

face acupressure points chart

face acupressure points chart: Your Ultimate Guide to Natural Facial Wellness

Understanding the intricate network of acupressure points on the face can unlock a natural pathway to improved health, youthful appearance, and inner balance. A comprehensive *face acupressure points chart* serves as an invaluable tool for both beginners and seasoned practitioners of traditional Chinese medicine and holistic wellness. By applying gentle pressure to specific points, you can stimulate energy flow, relieve tension, and promote overall well-being. In this guide, we will explore the key acupressure points on the face, their benefits, and how to effectively incorporate facial acupressure into your self-care routine.

What is Face Acupressure?

Face acupressure is a technique rooted in traditional Chinese medicine that involves applying manual pressure to specific points on the face to balance the body's vital energy, or Qi (Chi). These points are believed to correspond to various organs and systems within the body, and stimulating them can help address issues such as stress, facial tension, headaches, and skin health.

Unlike acupuncture, which involves needles, face acupressure relies solely on finger pressure, making it accessible and safe for self-application. It is often used as a natural method to reduce signs of aging, improve circulation, and enhance overall facial vitality.

Key Components of a Face Acupressure Points Chart

A face acupressure points chart visually maps out the specific locations on the face where pressure can be applied to reap health benefits. The chart typically highlights:

- Main acupressure points associated with facial health
- Corresponding organs and systems
- Recommended techniques for stimulating each point
- Benefits of activating each point

Understanding these components allows users to target problem areas effectively and safely.

Major Face Acupressure Points and Their Benefits

Below is an overview of some of the most significant acupressure points on the face, their locations, and their health benefits.

1. Yintang (Hall of Impression)

- Location: Between the eyebrows, at the midpoint of the forehead
- Benefits: Relieves stress, reduces headaches, calms the mind, alleviates insomnia

2. Taiyang (Supreme Yang)

- Location: In the temple area, about one finger-width from the outer corner of the eye
- Benefits: Eases migraines, reduces eye strain, alleviates tension headaches

3. LI20 (Welcome Fragrance)

- Location: On either side of the nostrils, in the nasolabial groove
- Benefits: Improves nasal congestion, relieves sinus pressure, enhances breathing

4. ST3 (Cheekbone Hole)

- Location: Directly below the pupil, level with the lower border of the cheekbone
- Benefits: Relieves facial swelling, calms facial nerves, relieves toothache

5. GB14 (Yangbai)

- Location: On the forehead, approximately 1 cun (about one thumb width) above the middle of the eyebrow
- Benefits: Alleviates headaches, reduces forehead lines, improves eyesight

6. CV24 (Chengjiang)

- Location: Below the lower lip, in the center of the chin
- Benefits: Reduces chin wrinkles, relieves mouth tension, stimulates facial muscles

7. SI17 (Fengchi)

- Location: Behind the earlobe, in the depression between the angle of the mandible and the sternocleidomastoid muscle
- Benefits: Eases neck tension, relieves sore throat, improves voice

8. UB1 (Jingming)

- Location: Inner corner of the eye, near the tear duct
- Benefits: Improves vision, relieves eye fatigue, reduces dark circles

9. LI4 (Hegu)

- Location: On the dorsum of the hand, between the thumb and index finger (though not on the face, it's often used in facial acupressure)
- Benefits: Relieves headaches, reduces facial pain, boosts immune function

How to Use a Face Acupressure Points Chart Effectively

To maximize the benefits of facial acupressure, follow these practical steps:

1. Preparation

- Wash your hands thoroughly to maintain hygiene.
- Cleanse your face to remove dirt and makeup.
- Find a quiet, comfortable space where you can relax.

2. Locate the Points

- Use the chart as a visual guide.
- Lightly mark the points with your finger or a gentle marker if needed.
- Familiarize yourself with the landmarks and descriptions.

3. Applying Pressure

- Use your index or middle finger to apply gentle, steady pressure.
- Press for about 1-3 minutes on each point.
- Use circular motions or hold steady, depending on comfort and purpose.

