

5 POINTS FOR INSTANT STRESS RELIEF

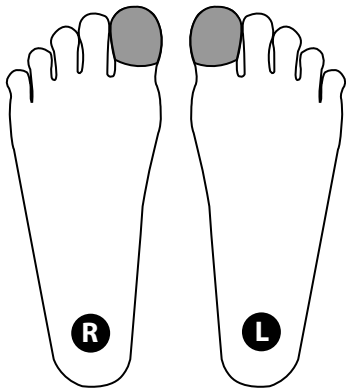


Here's a quick reference chart of Chinese Reflexology and acupressure points for instant stress relief. One of the best gifts we can give ourselves is a sense of calm and tranquility. Massage these 5 points to clear your mind and feel more relaxed and peaceful. To learn how to restore balance and harmony in your body, mind, heart and spirit, please visit my website.

Wishing You Amazing Health and Vitality,
Holly

www.ChineseFootReflexology.com/calm

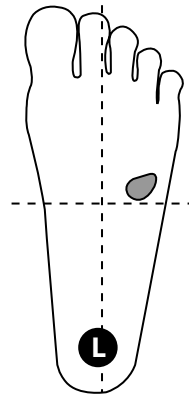
BRAIN



Location
Pad of big toe

Massage Technique
Massage up and down with thumb for 30 seconds

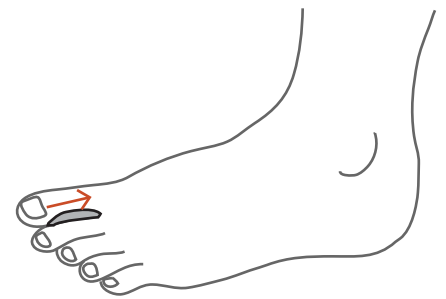
SPLEEN



Location
Left sole only. "Blob" in top right quadrant of sole, above horizontal halfway line.

Massage Technique
Use knuckle or thumb to massage up and down for 30 seconds

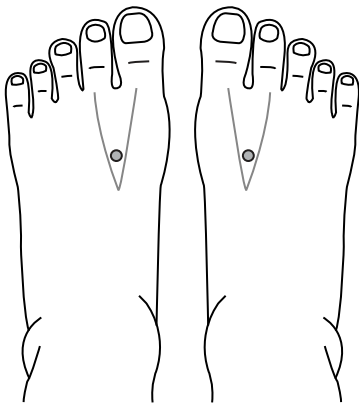
TEMPORAL AREA



Location
Inside edge of big toe of both feet

Massage Technique
Work in a downwards direction only. Start at tip of toe and work towards base, using thumb pad to rub side-to-side (perpendicular to point). At base of toe, lift thumb, reposition at toe tip and repeat massage. Do this for 30 seconds.

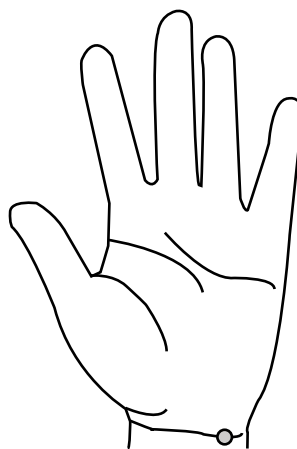
LIVER-3



Location
Point just above where bones of first two toes meet

Massage Technique
Press and hold for 60 seconds

HEART-7



Heart 7
Feel for indent on wrist crease, next to tendon

Massage Technique
Press and hold for 60 seconds

CAUTION

Please do not practice Chinese Reflexology if you are pregnant or have an acute heart condition. One of the points on this chart is used to induce labor. If you're not sure whether it's safe for you to practice reflexology, please check with your doctor first.

