

1. forehead: BLADDER + INTESTINES

digestive problems, small intestine issues, liver issues, irregular sleep schedule, toxin buildup, stress/worry, sweat

2. in between brows

LIVER + STOMACH

dehydration, too much alcohol, greasy foods

3. right cheek: LUNGS

+ RESPIRATORY SYSTEM

allergies, stomach problems, too much sugar, stress, dirt, dirty pillowcase/phone

4. nose: HEART

blood pressure circulation, poor diet, constipation, bloating, gastrointestinal imbalance, indigestion, salt intake

5. around the lip area:

HORMONES + INTESTINES

hormonal imbalance, ovulation, reproductive organs, menstrual cycle, constipation, irregular bowels

6. chin: STOMACH, KIDNEY, REPRODUCTIVE ORGANS

hormonal problems, gynecological issues, kidney imbalance, greasy foods, dehydration

7. under eyes: KIDNEY, LIVER, INTESTINES

lack of sleep, dehydration, dirt from makeup and rubbing eyes

8. left cheek: LIVER

overeating, malabsorption of nutrients, stress, stomach problems, poor air quality/pollution, dirt, dirty pillowcase/phone

9. ears + temple: KIDNEYS

dehydration, poor lymphatic circulation, diet too high in fat, too much processed food, stress, excess oil production

10. jawline: HYGIENE + STOMACH

dirt, greasy foods

11. neck: THYROID

illness, immune system