4. Breathing and Relaxation

- Breathe deeply and slowly during each point stimulation.
- Focus on relaxing facial muscles and breathing rhythmically.

5. Routine Practice

- Practice daily or several times a week for optimal results.
- Incorporate into your morning or evening skincare routine.

6. Additional Tips

- Avoid applying excessive force to prevent discomfort.
- Be gentle around sensitive areas such as the eyes.
- Use facial oils or serums to reduce friction and enhance relaxation.

Benefits of Regular Facial Acupressure

Consistent practice of facial acupressure can offer numerous benefits, including:

1. **Reduced Facial Tension:** Eases muscle tightness, leading to a more relaxed and youthful appearance.
2. **Improved Circulation:** Boosts blood flow, resulting in a natural glow and healthier skin.
3. **Enhanced Skin Elasticity:** Stimulates collagen production, reducing fine lines and wrinkles.
4. **Stress Relief:** Calms the nervous system, decreasing stress and anxiety levels.
5. **Sinus and Headache Relief:** Alleviates congestion and tension headaches.
6. **Better Sleep:** Promotes relaxation conducive to restful sleep.

Integrating Face Acupressure into Your Wellness Routine

To harness the full potential of facial acupressure, consider these integration strategies:

1. Combine with Facial Massage

- Use gentle massage techniques along with acupressure points for enhanced circulation.
- Incorporate facial rollers or gua sha tools to complement points stimulation.

2. Use with Skincare Products

- Apply serums or facial oils before acupressure for smoother pressure application.
- Choose products with calming ingredients like aloe vera, chamomile, or

hyaluronic acid.

3. Schedule Regular Sessions

- Dedicate 10-15 minutes daily or every other day.
- Create a calming environment with soft lighting and soothing music.

4. Practice Mindfulness and Breathing

- Incorporate breathing exercises to deepen relaxation.
- Focus on mindfulness to enhance mental clarity and stress reduction.

Precautions and Tips for Safe Practice

While facial acupressure is generally safe, keep these precautions in mind:

- Avoid applying excessive pressure to prevent bruising or discomfort.
- If you have skin infections, open wounds, or severe skin conditions, consult a healthcare professional before practicing.
- Be gentle around sensitive areas such as the eyes.
- Discontinue if you experience pain or adverse reactions.
- Pregnant women should consult their healthcare provider before starting acupressure routines.

Conclusion

A well-detailed *face acupressure points chart* is an essential tool to unlock the natural benefits of facial acupressure. By understanding the locations and functions of key points, you can effectively stimulate your body's energy pathways, promoting relaxation, youthful skin, and overall health. Regular practice, combined with mindfulness and proper technique, can transform your self-care routine into a powerful ritual for wellness and beauty. Embrace the holistic approach of face acupressure, and enjoy the harmonious balance it brings to your mind, body, and skin.

Remember: Consistency is key. Start with gentle pressure, listen to your body, and enjoy the journey toward a more vibrant, relaxed, and healthy face.

Frequently Asked Questions

What are the key face acupressure points to target for reducing acne?

Key face acupressure points for acne include the Jingming (BL1) near the inner corner of the eyes, Yinxiang (LI20) beside the nostrils, and Quchi (LI11) on the elbow. Stimulating these points can help improve skin clarity and reduce inflammation.

How can I use a face acupressure points chart to improve my skin health?

A face acupressure points chart guides you in locating specific points associated with skin health. By applying gentle pressure to these points regularly, you can promote blood circulation, detoxify the skin, and enhance overall facial appearance.

Are there specific face acupressure points for relieving facial tension and wrinkles?

Yes, points like Taiyang (located at the temples) and the Mingmen (at the base of the skull) help relieve tension. Stimulating these areas can reduce wrinkles, improve skin elasticity, and promote relaxation.

Can face acupressure points help with common skin issues like dark circles or puffiness?

Absolutely. Points such as the Yinxiang (LI20) beside the nose and Sibai (ST2) below the eyes can help reduce puffiness and dark circles when pressed gently, improving skin brightness and reducing swelling.

