Self Massage for Face and Head

1. Clear lymph nodes at neck.
   A. Clear both sides of neck
      • Divide side of neck into 2 sections – below ear and above collar bone.
      • Gently stretch skin downward 5 to 10 times in each section.
   B. Clear Terminus (notch above the collar bone)
      • Gently perform “circles” 5 to 10 times.
   C. Clear back of neck
      • Divide back of neck into 2 sections – at hair line and base of neck.
      • Gently stretch skin downward 5 to 10 times in each section.
   D. Clear Terminus (notch above the collar bone)
      • Gently perform “circles” 5 to 10 times.

2. Clear lymph nodes in front of the ear.
   • Place fingertips on each cheek, closest to the ear.
   • Massage gently downward in this area, 5 to 10 times.

3. Clear lymph nodes at back of the ear.
   • Place fingertips on the bone behind each ear.
   • Massage gently downward 5 to 10 times.

4. Clear the temples on each side of the face.
   • Place fingertips on temples.
   • Massage gently downward 5 to 10 times.

5. Clear the underside of chin.
   • Divide underside of chin into three sections on each side of the face, from chin to jaw bone.
   • Gently massage 5 to 10 times in each section, moving in an outward direction.

Continued
   - Divide underside of chin into 3 sections on each side of the face, chin to jaw bone.
   - Gently massage 5 to 10 times in each section, moving in an outward direction.

7. Clear area from nose to corners of mouth.
   - Gently massage on each side of nose downward with fingertips to corners of mouth 5 to 10 times.

8. Repeat clearing of nodes on sides of neck (see #1).

9. Clear the cheeks.
   - Gently massage front of cheeks (each side) downward toward jaw line 5 to 10 times.

10. Repeat clearing of nodes on each side of the neck (see #1).

11. Clear the area below each eye.
    - Gently massage below eyes (on edge of bone) downward toward cheeks, 5 to 10 times each side.

12. Repeat massage of cheeks downward to chin (see #9).

13. Repeat clearing of nodes at sides of the neck (see #1).

14. Clear the nose.
    - Divide each side of nose into three sections, starting at tip to bridge of nose.
    - Gently massage 5 to 10 times each section, moving in an outward direction.
15. Clear the tear duct.
   • Place one finger on each side of nose next to tear duct.
   • Gently massage downward 5 to 10 times.

[Diagram of eye and nose]

16. Clear the eyelid.
   • Place one to two fingers on each eyelid.
   • Gently massage outward 5 to 10 times.

[Diagram of eyelids and eye]

17. Clear the eyebrow.
   • Place one to two fingers on each eyebrow.
   • Gently massage upward 5 to 10 times.

[Diagram of eyebrows and eye]

18. Repeat clearing the cheeks (#9), clearing in front of the ear (#2), clearing back of the ear (#3), and clearing side of neck (#1).

[Diagram of face with arrows indicating motions]