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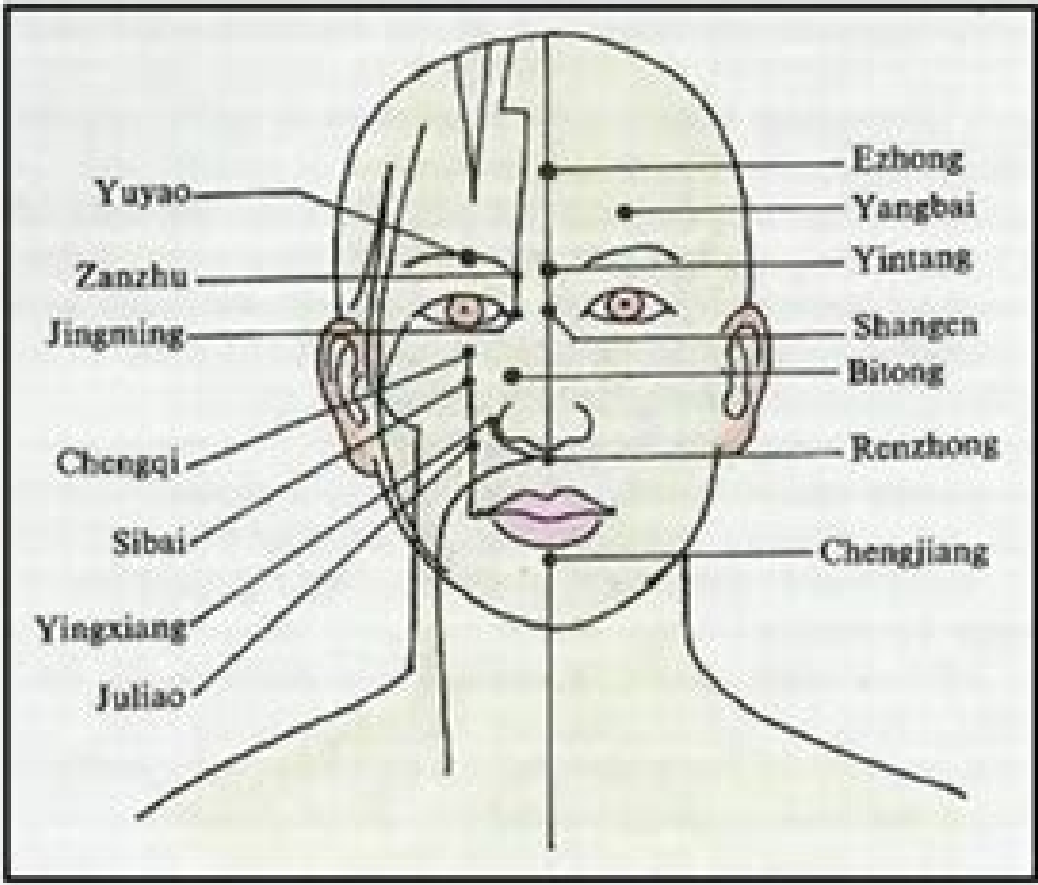
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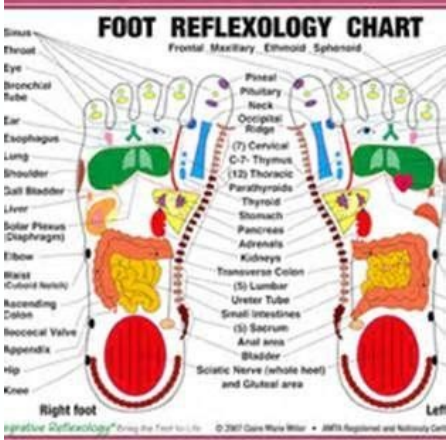
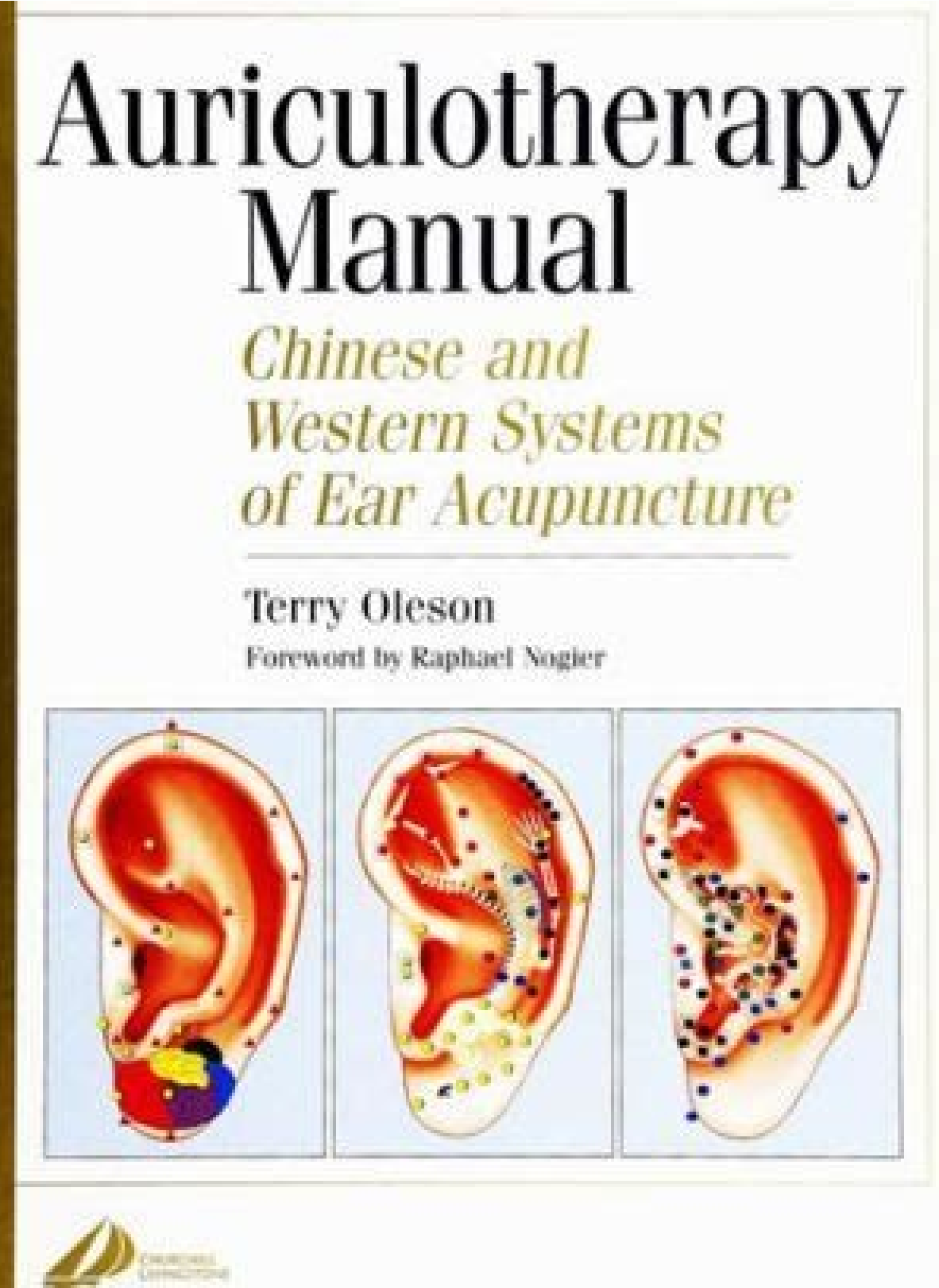
