

Between You & The Moon Daily Facial Massage

1. Inhale. Gently sweep fingers up the sides of cheeks, nose and across forehead.

2. Press point under chin. Exhale into point (3 sec) follow arrows to each point.

3. Start at the base of the nose, circle at the corners, move from the sinus cavity gently to the temples.

4. Pinch the top of the nose and follow along the top of the eye, exhaling at each point, moving through the forehead to the hairline.

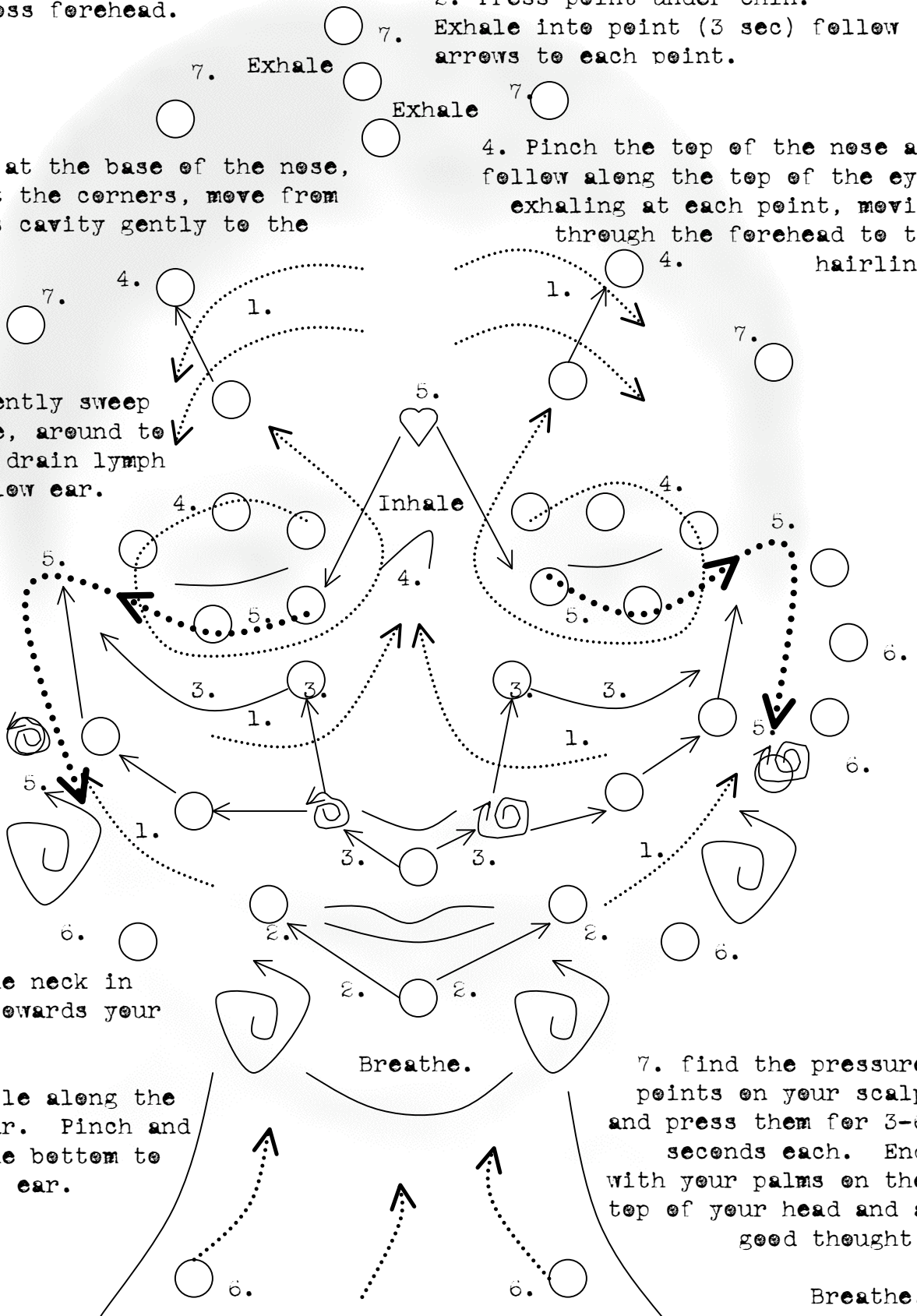
5. pause. Gently sweep under the eye, around to the side and drain lymph into node below ear.

6. Sweep up the neck in long strokes towards your lymph nodes.

Pinch and circle along the chin up the ear. Pinch and circle from the bottom to the top of the ear.

7. find the pressure points on your scalp and press them for 3-6 seconds each. End with your palms on the top of your head and a good thought.

Breathe.



Made With Love in Red Hook, Brooklyn

www.betweenyouandthemoon.com