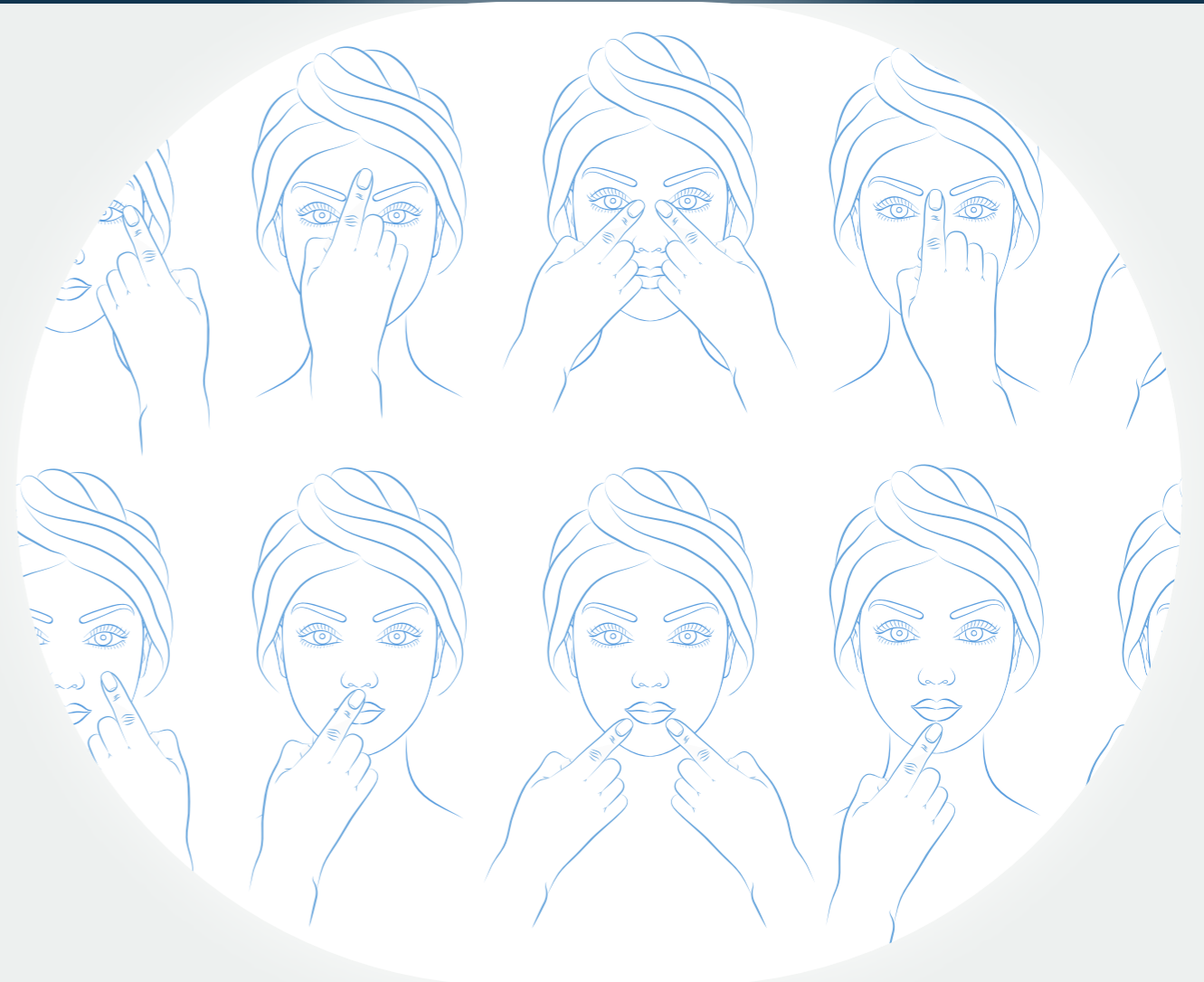


## WHAT IS ACUPRESSURE?

*As a Naturopathic Doctor, I have spent thousands of hours studying Traditional Chinese Medicine (TCM) and applying its techniques to work slowing the clock for my patients and their aging faces. Acupressure is a piece of this treatment you can do at home safely without any equipment.*