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Facial Acupressure Chart

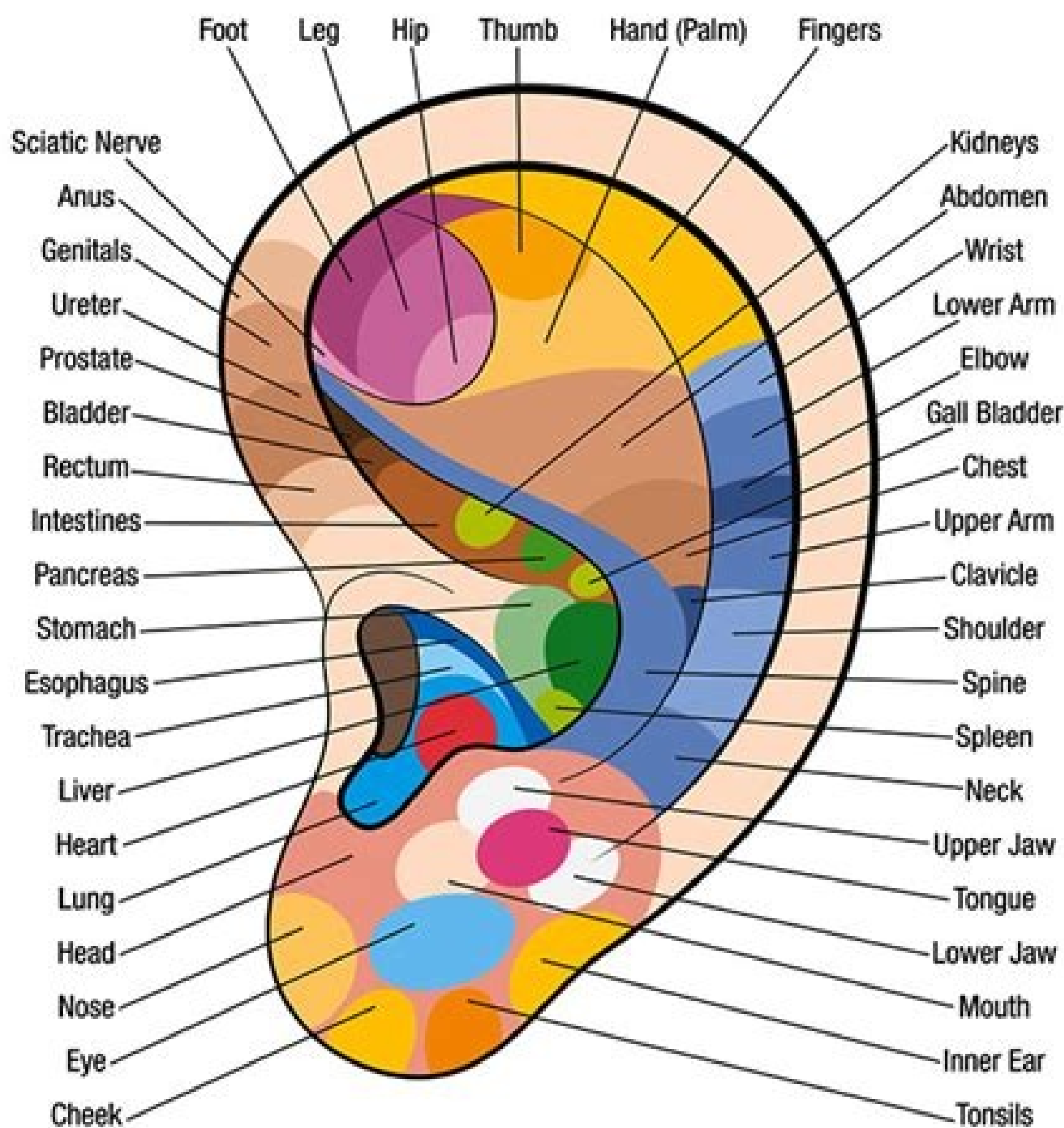


This chart shows some of the many Chinese acupressure points located on the face. Below are the therapeutic indications of seven commonly used ones. Press and rub the points with the tip of your thumb or index finger for 1-2 minutes, several times a day. You should feel no more than a comfortable pain as you massage each point.