Where can I find a reliable face acupressure points chart for beginners?

Reliable charts can be found in traditional Chinese medicine books, certified wellness websites, or through licensed acupressure practitioners. Ensure the chart clearly labels major facial points and provides safe pressure techniques for beginners.

Additional Resources

Face Acupressure Points Chart: Unlocking the Secrets to Natural Beauty and Wellness

Understanding the face acupressure points chart is an essential step towards harnessing the ancient wisdom of Traditional Chinese Medicine (TCM) for modern beauty, health, and relaxation. This comprehensive guide explores the significance of facial acupressure points, their locations, functions, and practical applications, empowering you to incorporate this holistic technique into your daily routine.

Introduction to Face Acupressure Points

Face acupressure points are specific locations on the face where pressure can stimulate the body's energy flow, known as Qi or Chi. These points are interconnected with internal organs and systems, making facial acupressure a powerful tool for addressing various health issues, enhancing facial aesthetics, and promoting overall well-being.

Key Concepts:

- Meridian System: The face contains numerous meridians—energy pathways—that correspond to different organs and functions.
- Acupressure vs. Acupuncture: While acupuncture uses needles, acupressure applies manual pressure, making it accessible and non-invasive.
- Benefits: Improved circulation, reduced tension, toned facial muscles, alleviation of headaches, sinus relief, and skin rejuvenation.

Understanding the Face Acupressure Points Chart

A face acupressure points chart visually maps the precise locations of these vital points on the face. It typically highlights key points along major meridians, such as the Stomach, Large Intestine, Bladder, and Liver meridians.

Components of the Chart:

- Points: Marked with specific symbols or numbers, each representing a unique acupressure point.
- Meridians: Lines connecting points, illustrating their pathway and relationship.
- Zones: The face is divided into regions—forehead, cheeks, chin, around the eyes, nose, and jaw—each linked to different meridians and health concerns.

The Major Face Acupressure Points and Their Functions

In-depth knowledge of individual points allows for targeted therapy. Here are some of the most significant face acupressure points, their locations, and their functions:

1. Yin Tang (Hall of Impression)

- Location: Between the eyebrows, at the midpoint of the forehead.
- Functions: Relieves headaches, eye strain, stress, anxiety, and enhances

concentration.

- Application: Gentle pressure with fingertips for 1-2 minutes to calm the mind.

2. Tai Yang (Supreme Yang)

- Location: In the temples, about one finger-width lateral to the outer corner of the eye.
- Functions: Alleviates headaches, migraines, jaw pain, and improves circulation around the temples.
- Application: Massage with circular motions for 1-2 minutes.

3. Jiache (Masseter Point)

- Location: In the depression at the lower border of the zygomatic arch (cheekbone).
- Functions: Relieves jaw tension, TMJ discomfort, and facial muscle stiffness.
- Application: Apply steady pressure to relax the jaw muscles.

4. Yingxiang (Welcome Fragrance)

- Location: On either side of the nose, in the nasolabial groove.
- Functions: Clears nasal congestion, sinus issues, and relieves facial pain.
- Application: Gentle pressing for 1-2 minutes.

5. Chengqi (Stomach 1 or 'Celestial Window')

- Location: Directly below the pupil, in the depression just below the infraorbital ridge.
- Functions: Improves eyesight, relieves eye fatigue, and reduces puffiness.
- Application: Light tapping or pressing.

6. Sizhukong (Triple Burner 23)

- Location: At the outer corner of the eye, near the temple.
- Functions: Relieves eye strain, headaches, and facial paralysis.
- Application: Gentle massage with fingertips.

7. Qianli (Extra Point)

- Location: About 1.5 cun (approx. 2 inches) lateral to the corner of the mouth.
- Functions: Relieves facial paralysis, muscle weakness, and enhances facial symmetry.
- Application: Gentle pressure along the line.

