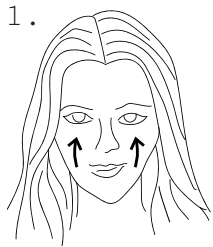


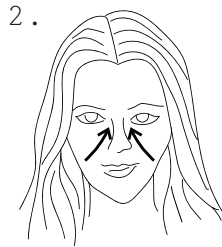
## TWO-MINUTE AGE-DEFYING FACIAL MASSAGE



### CHEEKS

Massage upwards in a sweeping direction. Start with fingertips, following through with the palms of hands.

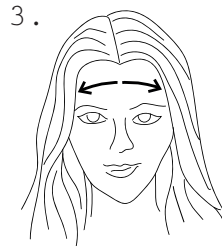
**Repeat 4x**



### NOSE

Using index finger and middle finger, start at tip of nose and work in an upwards direction along the bridge and sides of nose then massage around the nostrils.

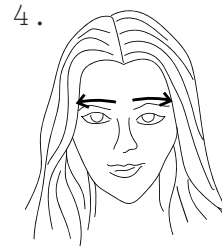
**Repeat 4x**



### FOREHEAD

Using fingertips, place hands parallel. Start at midpoint of forehead and massage across, finishing with slight pressure at the temples.

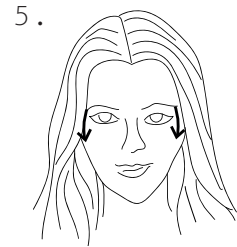
**Repeat 4x**



### EYEBROWS

Using fingertips and thumbs in an opposing position. Start at midpoint of face, firmly pinch along brow line.

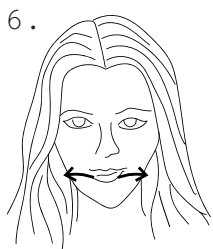
**Repeat 4x**



### EYES

Press inner corner of eye below each eyebrow. Very gently using tips of index and middle fingers, massage in a circular motion, resting at temples and pressing gently.

**Repeat 4x**



### MOUTH

Starting at one side of mouth with index and middle finger of one hand, gently drag fingertips across top and bottom of lips. Repeat in the opposite direction with other hand in a continuous flowing motion.

**Repeat 6x**



### JAW + CHIN

Massage with thumb and index finger along jaw line in an upward direction.

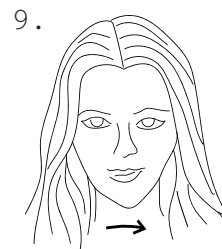
**Repeat 6x**



### NECK + THROAT

Massage with an upward flowing motion using both palms.

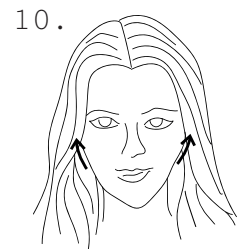
**Repeat 6x**



### CHEST + DÉCOLLETAGE

Massage in a flowing motion from shoulder to shoulder.

**Repeat 6x**

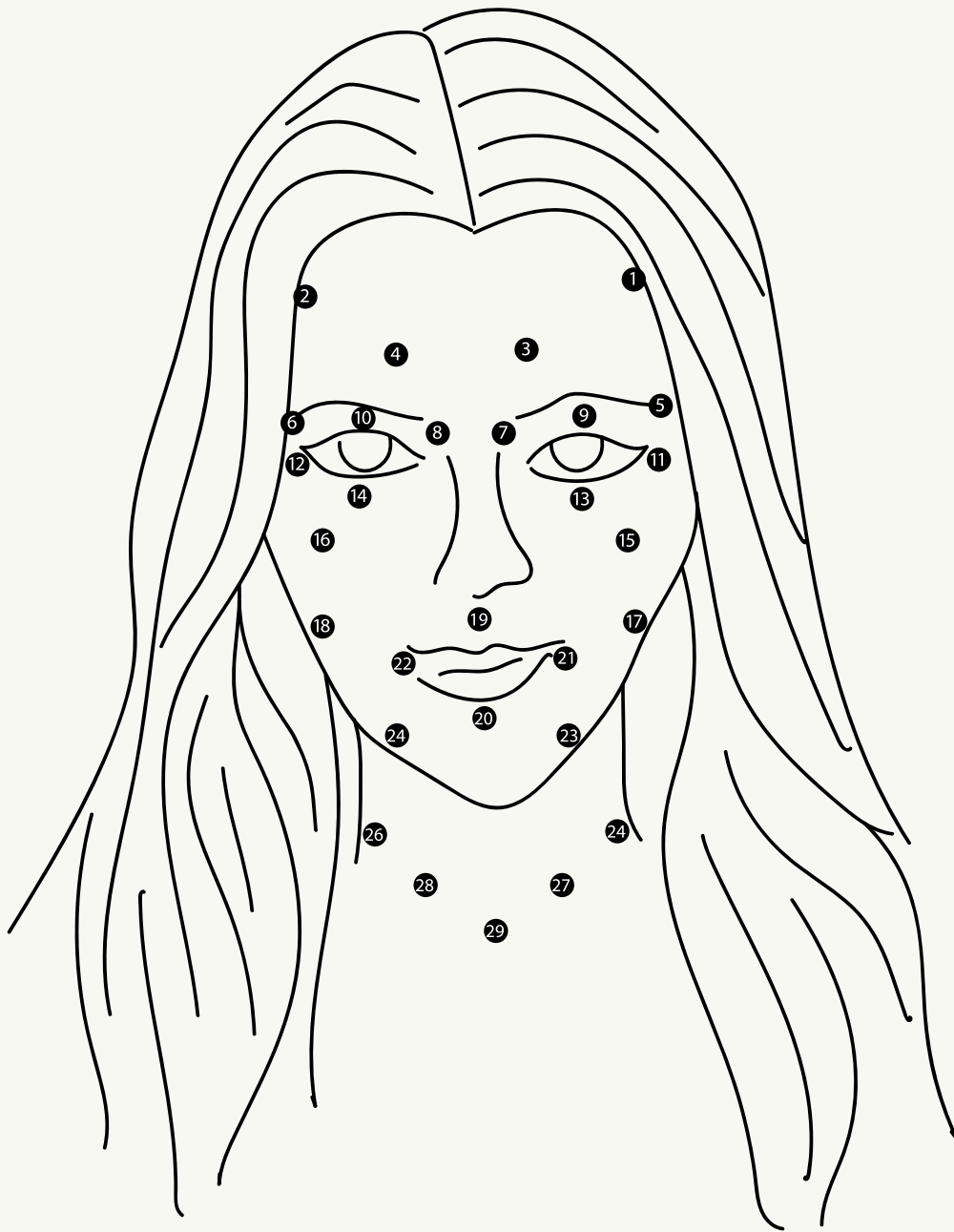


### EARS

Using thumb and index finger, massage with an upward spiral motion unfolding the ear crease.

**Repeat 4x**

## 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.