

MAC Complementary Health Clinic

Revitalizing facial exercises



Free Facial exercises Booklet.

www.mac-health.com

Free Face Exercises: Acupressure & Face Massage

There are dozens of acupressure points on the face, and almost just as many massage techniques. However, **all you need** to get started is the five common acupressure points and two massage technique. The points and techniques needed are illustrated below.

How to do face acupressure

1. Locate the points with your index fingers.
2. Gently press them until you feel no more than a comfortable pain.
3. Hold the pressure while you knead the points with very small circular movements.
4. Breathe slowly and deeply and focus your mind on the points as you massage them.
5. Massage each point for 1-2 minutes several times a day.

Point 1. (known as Jingming in Chinese)

Located on the inside edge of the orbit of each eye.

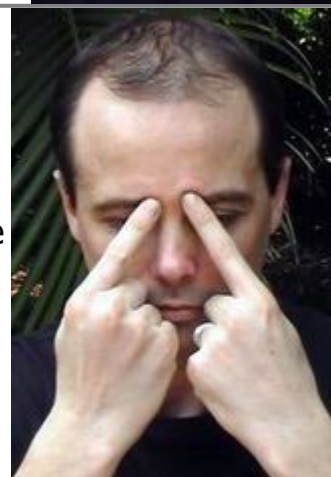
Press and knead for sore, tired eyes and as a preventative against eye problems.



Point 2. (Zanzhu)

Located on the medial end of each eyebrow.

Press and knead for frontal headache, sore, tired eyes, sinus pain, and as a preventative against eye problems.



Point 3. (Taiyang)

Located on the temples behind each eye.

Use your index and middle fingers to press and knead for one or two sided headache, to calm the mind, and for eye problems. Also used preventatively.



Point 4. (Yingxiang)

Located next to each nostril.

Press and knead for nasal congestion, sinusitis, rhinitis, and to help prevent these problems.

For greater effectiveness use your index fingers to rub up and down the sides of your nose between Ying xiang and Jing ming (Point 1) for 1-2 minutes, several times a day.



Point 5. (Renzhong)

Located under your nose, on the midline.

Use your knuckle or the tip of your middle or index finger. Pressing this point draws energy up to your head and helps your nasal passages adjust to weather changes. Also used as a revival point after fainting or shock.



Technique 1. (Forehead Rub)

Use your index and middle fingers to rub across your forehead, from the middle to your temples.



Massage and rub this area for frontal headache, sinus pain, insomnia, sore eyes, stress, and to help prevent these problems.

Technique 2. (Head Massage)

Use the tips (including the nails) of your fingers and thumbs to press and rub your scalp from the midline to the sides, and from the front to the back of your head.

Relieves and prevents headache, and is highly relaxing, especially when done by someone else.



Simple, Free Eye Exercises To Improve Vision & Relieve Sore Eyes

🧘🧘🧘 These free eye exercises benefit your eyes by **strengthening your eye muscles** and **enhancing local blood circulation**.

This is achieved through **acupressure** and **massage** on pressure points around the eyes, and specific exercises to **stretch** and **tone** the muscles controlling the eyes.

If you have bright, lustrous eyes, according to traditional Chinese medical theory, it indicates you have a harmonious spirit, while dull eyes reflect the opposite.

While eye exercises alone may not harmonize your spirit, they will **protect and improve your vision** and **relieve sore, tired eyes**.

They are particularly useful for anyone who uses their eyes excessively, such as students, computer users, heavy readers, etc. **Check with your health professional first** though before trying these eye exercises, especially if you have a history of eye problems.

Eye Roll Exercise

1. Can be done standing, sitting or lying down
2. With your **eyes open**, roll them around in clockwise circles 15-20 times, then anticlockwise circles 15-20 times

Start slowly and gradually do it faster

Make sure you roll your eyes around in as wide a circle as possible

Do the Eye Roll 2-3 times a day

Benefits

- Stretches and tones your eye muscles, and
- Enhances local blood circulation, which
- Improves vision

Tips

- Do the eye roll in bed to help you wake up
- Combine it with the Eye Rub, below, for greater benefits

Eye Rub Exercise

1. Can be done standing, sitting or lying down
2. Keep your **eyes closed** throughout the exercise
3. Rub your hands together briskly to warm them up
4. Immediately place the base of your palms over your eyes. Feel the heat penetrating & warming your eyes. Hold your hands there till the heat subsides. Repeat steps 3 & 4 a couple of times.
5. Warm up your hands again, then use the tips of your fingers to rub across your eyelids from the inside corner to the sides 20-30 times or for 1-2 minutes.
6. Warm your hands once again, then use the tips of your middle fingers to rub around your eye sockets. Go with the

grain of your eyebrows. Do 20-30 circles around each eye or simply rub them for 1-2 minutes.

