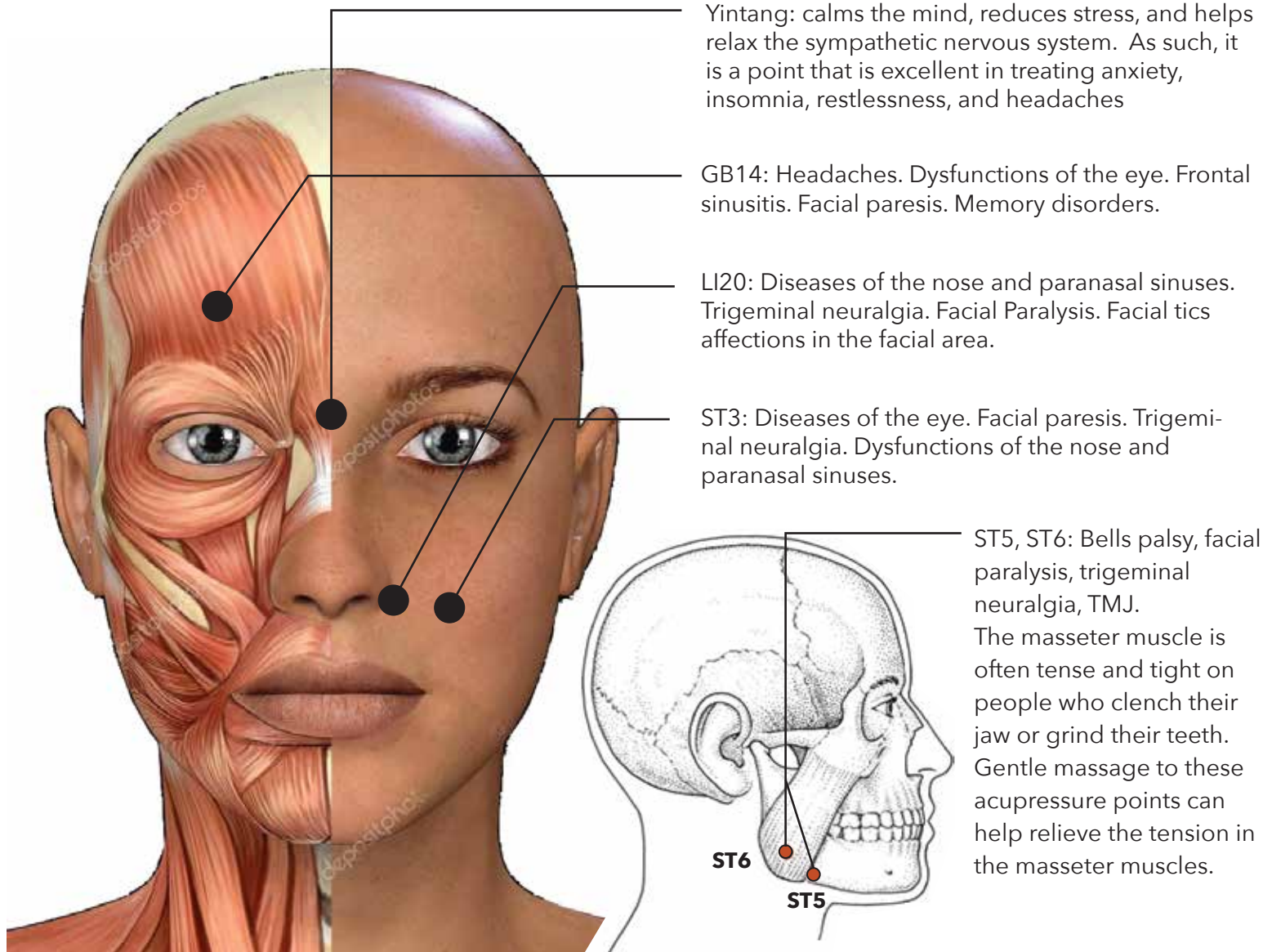




Facial Points for acupressure



Gently massage points with light to moderate pressure for a few seconds to stimulate point.

You don't need to have an underlying condition in order to benefit from acupressure. Yintang is great general point for relaxation.