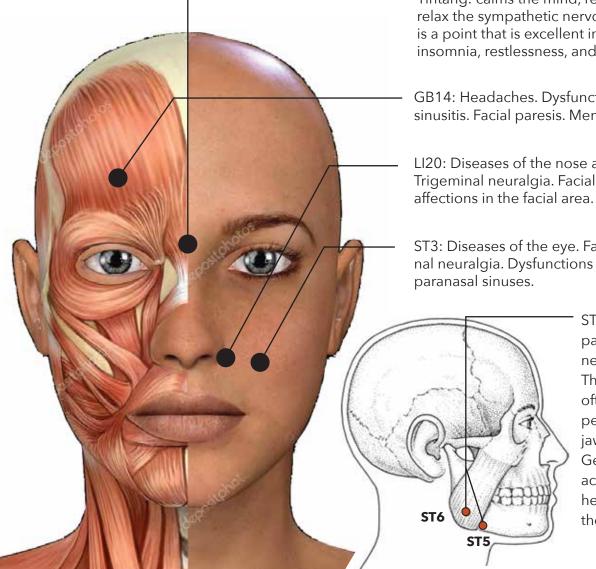


## Facial Points for acupressure



Yintang: calms the mind, reduces stress, and helps relax the sympathetic nervous system. As such, it is a point that is excellent in treating anxiety, insomnia, restlessness, and headaches

GB14: Headaches. Dysfunctions of the eye. Frontal sinusitis. Facial paresis. Memory disorders.

LI20: Diseases of the nose and paranasal sinuses. Trigeminal neuralgia. Facial Paralysis. Facial tics

ST3: Diseases of the eye. Facial paresis. Trigeminal neuralgia. Dysfunctions of the nose and

> ST5, ST6: Bells palsy, facial paralysis, trigeminal neuralgia, TMJ. The masseter muscle is often tense and tight on people who clench their jaw or grind their teeth. Gentle massage to these acupressure points can help relieve the tension in the masseter muscles.

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.