How to Use the Face Acupressure Points Chart

Effectively

Mastering the application of acupressure points requires understanding proper technique, timing, and consistency. Here's a step-by-step guide:

Step 1: Preparation

- Cleanse your face to remove dirt and oils.
- Find a quiet, comfortable space to relax.
- Use clean fingers or a gentle massager.

Step 2: Identify the Points

- Refer to your face acupressure points chart to locate the specific points.
- Use gentle pressing or circular motions to stimulate each point.

Step 3: Technique

- Apply gentle, firm pressure—not pain-inducing.
- Maintain pressure for about 1-2 minutes per point.
- Use slow, circular motions or gentle tapping.

Step 4: Breathing and Relaxation

- Breathe deeply to enhance relaxation.
- Focus on releasing tension during each session.

Step 5: Frequency

- For maintenance, practice daily or several times a week.
- For specific concerns (like headaches), increase frequency as needed.

Applications and Benefits of Face Acupressure

The practical uses of facial acupressure span aesthetic, health, and emotional domains:

Facial Rejuvenation

- Stimulates collagen production.
- Tightens and tones facial muscles.
- Reduces the appearance of fine lines and wrinkles.
- Promotes a natural glow and healthier skin.

Relief from Sinus and Eye Issues

- Alleviates sinus congestion and blockages.
- Reduces eye fatigue and dryness.

- Eases headaches and migraines.

Stress Reduction and Emotional Balance

- Calms the nervous system.
- Eases anxiety and promotes mental clarity.
- Enhances relaxation and sleep quality.

Overall Health Improvement

- Supports detoxification by stimulating facial meridians linked to internal organs.
- Boosts circulation and lymphatic drainage.
- Encourages a balanced energy flow, supporting immune function.

Integration of Face Acupressure into Daily Routine

For maximum benefits, consistency and a holistic approach are key. Here are tips for integrating face acupressure into daily life:

- Morning Routine: Boost energy, awaken the face, and set positive intentions.
- Evening Routine: Relax muscles, unwind, and prepare for restful sleep.
- Before or After Skincare: Enhance absorption of serums and creams.
- During Breaks: Use quick acupressure techniques to relieve tension from work or screen time.

Precautions and Tips for Safe Practice

While face acupressure is generally safe, some precautions include:

- Avoid applying excessive pressure to avoid skin bruising or discomfort.
- Stop immediately if you experience pain or unusual sensations.
- Consult a healthcare professional if you have skin infections, active acne, or facial injuries.
- Pregnant women should seek advice before practicing certain points.
- Use clean hands and tools to prevent infections.

Complementary Practices and Enhancements

Enhance your acupressure experience with these complementary approaches:

- Facial Yoga: Combine with facial exercises for enhanced toning.
- Aromatherapy: Use calming essential oils during sessions.
- Hydration and Nutrition: Support skin health from within.
- Massage Devices: Incorporate jade rollers or gua sha tools for deeper stimulation.
- Mindfulness and Meditation: Center your practice for emotional well-being.

Conclusion: Unlocking Wellness Through Facial Acupressure

The face acupressure points chart is a powerful roadmap to achieving radiant skin, alleviating health issues, and cultivating inner calm. By understanding the precise locations and functions of these points, you can craft personalized routines that foster natural beauty and holistic health. Whether used as a daily self-care ritual or a targeted therapy, facial acupressure offers a non-invasive, cost-effective path to harmony within your body and face.

Embrace this ancient technique, and let your face become a reflection of your inner vitality and well-being.

Face Acupressure Points Chart

face acupressure points chart: Ancient Secrets of Facial Rejuvenation Victoria J. Mogilner, 2010-10-21 This natural skin-care program is designed around the principle that the face reveals what the body feels and what the body suffers. It incorporates whole-body healing to prevent and counteract signs of aging without surgery or harsh chemicals — and at no cost. Derived from massage, aromatherapy, acupressure, and traditional Chinese healing arts, these gentle techniques produce a more youthful face and lead to better physical health for the entire body. The book describes the skin's function as one of the body's major organs and shows how to use touch and massage on the pressure points in the face to improve the appearance of the skin and the health of the other organs. These simple techniques, some used in conjunction with essential oils, take just minutes to do and are easy to include in regular morning routines like putting on makeup or applying moisturizer. Breathing exercises, routines for specific problems, and affirmations to rid the body and mind of toxins round out the book.

