

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)

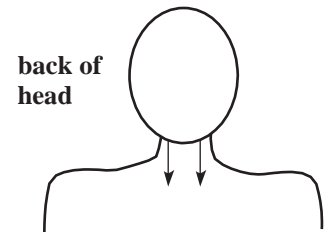
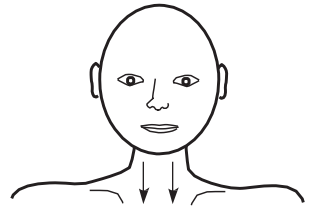
- Gently perform “circles” 5 to 10 times.

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.



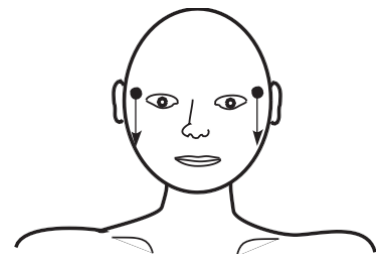
3. Clear lymph nodes at back of the ear.

- Place fingertips on the bone behind each ear.
- Massage gently downward 5 to 10 times.



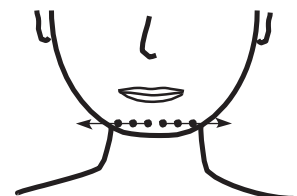
4. Clear the temples on each side of the face.

- 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.



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6. Clear front of chin.

- 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.

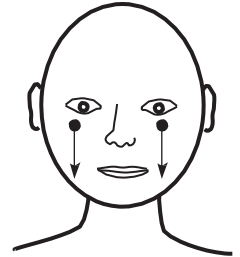
- Gently massage on each side of nose downward with fingertips to corners of mouth 5 to 10 times.



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.

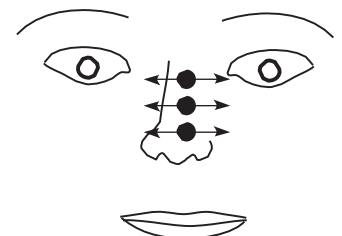


12. Repeat massage of cheeks downward to chin (see #9).

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

14. Clear the nose.

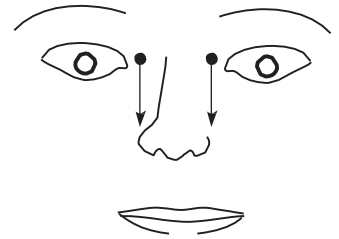
- Divide each side of nose into three sections, starting at tip to bridge of nose.
- Gently massage 5 to 10 times each section, moving in an outward direction.



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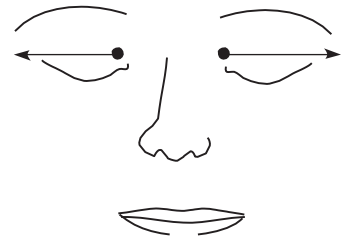
15. Clear the tear duct.

- Place one finger on each side of nose next to tear duct.
- Gently massage downward 5 to 10 times.



16. Clear the eyelid.

- Place one to two fingers on each eyelid.
- Gently massage outward 5 to 10 times.



17. Clear the eyebrow.

- Place one to two fingers on each eyebrow.
- Gently massage upward 5 to 10 times.



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).