

MASSAGE FOR THE FACE

Relax, relieve stress, and rest your eyes

Duration: 3 minutes

Materials	Skills Required
A comfortable chair	Reading & following written instructions Bringing hands to the face Sitting for 3 minutes

Instructions

Sit comfortably on a chair.

Put the thumbs of each hand on the temples and group the next three fingers of each hand between the eyebrows.

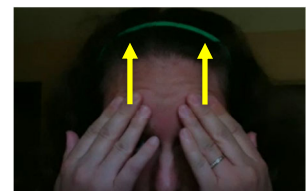


Pull the skin on the forehead from the center, bringing the fingers toward the thumbs on both sides of the head



Then put three fingers above the eyebrows.

Press gently and move the fingers up the forehead, bringing them slowly toward the hairline. Try making small circles with the fingers as they move up toward the top of the head.



Precautions

Do not force or press hard on a painful point.

Be sure your hands are cleaned before touching your face.