*Acupuncture is probably the best known application of Chinese treatment method in the world, and acupressure uses the same principles.*

*Using the fingertips instead of needles, you can engage the flow of 'qi' or energy to encourage bloodflow, relax muscles and empty excess water and waste from the tissues.*



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## **HOW TO PERFORM ACUPRESSURE FACIAL**

*To perform acupressure use the pads of the fingers to gently press or knead the select point by pressing in quick, repeated motion for 30-60 times per minute*

*Acupressure may not be for you if you have a contagious skin condition on your face or hands, or a blood clotting disorder.*

*There is no need to use hard pressure, the massage should be pleasant.*



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## YINTANG

*It is located right between the eyebrows, on the forehead above the nose*

*This point is used frequently to calm the mind and begin the treatment with relaxation. Pressure here will relax the eyebrows and reduce wrinkling of brow lines. It will also subtly opens the nose.*

*It is used during acupuncture treatments to relieve nasal congestion, nosebleeds, sinus pain and headaches.*

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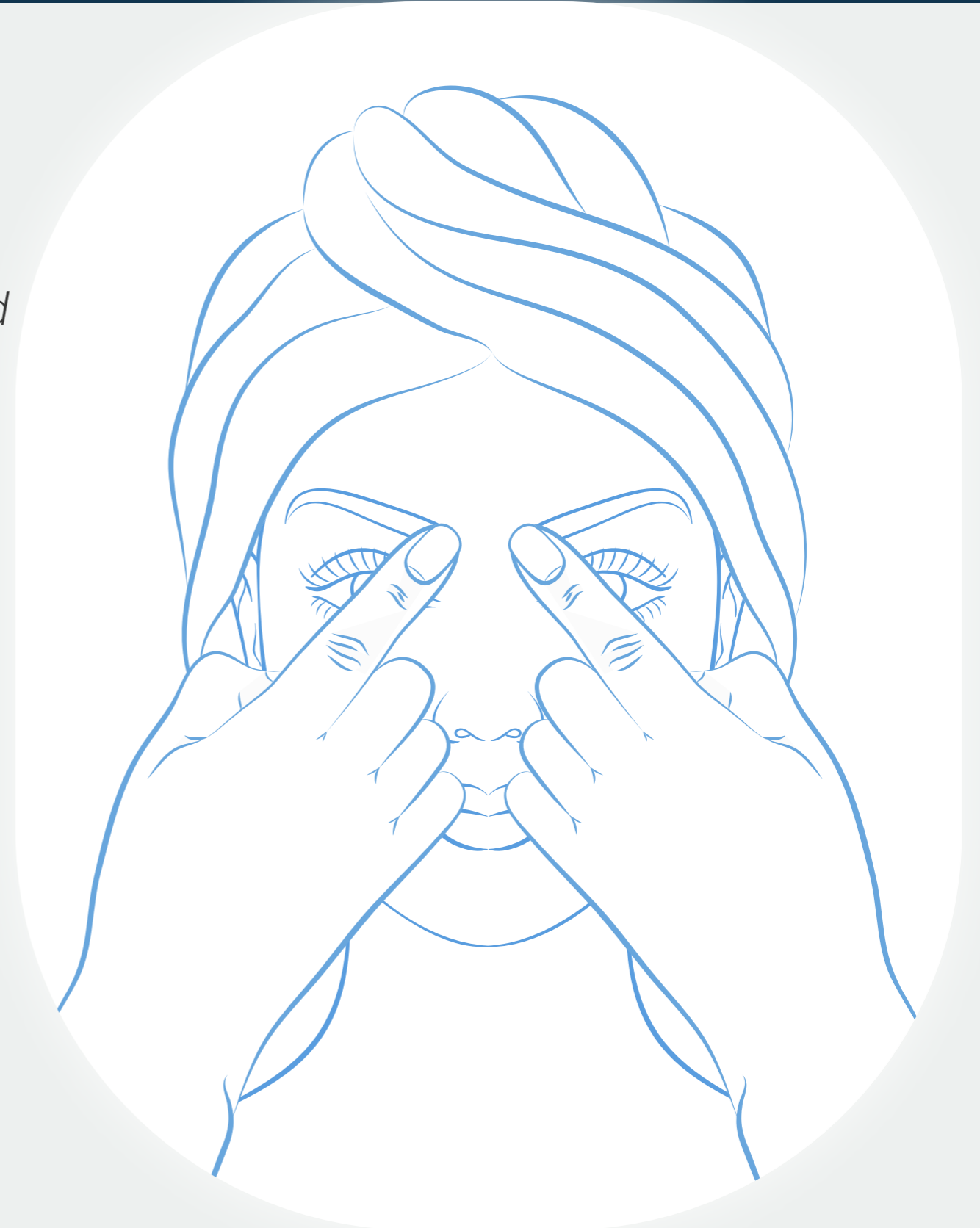


