

## How to Use the Anma (Awn-mah – Japanese massage technique)

### **Congratulations on the purchase of your Anma.**

Begin by ensuring the Anma is clean. You may wash it with a gentle cleanser and rinse.

You may use the Anma on the entire face making movements to match those in the diagram, or you may choose to work trouble spots only.

**IMPORTANT:** The pressure applied when using the ANMA should NOT pull or tug the skin. The key to lymph drainage and fascia release is to use VERY GENTLE movements. It may not feel like much is happening but beneath the surface this repeated, gently movement is very effective.

To achieve desired results will require patience and consistent use of the Anma. Please watch the videos below to learn even more Anma tips and techniques.

Cleanse the Anma when finished and store in the cloth bag provided.

### Videos for Additional Learning

Massage Away Frown Lines

<https://www.youtube.com/watch?v=VDEjsl3RoI0>

Facial Exercises and the Anma

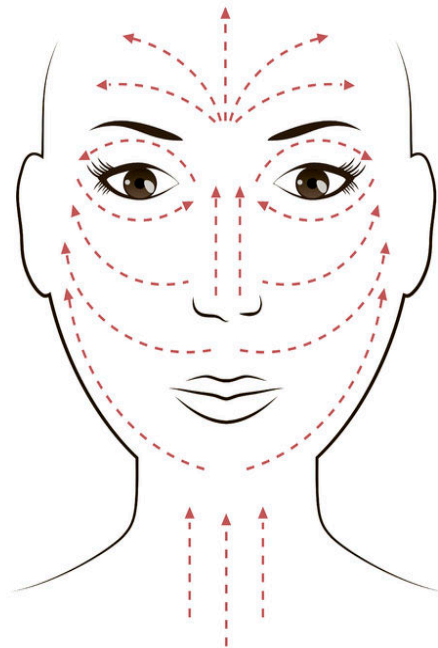
<https://www.youtube.com/watch?v=XDXE8t6a8iM>

My New \*LOVE\*- The ANMA!

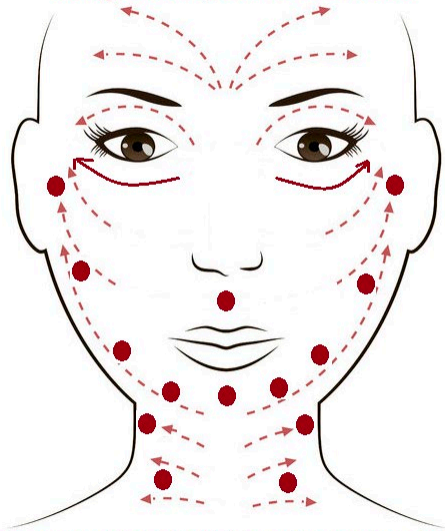
<https://www.youtube.com/watch?v=zGadAPtKvJE>

How I Release Wrinkles – More Anma Techniques

[https://www.youtube.com/watch?v=0LcKIDo6c\\_g](https://www.youtube.com/watch?v=0LcKIDo6c_g)



Using LIGHT, GENTLE touch!



Press and hold at ● to release tension.

THANK YOU FOR YOUR BUSINESS!

Help is just an email away! [support@christinebyer.com](mailto:support@christinebyer.com)