

## Enhance Your Glow: A Beginner's Guide to Facial Acupoint Massage

In the world of Traditional Chinese Medicine (TCM), facial acupoint massage is more than skin-deep—it's a practice that harmonizes your body's energy flow, promoting both beauty and wellness. By stimulating key acupoints on your face, you can encourage better circulation, release tension, and support the health of your internal organs.

This guide will show you how to perform a facial acupoint massage at home using simple tools like a cotton swab or your fingertips. It's easy, relaxing, and pairs perfectly with Karviva Detox and ACE Collagen Juices for a complete self-care ritual.

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### The Basics of Facial Acupoint Massage

#### What You'll Need:

- **Cotton Swabs:** Opt for paper-stemmed swabs with smooth tips.
- **A Mirror:** Helps locate specific acupoints.
- **Clean Hands:** Wash thoroughly before touching your face.

#### Step-by-Step Guide

1. **Find Your Acupoints:**

Use the diagram below to locate key facial acupoints. Each acupoint corresponds to a different organ or body function.

2. **Apply Gentle Pressure:**

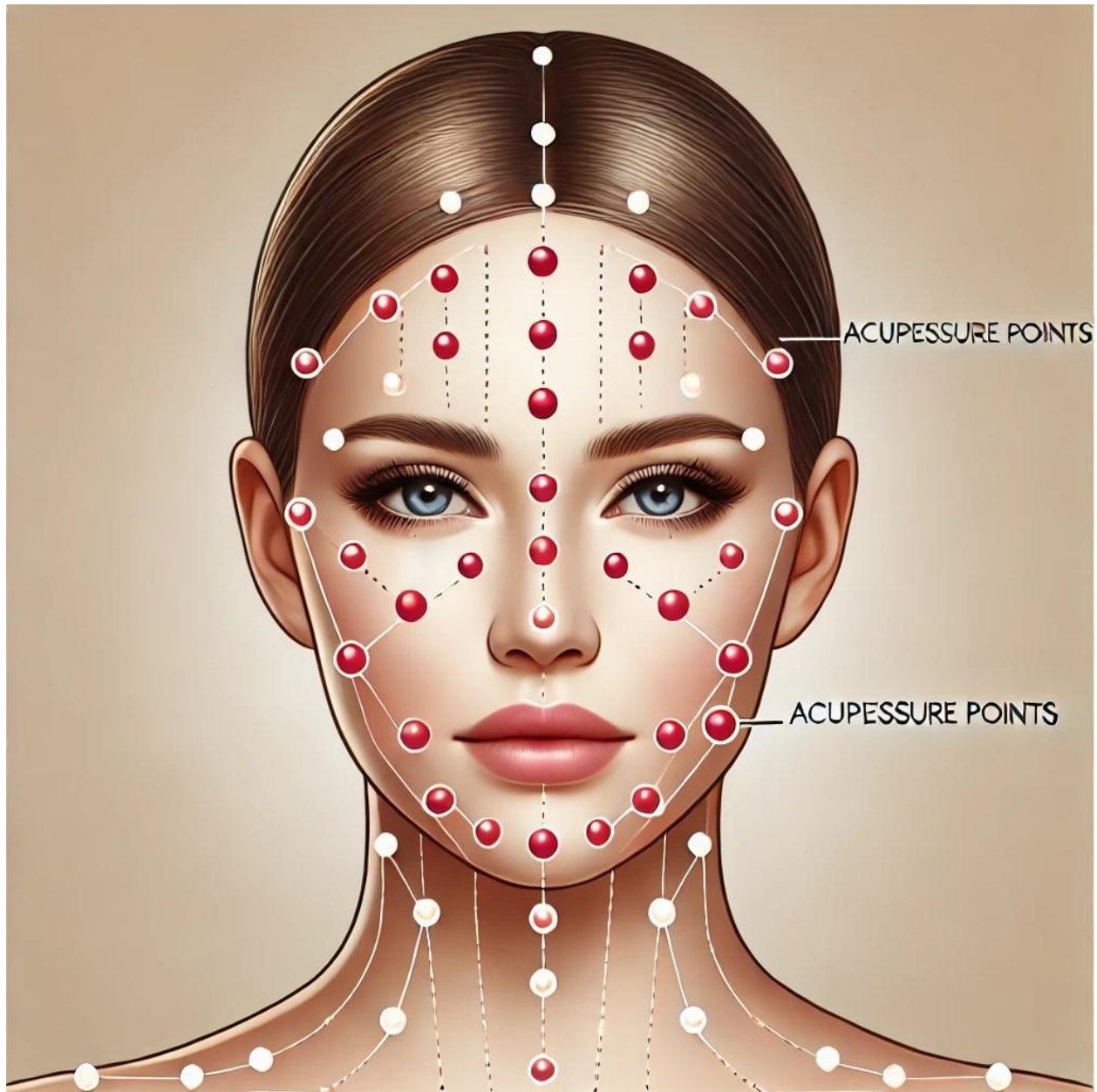
- Hold the cotton swab like a pen for stability.
- Press vertically onto the acupoint for **10 seconds** before releasing.
- If using your fingertips, ensure even, light pressure.