### **ZANZHU (BL-2)**

*This point is located at the inner end of the eyebrow, where you will find a small depression or notch in the bone. Press gently! There is a nerve there and it may feel tender with hard pressure.*

*This point is often used to open the frontal sinus and the nose when sinusitis or congestion is a concern. If you pay close attention you may feel a slight opening of the nose while stimulating this point.*

*This point is located on the bladder channel, which is a very long channel, connecting all of the meridians in the body. By stimulating these points early in the treatment it engages all of the channels that run through the face.*



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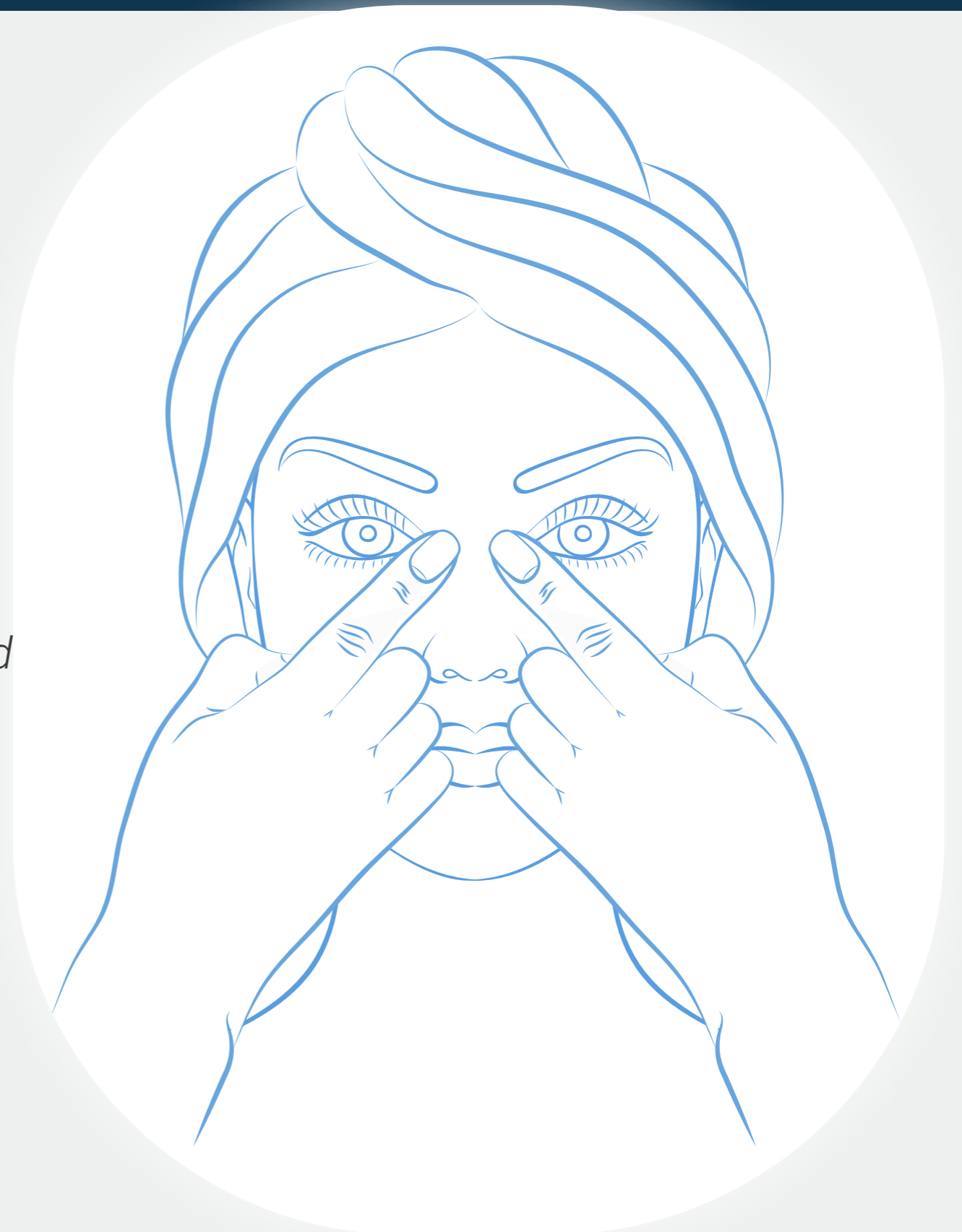
### **JINGMING (BL-1)**

