



Fort Belvoir
Community
Hospital

Facial Accupressure Massage

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CAM Workshop

Benefits of facial accupressure

- Enhance local blood flow
- Firm and tone face and neck
- Mild to moderate symptomatic relief of headaches, insomnia, tension, sore eyes, sinus and nasal congestion.
- Relax body and mind

Preparation

1. Wash hands
2. Sit in a relaxed position with a mirror
3. Relax the neck

Technique

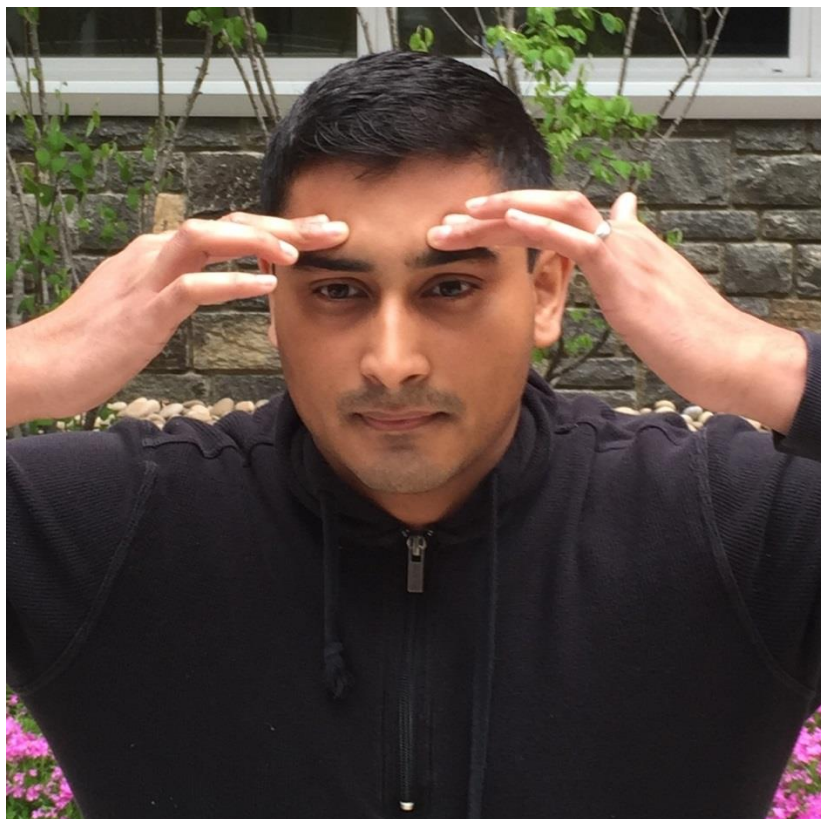
- 21 total accupressure points:
 - 18 on the face
 - 1 on the neck
 - 1 on the hand
 - 1 on the elbow
- Start from foremost point on the head and work down
- At each point, massage 20 times in a clockwise direction
- Time to complete total massage: 15minutes

1. Gallbladder 15



- **Location:** Forehead, just in front of the hairline, directly above the pupil when the eyes are looking straight ahead
- **Procedure:** both index fingers, massage at the same time
- **Application:** relieves headaches; softens lines across the forehead

2. Gallbladder 14



- **Location:** Forehead, 1 inch above the pupil when the eyes are looking straight ahead
- **Procedure:** both index fingers, massage at the same time
- **Application:**
 - Relieves headaches
 - Relaxes twitching eyelids
 - Lifts sagging eyelids

3. Yintang



- **Location:** Between the eyebrows, upper border of the nose
- **Procedure:** use one index finger
- **Application:**
 - Calms
 - Softens fine lines between the eyebrows
 - Treats sinuses
 - Relieves headaches in the front of the head

4. Bladder 2



- **Location:** inner part of the eye, in the depression of the eyebrow
- **Procedure:** use both thumbs to massage this point at the same time
- **Application:**
 - Relieves sagging eyebrows
 - Relieves sinus headaches
 - Stops sneezing
 - Relieves stuffy nose

5. Yuyao



- **Location:** in the center of the eyebrow
- **Procedure:** use both index fingers and massage both points simultaneously
- **Application:**
 - Lifts sagging eyelids
 - Relieves twitching eyelids
 - Relieves headaches in the front of the head

6. Triple Heater 23



- **Location:** Outer end of the eyebrow
- **Procedure:** use both index fingers and massage both sides simultaneously
- **Application:**
 - Softens crows feet
 - Relieves eye twitches
 - Relieves temporal headaches

7. Gallbladder 1



- **Location:** Outer lower side of the eye, outer orbital ridge
- **Procedure:** use both index fingers and massage both sides simultaneously
- **Application:**
 - Softens crows feet
 - Treats dark circles under the eyes

8. Front and back side of the ears



- **Location:** front and back of ear
- **Procedure:** Using two fingers on each side, apply pressure while moving fingers up and down.
 - Index finger massages back of the ear, middle finger massages the front.
- **Application:**
 - Stimulates lymph fluid to the face and ear areas
 - Treats ringing in the ears
 - Relieves TMJ pain
 - Relieves temporal headaches