face acupressure points chart: Timeless Face Ellae Elinwood, 1999-06-23 A yoga instructor and practitioner of Chinese face reading shows how to make your face look and feel more beautiful and more fit-in only five minutes a day. 100 photos.

face acupressure points chart: EFT -Emotional Freedom Technique and Acupressure, Color Breathing, Visualization for Healthy Mind, Body and Clear Eyesight Clark Night, 2011-03-06 Color version. EFT is an Easy Type of Chinese Acupressure, Puncture without Needles or Hard Pressure. EFT is applied by 'TAPPING', activating energy points, meridians on/in the body with the fingertips. Tapping removes energy blocks, (stuck, stagnant energy), orients, 'polarizes', corrects, balances and strengthens the energy flow in the body, through the Meridians/Energy Pathways, Energy Points, Chakras, Nervous System. (Electric, Chi and other Energies, Physical and Spiritual.) Tai Chi, Qi Gong, Karate Energy Control Methods are related to EFT. EFT removes negative, destructive emotions, thoughts, feelings, stress from the mind/brain, system by correcting energy flow. The

body's energies flow correct and strengthen. EFT balances and improves function of the left and right brain hemispheres. This produces good health, clear eyesight. Neck, chest, shoulder, eye muscle tension, stiff, infrequent eye 'shifting' movements, headaches, strain in the mind/brain, negative, unhappy past/present thoughts, emotions, experiences, blocked energy flow, lowered liver/kidney health, staring, squinting cause unclear eyesight. Negative, destructive thoughts, emotions, worry are a common cause of mental strain, back, chest, shoulder, neck, eye muscle tension and unclear eyesight. Lowered eyesight increases worry, mental strain, which then increases the body., neck, eye muscle tension. Eye function is impaired. Light rays focus incorrect in the eye. Circulation to/in the eye lowers. Vision is more unclear. EFT, Nutrition, Natural Eyesight Improvement corrects these conditions; Blocked energy (experienced during a stressful event) happens first, before the negative emotions occur and locks them into the mind/body. Negative thoughts, emotions maintain blocked energy flow. Removing blocked energy first results in removal of the negative emotions, thoughts, feelings and often brings instant clear eyesight. As EFT Tapping removes energy blocks, corrects the energy flow, resulting in removal of negative emotions, thoughts, feelings; the person can then place positive, constructive thoughts into the mind, system; think, feel in a positive, constructive way about the past or present stressful event. Positive thoughts, emotions help to correct and strengthen the body's energy flow. Correct energy flow is now maintained. Mental and physical health improve, eye function returns to normal, eyesight is 20/20 and clearer at all distances, close and far. Health of body organs, systems improve as energy flows correct throughout the body. EFT improves the function of the brain, visual cortex, left and right brain hemisphere activation, integration. This improves function of the brain with the eyes, retina, eye muscles and body. Eyesight and mental, physical health improve. Memory, imagination, math, science, speech, learning, creativity, art, music., skills - all functions of the brain, left and right hemispheres even the oldest, deep survival areas of the brain improve. This is a main treatment of Natural Eyesight Improvement. 20 free PDF E-Books: Natural Eyesight (Vision) Improvement Training+Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method+Better Eyesight Magazine by Ophthalmologist William H. Bates - (Unedited, Full Set -132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) Illustrated with 500 Pictures and additional, up to date Modern Natural Eyesight Improvement Training.+ Original Better Eyesight Magazine by Ophthalmologist William H. Bates - Photo copy of all his Original Antique Magazine Pages in the 1900's Print. All of William H. Bates, Clark Night Books included in the PDF.Video and Audio lessons.Read this book on Kindle. See William H. Bates, Author's Page, for Video of internal book pages, full description of the Paperback, Kindle and 20 free E-books;
<https://cleareyesight-batesmethod.info/>