*Close your eyes and be very gentle while finding this point. It is a small area and is easiest with small fingers. Gently press onto the bone in the inner corner of the eyes. Do not create any pain or pressure on the eyeball.*

*As a part of this acupressure protocol this point encourages bright, happy eyes by clearing redness and stagnated blood sitting on the surface of the eye.*

*This point benefits the eyes in several ways, and may decrease redness, swelling, watering eyes and sensitivity to light. It has even been used in acupuncture protocols to improve night blindness and eye pain.*

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## **TONGZILIAO (GB-1)**

*You'll find this point just on the outer edge of the outer corner of the eye, a small hollow in the bone. It is a part of the gallbladder channel, which runs from this point around the entire head, down the side of the torso and legs all the way to the toes.*

*Using acupressure here is especially helpful when the eyes are irritated from an infection or an allergy, it can relieve redness and itching of the eyes temporarily. It also brings bloodflow to the area which prevents formation of crows feet.*

*In acupuncture treatments it is used with other gallbladder points to treat migraines that radiate around or behind the eye.*

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### **YINGXIANG (LI-20)**

*Locate this point just outside the end of the nostrils, in the groove that runs from the nostrils to the side of the mouth. The large intestine's role is to rid the body of wastes that might otherwise deposit in the organs and discolor the skin. When using TCM for anti-aging, we reference the large intestine channel for its 'detoxifying' effect.*

*This point has been used in acupressure protocols to encourage the lymphatic system to draw waste away from the face so it can be excreted.*

*Acupuncturists can use this point for nasal congestion and discharge, nasal polyps and nasal discharge from allergies*

