Facial massage instructions

* Use the middle and ring fingers together to massage the face, if possible
* Experiment with location and amount of pressure; what feels good can vary from day to day

1. **Jaw**
   1. Place the middle and ring fingers at the hinge of the jaw, where the upper and lower jaws meet, near the earlobe.
   2. Massage the fingers in a circle at the jaw.
2. **Temples**
   1. Place the middle and ring fingers at the temples, the indentations on either side of the eyes.
   2. Massage the fingers in a circle at the temples.
3. **Cheekbones**
   1. Use the middle and ring fingers to tap along the cheekbone, in toward the nose and then out toward the ears.
   2. Repeat several times if that feels good.
4. **Eyebrows**
   1. Take the middle and ring fingers to the skin above the eyebrows, near where the eyebrows start above the nose.
   2. Draw the fingers across the skin outward toward the ears along the tops of the eyebrows.
   3. Repeat drawing the fingers outward several times if that feels good.
5. **Forehead**
   1. Take the middle and ring fingers to the skin above the eyebrows, near where the eyebrows start above the nose.
   2. Draw the fingers upward toward the hairline at the top of the forehead.
   3. Take the fingers back to their starting position and draw them outward on a diagonal toward the hairline at the sides of the forehead.
   4. Repeat several times if that feels good.