



FLUORITE FACIAL WANDS

FACIAL
ACUPRESSURE
FOR WELLBEING
& SKIN VITALITY

DWELL SKIN

Facial Acupressure - An Introduction

Acupressure is a traditional Chinese healing practice that utilises touch to engage with acupressure points and release blockages, encouraging the free flow of Qi throughout the channel system. Acupressure with fingers or tools applied to points affects the area locally, but also influences the corresponding channel/s and organ systems.

Acupressure points can generally be found in hollows. Take your time to first familiarise and locate the points with your fingers (index, middle finger or thumb) before accessing the points with your wand.

Touch the point as an initial contact and then press statically with a medium-firm pressure (it should not hurt) and focus your intention on connecting with the energy of the point.

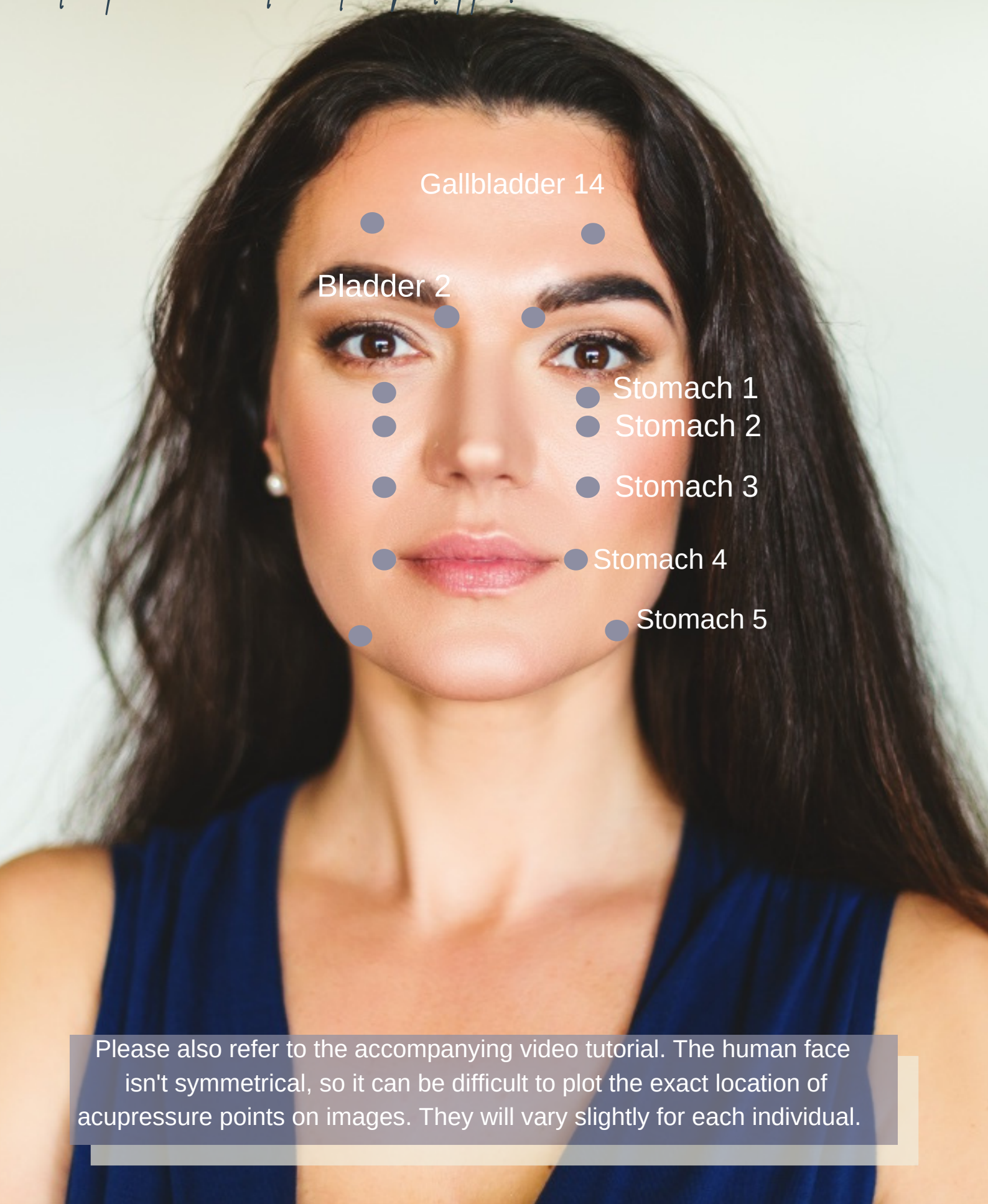
Hold for 30 seconds up to two minutes and gradually decrease pressure before you take your finger away. Repeat as required.