face acupressure points chart: *Do It Yourself - Natural Eyesight Improvement - Original and Modern Bates Method* Clark Night, William Bates, 2011-12-08 Natural Eyesight Improvement based on the Method, Treatments of Ophthalmologist William H. Bates. (Color Version) Paperback contains popular EFT book and Dr. Bates books, Magazines in the E-Book. Amazon 'look inside' will soon have the color preview.Includes 20 Color Printable PDF E-Books with this Paperback book, Eyecharts, Audio, Video Lessons, 600+ color pictures, all the Author's and Ophthalmologist Bates 50 books. Contact the Author for the download link; Address is on the 'Thank-You Page' inside the book. E-Book contains 'Word Search'- type in any word, Example; Myopia to see 50-100 Treatments for unclear distant vision. Adobe Translates to Italian, Spanish, German... Activities; Shifting-Natural Eye Movement, Central Fixation, Relaxation, Memory & Imagination, Switching Close, Middle, Far for perfect equally clear vision, convergence, accommodation, divergence, un-accommodation in the left and right eyes at all distances, Left and Right Brain Hemisphere Activation & Integration, Color Treatment, Visualization, Alpha, Theta, Delta Brain Wave Deep Relaxation, Palming, Positive Thinking, Posture, Body Movement, Physical Therapy, Abdominal Breathing, Chi Energy Circulation, Strengthening, Sunning, Saccadic Sunning, Seeing, Reading Fine Print and Eyecharts Clear, EFT, Acupressure, and other Activities for clear Close and Distant, Day and Night Vision, Healthy Eyes. E-mail, phone support. 20 E-BOOKS CONTAIN; +This Paperback Natural Eyesight Improvement

Book in Color, with 100 pictures. Less reading, Easy to learn steps; Read the directions printed on the pictures for Fast Vision Improvement. +Better Eyesight Magazine by Ophthalmologist William H. Bates (Unedited, full set: 132 Magazines -July, 1919 to June, 1930.) Illustrated with 500 pictures and additional, up to date Modern Training. +Original Antique Better Eyesight Magazine by Ophthalmologist William H. Bates. Photo copy of all his Original Magazine Pages. (Unedited, full set: 132 Magazines - July, 1919 to June, 1930.) Learn the Method, Treatments directly from the Original Eye Doctor that discovered Natural Eyesight Improvement! +The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates (photo copy of all the original book pages) with pictures. +Medical Articles by Dr. Bates - with pictures. +Stories From The Clinic by Emily C. Lierman/Bates. +Use Your Own Eyes by Dr. William B. MacCracken. +Normal Sight Without Glasses by Dr. William B. MacCracken. +Strengthening The eyes-A New Course In Scientific Eye Training In 28 Lessons by Bernarr MacFadden - with pictures & modern training. +EFT Training Book. +Clear Close Vision - Seeing Fine Print Clear. +Ten Steps For Clear Eyesight without Glasses. +Astigmatism Removal Treatments. +New additional books.+Eyecharts - 15 Large, Small and Fine Print Charts for Clear Close and Distant Vision, White and Black Letter Charts, Astigmatism Test and Removal Charts. +Audio and Video lessons in training chapters. Dr. Bates discovered the natural principles, true function of the eyes and applied relaxation, natural methods to return the eyes, eye muscles, mind/brain, body (entire visual system) to normal function with healthy eyes and clear vision. Dr. Bates Better Eyesight Magazine stories, articles describe how Dr. Bates, Emily Lierman Bates, other Doctors, School Teachers, Bates Method Students/Teachers, Children and Parents used Natural Treatments to remove, correct, prevent many different eye problems without use of eyeglasses, surgery, drugs. The natural treatments they applied removed/prevented; unclear close and distant vision, astigmatism, cataracts, glaucoma, conical cornea, cornea scars, retinitis pigmentosa, detached retina, wandering/crossed eyes (strabismus) and other conditions. See 'William H. Bates Author's Page' for entire Biography, Videos of internal book pages, description of the Paperback, 20 E-books. http://www.amazon.com/William-H.-Bates/e/B004H9DOBC/ref=ntt_athr_dp_pel_pop_

