

Your Key Pressure Points

Out of ibuprofen? Reflexologists swear touching these acupressure points for 10 to 30 seconds will heal what ails you. Just press here:



▲ The spots right under your collarbone to help clear up a sore throat and anxiety

▶ The base of your skull to ditch itchy eyes and exhaustion



◀ The outer edge of the crease of your elbow to decrease tension and congestion

▶ Halfway down the outside of your upper arm to fight nausea and clear your head



▲ The web between your pinkie and ring finger to ease dizziness and back pain



◀ An inch below your belly button to beat period bloat