Facial Acupressure - An Introduction

Experiment with static movements with the wider end of your wand and circular massage movements with the thinner tip. Adjust to a lighter pressure when using the thinner tip and work jaw points with the wider end of the wand.

Contraindications to facial acupressure include - serious medical illness. Infectious skin conditions like herpes and impetigo, recent head or facial injury, migraine at the time of practice or frequent migraines. In the case of the latter, experience facial acupressure with a practitioner or acupuncturist to assess and monitor duration of treatment/after effects. High blood pressure. Blood pressure that is monitored/ medicated and is stable is not contraindicated. Colds and flu. Avoid areas of acne, recent scarring, rosacea, thread veins or very dry skin. It is recommended that acupressure is experienced with an acupuncturist/practitioner in pregnancy. You can use your Fluorite Facial Massage Wand for facial massage in pregnancy, though avoid working the top lip area.

Acupressure Points Mapped



Please also refer to the accompanying video tutorial. The human face isn't symmetrical, so it can be difficult to plot the exact location of acupressure points on images. They will vary slightly for each individual.

Facial Acupressure - Points & Functions

GB14 - The gallbladder meridian is the partner of the liver and regulates the liver channel. Liver qi stagnation can lead to facial discolouration and a dull complexion. Use GB14 for frontal headaches, eye issues such as itching & swelling. Drooping eyelids and forehead lines.

Bladder 2 - Local point for sinus congestion and allergies, helps to alleviate swelling. A useful point for headaches and eyestrain. Influences back pain.

Stomach Channel - The stomach channel is of important focus in TCM Facial Rejuvenation. The stomach meridian is full of qi and blood and if the stomach is weak, qi and blood cannot circulate properly to the face and head region. Skin will appear undernourished, pale and if the spleen is affected there may be puffiness. As part of the Earth Element, the stomach and spleen relate to the muscles of the body including facial muscles. Strong stomach qi tones and lifts. As the channel runs through the jaw, points 5, 6 & 7 can be very helpful for TMJ /jaw pain.

Facial Acupressure - Points & Functions

Stomach 1 - Any eye issues. Redness, dryness, itchiness, swelling of the lids. Drooping and eye bags.

Stomach 2 - Frontal headaches, eye issues such as itching & swelling.

Stomach 3 - Benefits the eyes, nasal congestion and swelling of the face.

Stomach 4 - Indicated for facial pain, Bell's Palsy, facial paralysis and toothache.

Stomach 5 - Pain or swelling of the cheek/neck/jaw. Neck pain, lockjaw and toothache.

Stomach 6 - Pinyin name - Jiache. English name - Jawbone. Suitable for use for facial pain, Bell's Palsy, TMJ issues, lock jaw, facial paralysis.

Stomach 7 - Ear issues, hearing problems, ear infections. Lower jaw ache, toothache, TMJ and facial pain.

Acupressure Points Mapped



Tai Yang

Large Intestine 20

Stomach 7

Small Intestine 18

Stomach 6

These points are all pairs located in the same place on the opposite side of the face

Facial Acupressure - Points & Functions

All stomach points also benefit digestion and stomach Qi.

Small Intestine 18 - Pinyin name - Quan Liao. English name - Bony Hole. Local point for facial disorders and issues with facial muscles.

Large Intestine 20 - All discomforts relating to the nose. Nasal congestion, allergies, sinusitis, aids the breath.

Tai Yang - Headaches, toothache, redness and swelling of the eyes.

All facial points activate local flow of qi and blood to the facial/head area.