9. Stomach 2



- **Location:** 1 inch directly below the pupil as you are looking straight ahead
- **Procedure:** use both index fingers and massage both sides simultaneously
- **Application:**
 - Relieves puffiness under the eyes
 - Treats dark circles under the eyes
 - Relieves sinus congestion

10. Stomach 3



- **Location:** directly below prior point, at the level of the border of the nose in the nasal labial groove
- **Procedure:** use both index fingers and massage both sides simultaneously
 - Applying pressure under the cheekbones
- **Application:**
 - Reduces facial swelling
 - Helps define cheek area
 - Treats sinus pain
 - Relieves toothaches

11. Du 26



- **Location:** directly above the upper lip in the middle of the philtrum
- **Procedure:** use index fingers and massage
- **Application:**
 - Softens lines around the mouth
 - Relieves dizziness and nausea
 - Relieves back spasms (pinch this point)

12. Stomach 4



- **Location:** sides of the mouth in the nasal labial groove
- **Procedure:** use two fingers and massage both sides simultaneously
- **Application:**
 - Treats lines around the mouth
 - Relieves toothaches

13. Ren 24



- **Location:** directly below the mouth in the middle of the chin
- **Procedure:** use one index finger to massage this point
- **Application:**
 - Relieves grinding of teeth
 - Relieves gum and tooth pain
 - Treats dry mouth
 - Reduces excess salivation

14. Small Intestine 18



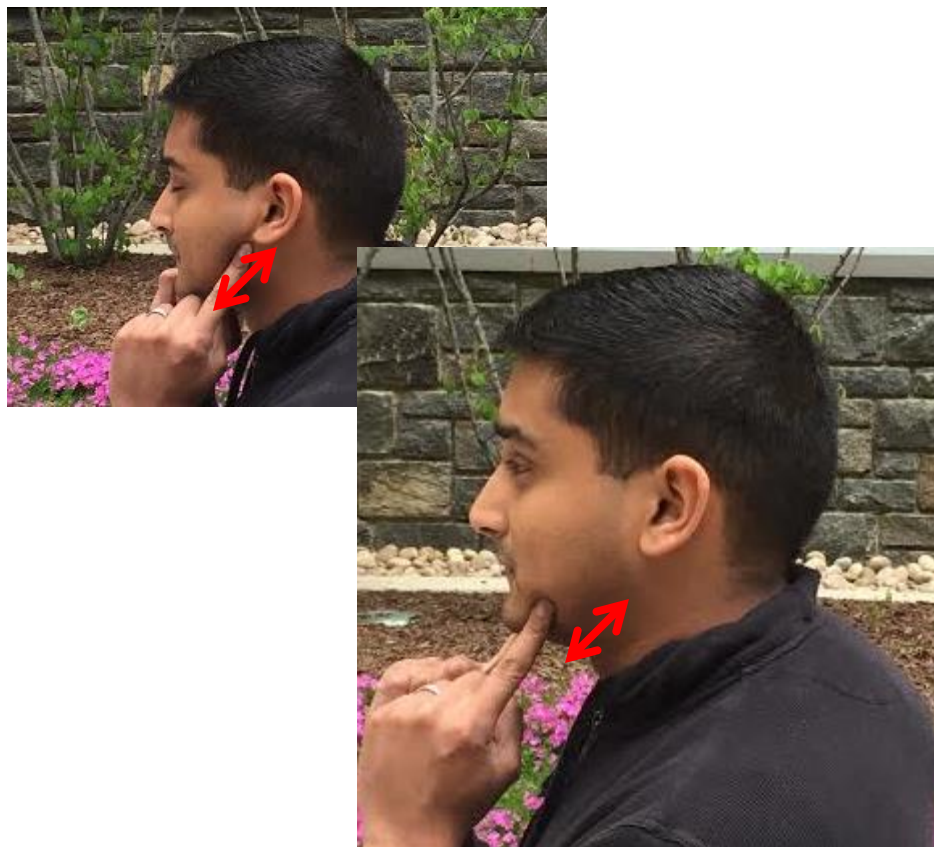
- **Location:** in the cheek hollow
- **Procedure:** use both index fingers and massage both sides simultaneously
- **Application:**
 - Treats facial swelling
 - Treats TMJ pain
 - Alleviates toothaches

15. Stomach 7



- **Location:** Lower border of the cheek bone in the depression at the front of the ear
- **Procedure:** use both index fingers and massage both sides simultaneously
- **Application:**
 - Treats TMJ
 - Relieves earaches
 - Relieves toothaches
 - Treats lockjaw
 - Treats ear disorders

16. Jaw Line



- **Location:** just below the jaw
- **Procedure:** use all fingers to massage the jaw line
- **Application:**
 - Lifts drooping jowls
 - Reduces slacking of the neck

17. Ren 23



- **Location:** directly under the chin
- **Procedure:** use one index finger to massage this point
- **Application:**
 - Reduces excessive or insufficient saliva in the mouth
 - Treats loose skin around the neck