face acupressure points chart: Acupressure for Emotional Healing Michael Reed Gach, PhD, Beth Ann Henning, Dipl., A.B.T., 2008-11-19 Increased stress and traumatic events in our lives have resulted in many millions of people who suffer from insomnia, nightmares, anxiety attacks, depression, and tension headaches. ACUPRESSURE FOR EMOTIONAL HEALING offers relief at your fingertips, quickly and safely, for a wide range of emotional problems. It explains how emotional distress becomes lodged in the body as muscular tension and blocked energy, and shows how acupressure can relieve not just the resulting physical symptoms, but also their emotional source--often without the need for extensive talk therapy or medication. Acupressure stimulates the same points used in acupuncture, but instead of needles, firm finger pressure is used on the surface of the skin. The pressure releases neurochemicals called endorphins that relieve pain. As in acupuncture, specific pressure points are connected with internal organs and energy pathways in the body (called meridians) that regulate the flow of electrical energy to all systems. Unlike acupuncture, acupressure can be used safely by anyone, with only the hands as equipment. ACUPRESSURE FOR EMOTIONAL HEALING offers a comprehensive A-Z guide to emotional ailments (from abandonment to worry and obsessive thinking), with fully-illustrated instruction on dozens of precise acupressure point locations and how to activate them, combined with yogic breathing, stretching, and movement routines. Case histories from the authors' practice further illuminate each condition and the path to emotional balance and healing. Most routines can be used independently for self-care and on-the-spot relief. There are also sections on how to use the techniques to help others, with appropriate safeguards.

face acupressure points chart: Introduction to Acupressure & Qigong Ram Babu Sao, 2025-05-20 This book, "Introduction to Acupressure & Qigong" provides you with the gist of most of the topics on acupressure in detail. The origin of acupressure is very ancient and it was discovered that pressing certain points on the body relieves pain and stress, and heal diseases and also benefits other parts of the body. The Chinese have practiced acupressure to keep themselves well and happy.

You, too, can learn and help your body relieve itself of common ailments by pressing the proper spots. Acupressure is a way to help your body fight back many health problems like stress, pain, numbness; headaches; heaviness in the head; dizziness; ringing in the ears; stiff shoulders arising from disorders of the autonomic nervous system; constipation; sluggishness; chills of the hands and feet; insomnia; malformations of the backbone frequent in middle age and producing pain in the shoulders, arms, and hands; pains in the back; pains in the knees experienced during standing or going up or downstairs; tension, the balance of emotions, anxiety, grief, other emotional imbalances and diseases that can be relieved with acupressure. Acupressure points can be used to enhance many aspects of life, such as managing stress, relieving and preventing sports injuries, improving muscle tone, and blood circulation, relieving neuromuscular problems, and a beauty treatment like improvement of skin condition and toning and relaxing the facial muscles, which can lessen the appearance of wrinkles without drugs. However, acupressure is not a substitute for medical care; it is often an appropriate complementary treatment. The Acupressure points are located between the shoulder blades, the spine at the level of the heart, the soles of one's feet and palms, and all over the body. Patients with life-threatening diseases and serious medical problems, such as a stroke or heart attack, or any serious medical condition, should always consult their doctor and take treatment before using acupressure therapies. Acupressure is not an appropriate sole treatment for cancer, contagious skin diseases, or sexually transmitted diseases, but in conjunction with proper medical attention, however, gentle acupressure can help soothe and relieve a patient's distress and diseases.

