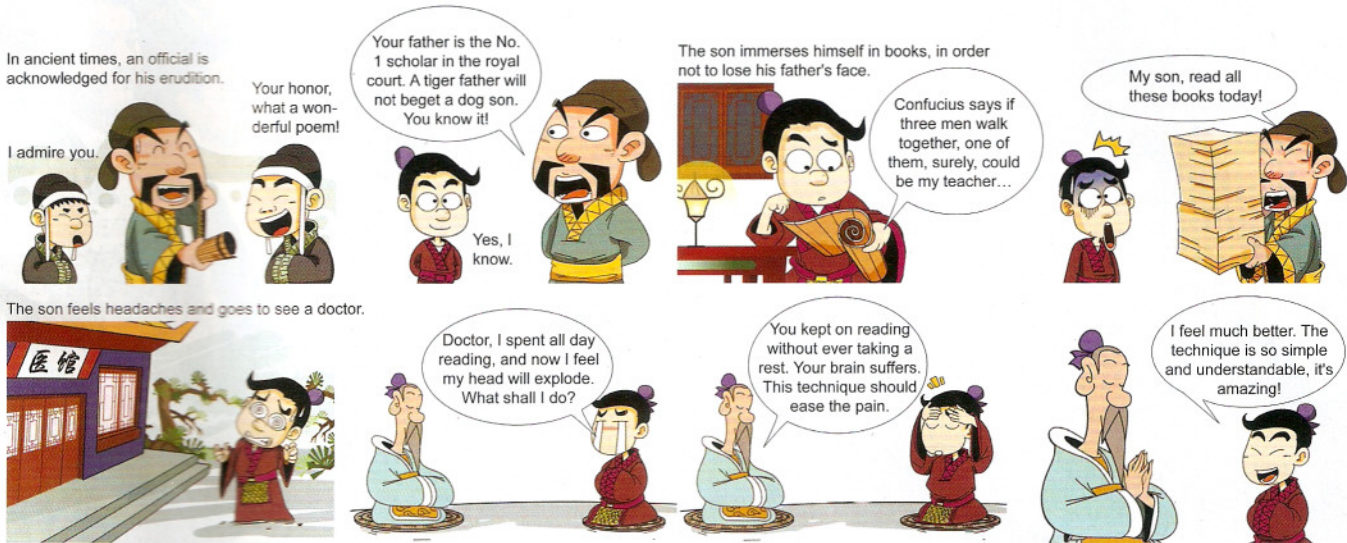


The 10 Chinese Massage Techniques



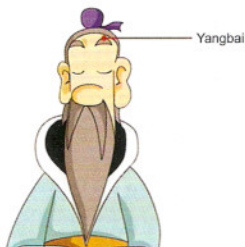
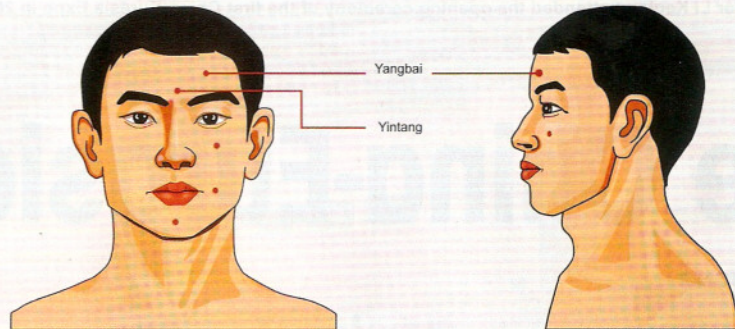
Traditional Chinese Medicine holds that massaging the forehead will promote the circulation of the conception vessel and the governor vessel, main rivers of the body's Yin and Yang energy. It will also revitalize the mind and strengthen the body. Massaging the Yangbai and Yintang acupoints in particular will benefit the body's nervous system and help assuage psychological disturbances.

If you don't have access to a practitioner, not to worry: rubbing one's forehead is something young and old can do at home, school or the office every day. It will stimulate blood circulation and increase blood supply to brain and body.



The Yintang acupoint is on the forehead, in the middle of the two eyebrows

The Yangbai acupoint is about three centimeters above the eyebrow.



Rub your hands together to warm them up



Put your hands on your forehead

Massage either the Yintang or Yangbai acupoint clockwise 55 times.



Do it relaxedly



Clockwise 55 times



Massage slowly at the beginning and then gradually raise the tempo until you feel hot.

The Ten Massage Techniques:

- First: circulates vital energy
- Second: strengthens the brain
- Third: improves eyesight
- Fourth: preserves the looks of youth
- Fifth: maintains the stomach's health
- Sixth: for a healthy spine
- Seventh: strengthens arms
- Eighth: relaxes heels
- Ninth: protects hearing
- Tenth: protects teeth