

Basic Facial Massage

Stimulates Circulation, Releases Toxins, Relieves Tension, and Over Time Improves Muscle Tone.

Before starting, make sure that your hands are clean and use your favorite moisturizer for slippage. I love the Yon-Ka Optimizer. For even more of a "facial feel" try spraying some toner over the moisturizer:

1. Using upward strokes and moving toward the jaw-line with the pads of your fingers (both hands simultaneously), start by massaging at your neck with sweeping motions for 20 – 30 seconds.
2. Move to the chin and repeat the sweeping motions away from its center.
3. Continue moving in an upward motion past each side of the mouth. This will help to stimulate and brighten the laugh lines and corners of the mouth.
4. Massage the cheek bones, starting ½ inch from each side of the nose and moving out and up toward the hairline.
5. For the nose and under-eye area, start with both middle fingers on each side of the nose, just above the nostrils. In one motion, move up the face to the top of the cheek bone, then continue under the eyes in a semi-circle, toward the temples. Repeat this movement 10 – 20 times to relieve puffiness and reduce tension.
6. Take a few moments to press on the temples to help relieve stress and headaches.
7. From between the eyebrows, slide your fingers up the center of the forehead, to the hairline, alternating the left and right hands..
8. Finish by moving from just above the eye brows to where the hair naturally recedes above the temples.

Start out by doing this 3 times per week, and work your way up to 5 – 10 minutes each day. After some time, you should see a noticeable difference in the color and tone of your skin.

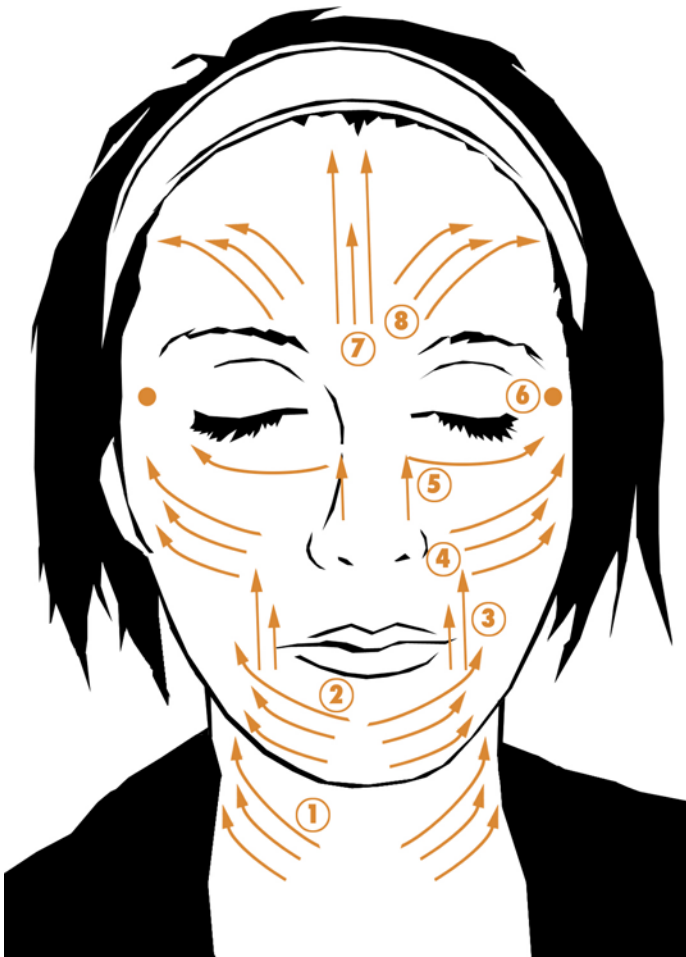


Illustration by Rob Kelly - www.namtab.com



Facial Lifting & Toning Massage

Reduces Puffiness, Tones Facial Muscles, and Helps Assist in Lymphatic Drainage.

While sitting at your desk, table, or vanity, rest your elbows on the solid surface:

1. Start by pressing simultaneously with both middle fingers at pressure points (1), just below the iris, at the very top of the cheek bones. Massage in small circles for 10 – 20 seconds.
2. Move on to pressure points (2) just below the cheek bones, ½ inch to the right and left of each nostril. Hold extra long here if you like, as you should feel relief of sinus pressure. This area may also be sensitive if you have congestion.
3. Move down to pressure points (3), ½ inch from the corners of the mouth. Spend another 10 – 20 seconds here.
4. Slide your fingers straight back to the corners of the jaw (4) and repeat the massage movement.
5. Move up to just below the rear of the cheek bone and right at the hairline (5). This also relieves jaw stiffness related to TMJ.
6. Finish your facial massage at pressure points (6), right at the hairline.

Repeat the 6-step process 3 times for a full lifting & toning massage. Apply less pressure when working your way down (pts 1 – 3) and more pressure on the way up (pts 4 – 6). Your face will appear more relaxed, less swollen, and you will look more like yourself.

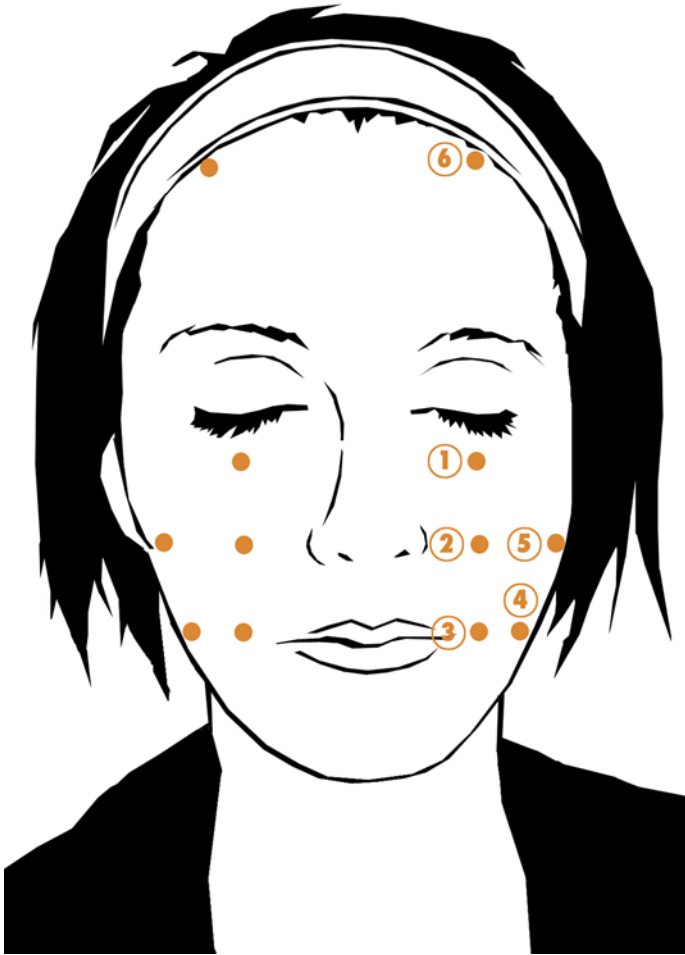


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