3. **Adjust for Comfort:**

- If you see slight pressure marks, gently massage the area with your fingertips.
- For sensitive skin, use lighter pressure.

4. **Timing:**

- Perform the massage **before or after cleansing your face**, but avoid doing it within 30 minutes of bathing.
  - Limit sessions to **20 minutes**, and listen to your body for signs of overdoing it.
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Here are key acupoints you can focus on during your massage:

- **Between Eyebrows (Yintang):** Helps relieve stress and promote liver health.
  - **Under Eyes:** Boosts kidney function and reduces puffiness.
  - **Nasal Bridge:** Supports pancreas health, improving blood sugar regulation.
  - **Sides of the Mouth:** Reflects digestive system health, particularly the colon.
  - **Chin:** Enhances reproductive organ balance and hormone regulation.
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## Step-by-Step Full-Face Massage

### 1. Forehead (Large Intestine and Small Intestine Zones)

- **Technique:** Use your fingertips or a cotton swab.
  - **How to Massage:**
    - Starting from the center of the forehead, press gently and glide outward toward the temples.
    - Repeat 3–5 times to improve circulation and reduce tension.
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### 2. Between Eyebrows (Yintang Acupoint, Liver Zone)

- **Technique:** Use a cotton swab or finger.
  - **How to Massage:**
    - Press and hold Yintang (between the eyebrows) for 10 seconds.
    - Release and massage in circular motions.
    - This helps to relieve stress and improve liver health.
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### 3. Under Eyes (Kidney Zone)

- **Technique:** Use light pressure to avoid sensitivity.
  - **How to Massage:**
    - Using a cotton swab or ring finger, tap gently from the inner to the outer corner of the eyes.
    - Repeat 3–5 times to reduce puffiness and brighten the area.
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### 4. Nasal Bridge and Cheeks (Pancreas and Lungs Zones)

- **Technique:** Circular and upward motions.
  - **How to Massage:**
    - Massage the bridge of the nose upwards, then outward along the cheekbones.
    - Use gentle pressure to stimulate these reflex zones and boost lymphatic drainage.
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### 5. Mouth and Chin (Colon and Reproductive Zones)

- **Technique:** Apply acupressure at key points.
  - **How to Massage:**
    - Press lightly on both sides of the mouth (near the corners).
    - Massage the center of the chin with circular motions to relax tension.
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## 6. Jawline and Neck (Lymphatic Drainage)

- **Technique:** Use upward strokes.
- **How to Massage:**
  - Starting at the chin, glide your fingertips upward along the jawline toward the ears.
  - Repeat along the neck to encourage lymphatic drainage and improve skin tone.