ACUPRESSURE POINT EXERCISE

Daily acupressure facial massage is an age-old Oriental method of achieving a natural face lift. The face is a mirror for the inside, and beautiful, glowing skin is a sign of a healthy, harmonious, well-functioning system. Follow these steps before starting the AcuLift massage.

Begin by having your guest take a deep breath through the stomach and exhaling through their mouth. Familiarize yourself with the acupressure points on the facial chart on the next page before applying pressure to points #1-15 with your middle fingers. Maintain pressure on each point for 10 seconds. Then tap each point 10 times, working both sides of the face simultaneously.

This stimulation of key pressure points is based on the Chinese acupressure point system. The exercise stimulates an energy system within the body, which the Chinese refer to as "Chi"

TO BEGIN:

Step 1

Exhale while applying pressure on the following points:

1. Press point #1 in an upward motion, hold for ten seconds. Repeat the process on points #2 - #7. Be very light on point #5. Breathe out as pressure is felt on each point.
2. Proceed by pressing points #8 and #9 with your middle fingers only.
3. Using your middle finger, press point #10 in an upward motion.
4. Using your middle fingers, press point #11 in an upward motion and hold for ten seconds.
5. Using your middle fingers, press point #12 in an upward motion.
6. Using your middle fingers, press points #13, #14 and #15 and hold for ten seconds.

Additional Step: Apply light pressure to the "third eye" between the eyebrows. Hold for ten seconds.

Step 2

Breathe normally during this step.

7. Tap each point 10 times with your middle fingers. Follow in order of pressure points from #1-15 simultaneously on both sides of the face.
8. Complete the exercise by gently clapping the face from points #6 - #13, repeating the process until the skin feels warm to the touch.

(For an extra tension releaser, rotate the finger on point #6, #11, #14 and #15 in Step 1.)

ACUPRESSURE POINT EXERCISE DIAGRAM

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