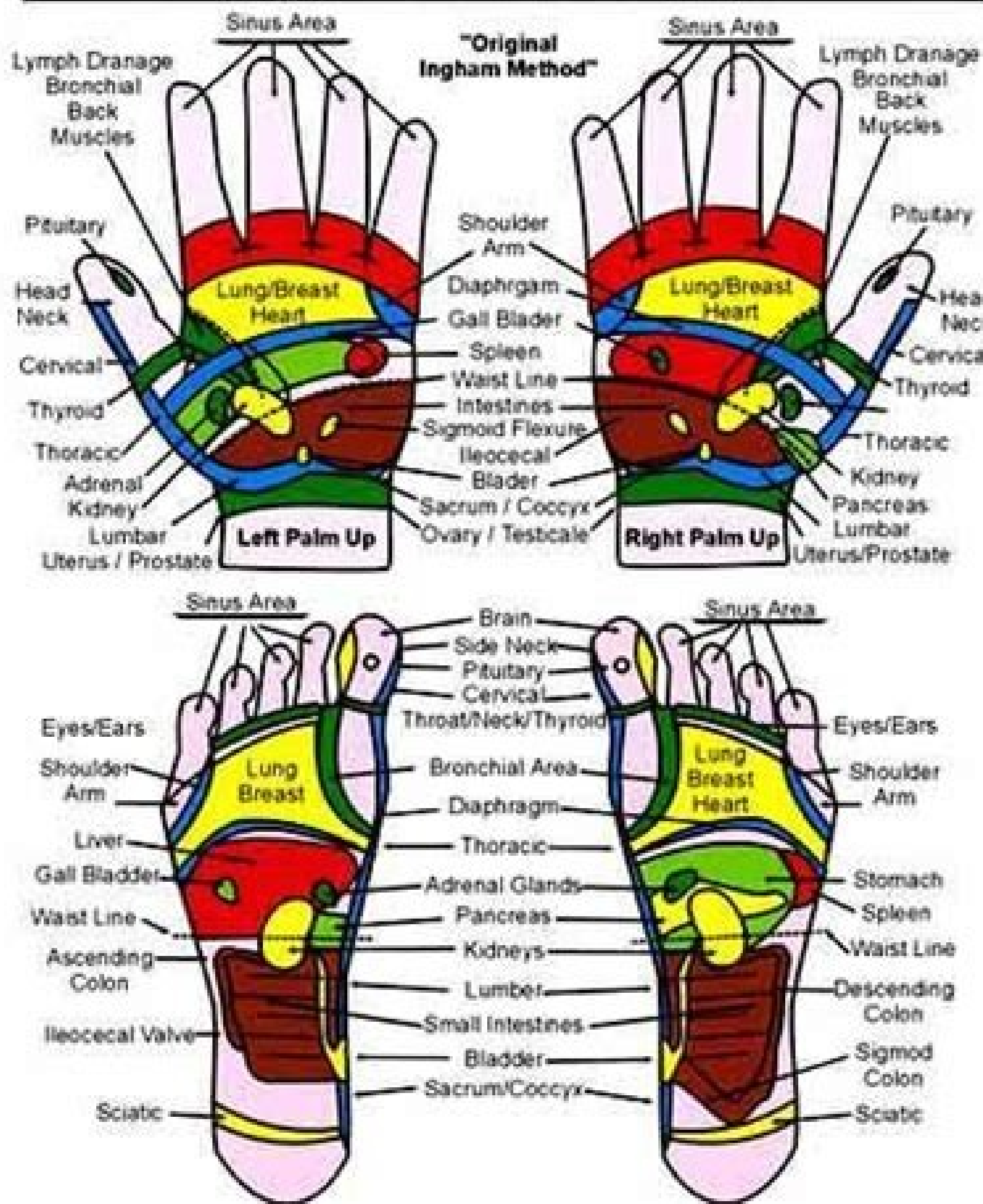
- Yintang:** Midway between the eyebrows - calms the spirit; frontal headaches, insomnia, anxiety
- Bitong:** Next to the bridge of your nose on both sides - nasal congestion, sinusitis, rhinitis
- Yingxiang:** Either side of your nostrils - nasal congestion, sinusitis, rhinitis
- Renzhong:** On the midline directly below your nose – revival after fainting, shock
- Jingming:** On the edge of the inner orbit of each eye socket - eye diseases, sore eyes
- Zanzhu:** On the medial end of each eyebrow – headache, eye diseases, sore eyes
- Yuyao:** In the middle of the eyebrows directly above the pupils; eye problems; frontal headache



Ear Massage Chart



ACCUPRESSURE POINTS OF HAND & FEET

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