Do the Eye Rub exercise 2-3 times a day

Benefits


- Soothes and relaxes your eyes, and
- Enhances local blood circulation, which
- Improves your vision

Tips

- Do the Eye Rub in bed to help you wake up

For greater benefits combine it with the Eye Roll, above, and these **other free eye exercises and face exercises:**

Double Chin Exercises To Firm & Tone From Your Chin To Your Chest

 Get rid of your double chin and flabby neck with these **simple, effective** neck and double chin exercises that firm and tone the front *and* sides of your neck - from your jaw line to your chest.

Done standing *or* sitting, these neck and chin exercises are **suitable for anyone**, including the elderly.

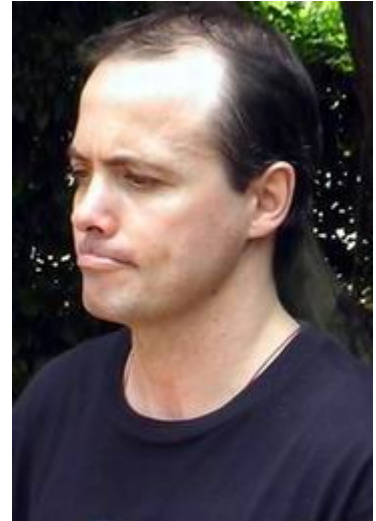
The **first** exercise stretches the front part of your neck, throat and chin. The **second** one stretches the sides. **Check with your health professional first** though before trying any new exercises, particularly if you have a history of neck problems. Included below are links to other exercises on this site which also firm and tone your neck, chin and throat area.

Chin & Throat Stretch

Frontal Aspect

How

1. Stand with your feet about shoulder width apart. Bend your legs slightly and sink your weight down into them. Keep your back straight. Let your arms hang loosely by your sides.



Or sit on a firm but comfortable chair. Keep your back straight. Rest your hands on your thighs.

Place your lower lip on your top lip. Keep it there throughout the exercise.

2. Inhale slowly and deeply through your nose as you *slowly and gently* raise your chin until you are looking directly above your head. If you're doing this outside on a bright day you may need to close your eyes as you look up.



Hold the position (and your breath) for a second or two.

Feel your throat and the *front* of your neck stretching.



3. Exhale (through your nose) as you slowly bring your head back down to the starting position.

That's one repetition. Take a slow, deep breath or two then commence another repetition.

Do 3 or 4 to begin. Build up to 10-15 repetitions, 2 or 3 times a day, or simply do the exercise for a few minutes each time.

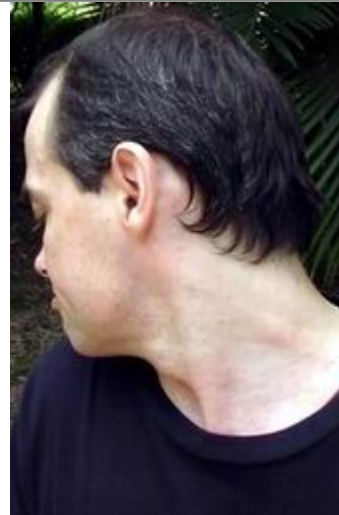
Continue below to the second neck and double chin exercise.

Side Aspect

How

1. As per steps 1 and 2 above *except* that after raising your head straight up, *turn* it so that you are looking over your shoulder, then lower it so that your chin touches your shoulder.

Feel the *side* of your neck and throat stretching as you gently roll your head around and down.



As you turn your head keep your shoulders facing the front and don't lift them up.

Once again, hold the position for a second or two, then drop your head down towards your chest and around to face the front again.

Repeat, but this time after you raise your head turn it to the other side.

Do 3 or 4 stretches on each side. Build up to 10-15 per side, or simply do the exercise for a few minutes, 2 or 3 times a day.

Benefits

- Firms & tones the front & sides of your neck, throat & jaw
- Reduces your double chin
- Draws blood up to your face

Tips

- Keep the exercises soft & gentle...forcing it can harm your neck!
- *Stop* if you feel any pain

For greater effectiveness combine the above throat and double chin exercises with these **other neck and back exercises:**