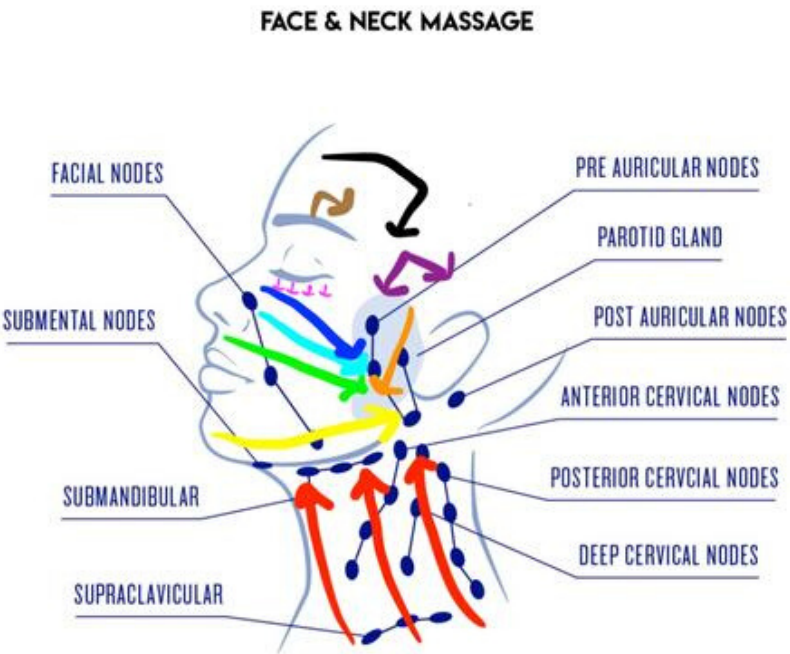


HOW TO: MANUAL LYMPHATIC MASSAGE



- 1 Work down at collarbone, work up towards neck (including sides of neck) up towards ears and jawline (3X).
- 2 Work downwards in front of the ears (3X).
- 3 Work outwards and downwards from chin to ears across the jawline (3X).
- 4 Work outwards and downwards from upper lip (under nostrils) to ears (3X).
- 5 Work outwards and downwards from sides of the nose to ears (3X).
- 6 Work outwards and downwards from inner eye along your nose to the ears (3X).
- 7 Use the full hand (fingertips on temples) on the sides of the face to pump outwards and downwards.
- 8 Place the fingertips very lightly under the eyes and gently pump downwards.
- 9 Place the fingertips on the brows and pump outwards and upwards.
- 10 Place the full hand on the forehead (palms over temples) and pump outwards and downwards.