face acupressure points chart: Clear Close Vision - Reading, Seeing Fine Print Clear Clark Night, 2011-08 Natural Treatment for obtaining Clear Close, Reading, Distant & Night Vision. Black and White available for a lower price. Also in Color.) Discontinue need for eyeglasses, reading glasses. Treatments for Presbyopia-'Middle Age Vision'. Natural Cataract prevention, reversal. Bates Method by Ophthalmologist William H. Bates. William H. Bates M.D. The author of Better Eyesight Magazine, Medical Articles, The Cure Of Imperfect Sight By Treatment Without Glasses, Perfect Sight Without Glasses. (Also see; William H. Bates M.D. and Clark Night's Author's Pages for more videos of internal book pages; <https://cleareyesight-batesmethod.info/> Eyecharts and 1st 6 Issues of Better Eyesight Magazine included in the Paperback book. 20 Free Natural Eyesight Improvement PDF E-Books, Printable, in color with any Kindle or Paperback book purchase. See William H. Bates Authors Page for Bio., videos of internal book pages, full description of all Paperback and 20 free E-books. Videos contain free Natural Eyesight Improvement Training. This book includes 20 Free PDF E-Books; Natural Eyesight (Vision) Improvement Training; +Do It Yourself-Natural Eyesight Improvement-Original and Modern Bates Method-Book with 100+ Color Pictures. Less reading; Easy to learn steps-Read the short directions on the pictures to quickly learn, apply a treatment, activity for Fast Vision Improvement. (Many of Dr. Bates, Clark Night's Kindle, PDF & Paperback books are in this E-Book.) + Better Eyesight Magazine by Ophthalmologist William H. Bates - (Unedited, Full Set-132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) Illustrated with 500 Pictures and additional, up to date Modern Natural Eyesight Improvement Training. + Original Better Eyesight Magazine by Ophthalmologist William H. Bates - Photo copy of all his Original Antique Magazine Pages in the 1900's Print. (Unedited, Full Set 132 Magazine Issues - 11 Years-July, 1919 to June, 1930.) A History Book. Learn Natural Eyesight Improvement Treatments directly from the Original Eye Doctor that discovered and practiced this effective, safe, natural method! Magazines & Method Hidden from the public by eye surgeons, Optometrists, optical businesses for over 100 years because this method works and frees the patient from the need to purchase eyeglasses, drugs, unnecessary eye surgery. Yes, it can and has reversed cataracts and other eye conditions! + The Cure of Imperfect Sight by Treatment Without Glasses by Dr. Bates (Photo Copy of the Original Antique Book Pages) with Pictures. Dr. Bates First, Original Book. (Text version with Modern Treatments included.) 2nd Printing Title: Perfect Sight Without Glasses. + Medical Articles by Dr. Bates - with Pictures. + Stories From The Clinic by Emily C. A. Lierman/Bates. (Dr. Bates Clinic Assistant, Wife.) + Use Your Own Eyes by Dr. William B. MacCracken M.D. (Trained with Dr. Bates.) + Normal Sight Without Glasses by Dr. William B. MacCracken M.D. + Strengthening The Eyes by

Bernarr MacFadden & Dr. Bates - with Pictures and Modern Training. (Trained with Dr. Bates. One of the First Physical Fitness Teachers.) + EFT Training Booklet - with Acupressure, Energy balance, strengthening, Positive Emotions. Easy step by step directions with Pictures. + Seeing, Reading Fine Print Clear, Clear Close Vision (Presbyopia Treatments) with Videos. + Eight Correct, Relaxed Vision Habits- A Quick Course in Natural Eyesight Improvement. + Astigmatism Removal Treatments + Eyecharts - 15 Large, Small and Fine Print Big C, E Charts for Close and Distant Vision, White and Black Letter Charts, Tumbling E Chart, Astigmatism Test and Removal Charts, Behavioral Optometry Charts. Eyechart Video Lessons. + Audio, Video Lessons in Every Chapter. Learn a Treatment, Activity Quick and Easy.

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face acupressure points chart: Prayer for People who Can't Sit Still ,

face acupressure points chart: Complementary Therapies for Older People in Care

Sharon Tay, 2013-09-21 An invaluable companion to practice for novice complementary and beauty therapists working with older people in care, this book offers unique practical advice on issues that are often overlooked in training. It offers guidance on tackling common pitfalls and difficulties, as well as a wealth of practical tips and techniques for practice.

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