18. Stomach 9



- **Location:** at the level of the adams apple, anterior border of the SCM
- **Procedure:** use index fingers and massage both sides with up and down movements
- **Application:**
 - Alleviates sore throats
 - Treats indigestion
 - Relieves difficulty swallowing
 - Eliminates hiccups

19. Ren 22



- **Location:** just below the hollow of the lower border of the neck
- **Procedure:** use one index finger to massage this point
- **Application:**
 - Eliminates hiccups
 - Treats indigestion
 - Relieves coughing
 - Relieves difficulty swallowing
 - Treats dry thorax

20. Large intestine 4



- **Location:** on the back of the hand between the thumb and index finger, in the middle of the web.
- **Procedure:** use the thumb and index finger to massage each hand one at a time
- **Application:**
 - Relieves headaches
 - Relieves toothaches
 - Relieves nasal congestion

21. Large intestine 11



- **Location:** outer crease of the elbow when the elbow is bent
- **Procedure:** use the thumb to massage this point one elbow at a time
- **Application:**
 - Treats psoriasis
 - Treats eczema
 - Reduces fevers
 - Reduces hives
 - Relieves sore throats
 - Relieves toothaches

Post massage

- Take few deep, cleansing breaths
- Shake out the arms
- Gentle stretching
- May start to feel benefits within 15minutes

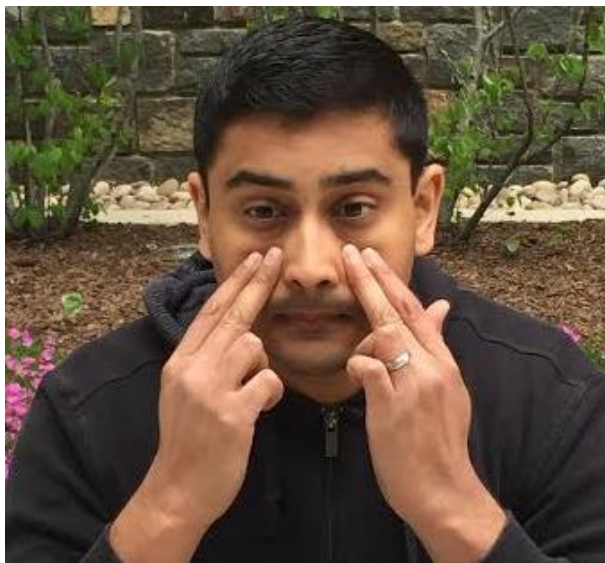
Miscellaneous Techniques

- Pump and effleurage
- Galbreath's Technique
- Nose pinch/Yawning

Pump and Effleurage



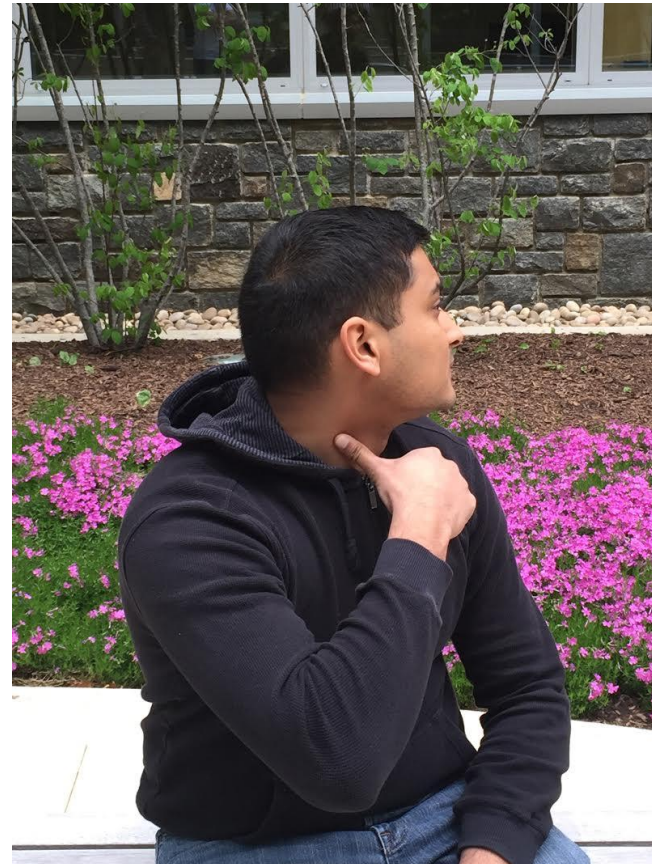
- **Location:** Over any sinus: frontal, maxillary, ethmoid
- **Procedure:** apply direct pressure over the sinus in rhythmic fashion for several cycles; then place fingers side by side and while applying pressure move laterally toward the temple and repeat
- **Application:**
 - Sinus pressure
 - Sinus headaches



- Technique applied to maxillary sinus



Milking



Sinus pressure/ ETD



Galbreath's Technique



- **Location:** angle of the mandible
- **Procedure:** apply traction up/forward and laterally to the opposite ear; hold for a few seconds and then release
- **Application:**
 - Alleviates ear pain associated with ear infection or pressure change