

# MUKTI



## ACUPRESSURE POINT LOCATION

- Acupressure points may be located with the fingertips and can be identified as a slight indent beneath the facial tissue
- The points will be sensitive when pressure is applied. Use a firm circular motion as you press
- Circle 10x clockwise and 10x anti-clockwise
- There are approximately 29 points on the face and neck as numbered
- As most of the points are duplicated on either side of the face, two points can be stimulated simultaneously