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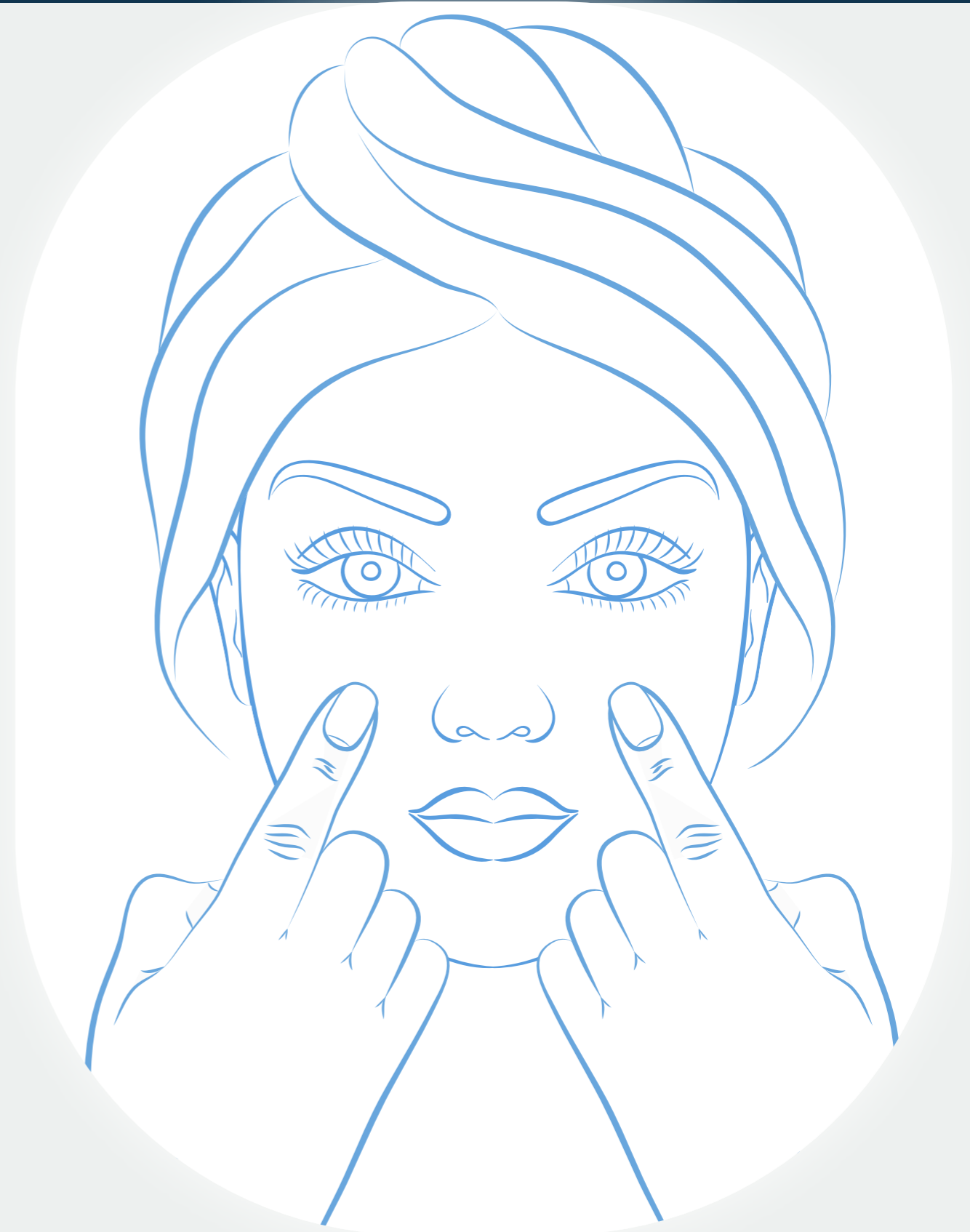


### **JULIAO (ST-3)**

*Look at yourself in the mirror. This point is located directly below the pupil, level with the front lower border of the cheek bone.*

*This is a point on the channel of stomach points, and they are often used to move waste and fluids downwards through the digestion.*

*This point is used for pain in the face, bells palsy, neurological conditions of the face*



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### **Chenjiang (CV-24)**

*Located in the middle of the groove that runs horizontally under the mouth, this point has been used to enhance the nerve function to the whole face. It is frequently used in acupuncture protocols for facial paralysis or Bell's palsy. It helps soften the expression by reducing stiffness in the jaw and the mouth.*



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## **Jiachengjiang**

*Level with the horizontal groove under the lips, these two points located at the width of the mouth.*



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### **Renzhong (GV-26)**

*This point is above your top lip, in the center line of your face, midway between your nose and your top lip.*

*This point can reduce swelling in the face, and helps create symmetry of the upper and lower face. It can also reduce tension that extends towards the jaw. It is even known to help benefit the sense of smell.*

