

Relaxing Facial Self Massage

Introduction:

You will be applying finger pressure to specific areas. Proper pressure on the right points can rebalance energy and rejuvenate your face and body. You may find that headaches disappear, digestion improves and energy increases, ability to handle stress is enhanced and your body tone is improved.

Touch the pressure points with only the pads of the index fingers or thumbs – whichever feels more comfortable. When you press, think of your fingers as extensions of your arms. As you press, use your entire body. Do not press hard, but press with substance.

Each point is stimulated for less than one minute, and the entire massage takes about 20 minutes. The massage has been divided into different areas of the face and head. You can work in sections throughout the day.

I recommend using refined organic sesame base massage oil with a few drops of lavender and clary sage essential oil. According to Ayurveda, sesame oil is restorative and rejuvenative. Both lavender and clary sage are calming.

The Practice:

Before you begin, relax and breathe deeply. Put a little massage oil in the palm of your hands and rub your hands briskly to promote heat to release the aroma and healing qualities of the oil. Now you are ready to begin.

The Forehead & Brow Area:

Point 1: Located at the hairline, directly above the eyes, between the scalp and the face. This point is helpful in relieving headaches. Circle inwards without stretching the skin.

Point 2: Just below Point 1, midway between your hairline and eyebrows. As you press, you may start to feel a warmth throughout your face and the back of your neck. This point is helpful in relieving migraine headaches. Circle inward.

Point 3: Center of eyebrows. Tension is held here. Circle inwards.

Point 4: Between the eyebrows. Tap so lightly that you barely feel it. You may feel energy flowing from the pressure point back into your forehead.

Now rub your hands briskly together, hold your palms towards your nostrils and breathe deeply. Shake out your hands. Repeat this step as often as you want as you proceed through the following steps.

The Eye Area:

Point 5: Inner corners of the eyebrow. This point tones and relaxes the area between the eyebrows. Circle inwards.

Point 6: Outer ends of eyebrows. Stimulates the muscles above the eyes and temples. Circle outwards.

Point 7: At the base of the bridge of the nose. Feel for the large notches under the eyebrows. The thumb pads work very well here. This point relieves eye strain, sinus problems and headaches. Be sure not to touch the eyes when pressing up. Circle upwards using light pressure.

Point 8: The small notch in the upper center of the eye socket on the bone. This point relieves tension and clears vision. Circle upwards.

Point 9: At the outer corners of the eyes. Feel for the tiny depression in the muscle. Circle outward.

Point 10: Lower center of the eye socket, on the ridge of the bone. Feel for a notch. Massage on the ridge of the bone. Circle outward.

Point 11: On the bridge of the nose.

The Cheek Area:

Point 12: On either side of the flare of the nostrils. Circle outward.

Point 13: Directly below the center of the eye at a line even with the flare of the nostrils. Circle outward.

Point 14: About an inch below the eye, on a line even with the midpoint of the nose in a large depression in the upper cheekbone. Circle outward.

Point 15: About one-and-a-half inches from the corner of the eye on a line that runs from the corner of the eye to the corner of the jawbone. There is a large depression in the upper cheek, almost at the temple. Circle outward.

Point 16: About an inch in front of the ear. Open your mouth slightly to find the depression in the muscle. Circle backwards.

(Adapted from an article in Better Nutrition February 1997 – Uplifting your face naturally by Maria Liberati)