**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.

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