

Facial Acupressure

How to engage a point on your face

Excerpted from <https://www.healthline.com/health/pressure-points-for-face#about>

Before you get busy exploring your face for pressure points, it's important to understand how to engage these areas.

“Some of the most common acupressure points are easier to locate, especially since many of them exist where there are ‘gaps’ between bones, tendons, or ligaments,” says Ani Baran of NJ Acupuncture Center.

However, she points out that sometimes finding these pressure points can take some time. With that in mind, make sure to follow any detailed instructions on how to find them and allow plenty of practice time to perfect the technique.

When it comes to applying acupressure to the face, Baran explains that it's important to use the right technique and find the right balance.

“Generally we suggest a mix of pressing and massaging back and forth with one or two fingers, usually for up to at least 2 minutes per pressure point,” she says.

As far as pressure, the main thing to remember is “gentle but firm.” In other words, firm enough to feel some pressure, but gentle enough not to leave any sort of mark.

Additionally, Irina Logman, CEO and founder of Advanced Holistic Center, recommends massaging and applying pressure for at least 30 seconds to activate these points.

What are pressure points?

According to Baran, pressure points are specific areas of the body that run along meridians or channels through which the energy in our body flows.

“They are easily accessible not just by acupuncturists, but by anyone who wants to practice acupressure at home,” she explains.

These areas correlate with specific points where blocking of the meridians is common, resulting in pain and discomfort in the body. By servicing pressure points, Baran says we can unblock the meridians, regulating the

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flow of energy and releasing endorphins and other natural pain-relieving “qi” to the affected areas of the body.

Facial acupressure points

The acupressure points located on the face have been used to help with anything from congestion and headaches to fevers and chills.

Although research on the benefits of acupressure is limited, some research suggests it may help reduce physical pain as well as stress.

A 2015 study found that acupressure massage was effective in reducing symptoms of Bell’s palsy, a type of paralysis. Symptoms of depression were also reduced.

A small 2019 study on people with chronic low back pain found that self-administered acupressure reduced pain and fatigue.

Acupressure massage is also often used in dental care as a noninvasive approach to reducing pain.

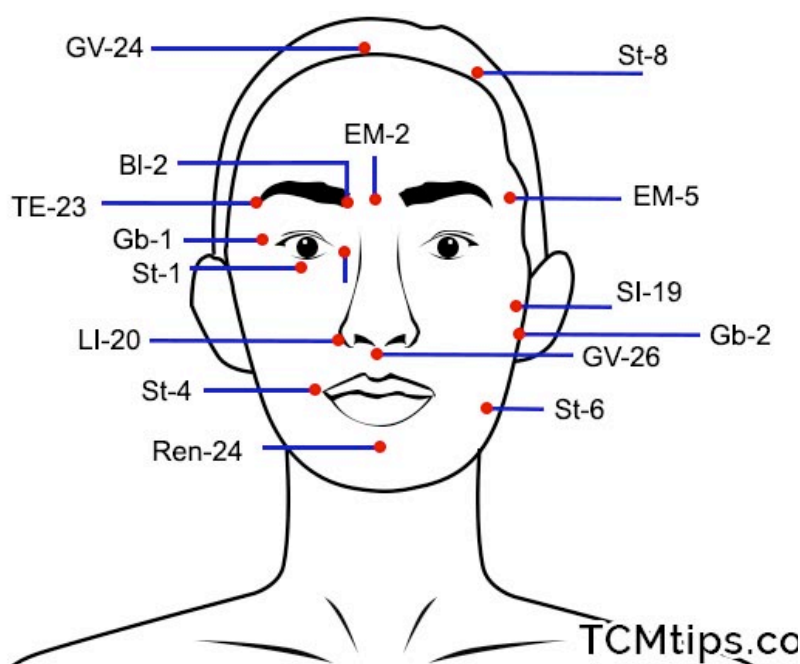
There are several acupressure points located on your face. Points on the front of your face include:

- LI20
- GV26
- Yintang

Points on the side of your face include:

- Taiyang
- SJ21
- SJ17

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Touwei ST-8

at the meeting point of a horizontal line drawn 0.5 cun within the anterior hairline, and a vertical line drawn 0.5 cun posterior to the hairline of the temple

Shangguan GB-3

in a hollow above the upper border of the zygomatic arch, directly superior to Xiaguan ST-7

Shuaigu GB-8

in the slight depression 1 cun directly above the apex of the ear

Tianchong GB-9

in the depression 0.5 cun posterior to Shuaigu GB-8

Jiaosun SJ-20

directly level with the apex of the ear

Ermen SJ-21

in the depression anterior to the supratragic notch and slightly superior to the condyloid process of the mandible

Tinggong SI-19

in the depression between the middle of the tragus and the condyloid process of the mandible

Wangu GB-12

in the depression just posterior and inferior to the mastoid process

Yifeng SJ-17

behind the earlobe, between the ramus of the mandible and the mastoid process, in the depression just superior to the palpable transverse process of the first cervical vertebra

Xiaguan ST-7

at the lower border of the zygomatic arch, in the depression anterior to the condyloid process of the mandible

Taiyang (M-HN-9)

in the tender depression approximately 1 cun posterior to the midpoint between the lateral extremity of the eyebrow and the outer canthus of the eye

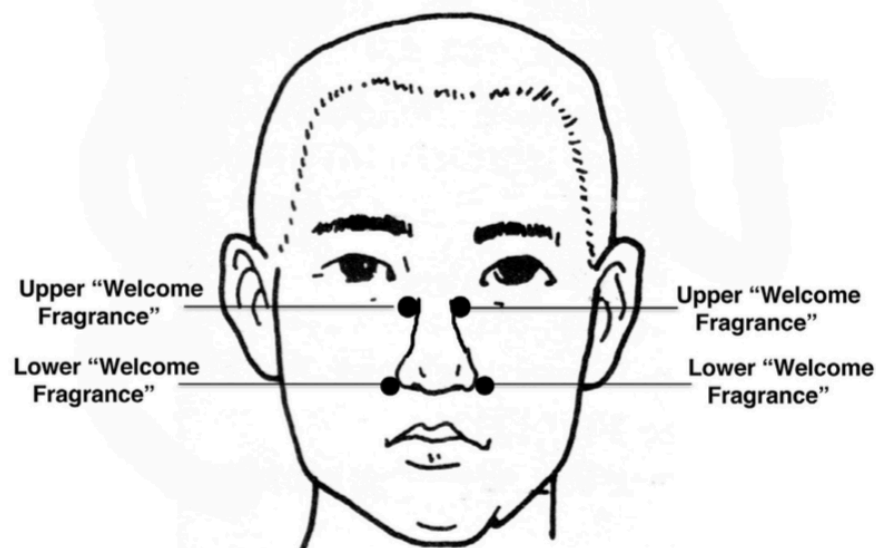
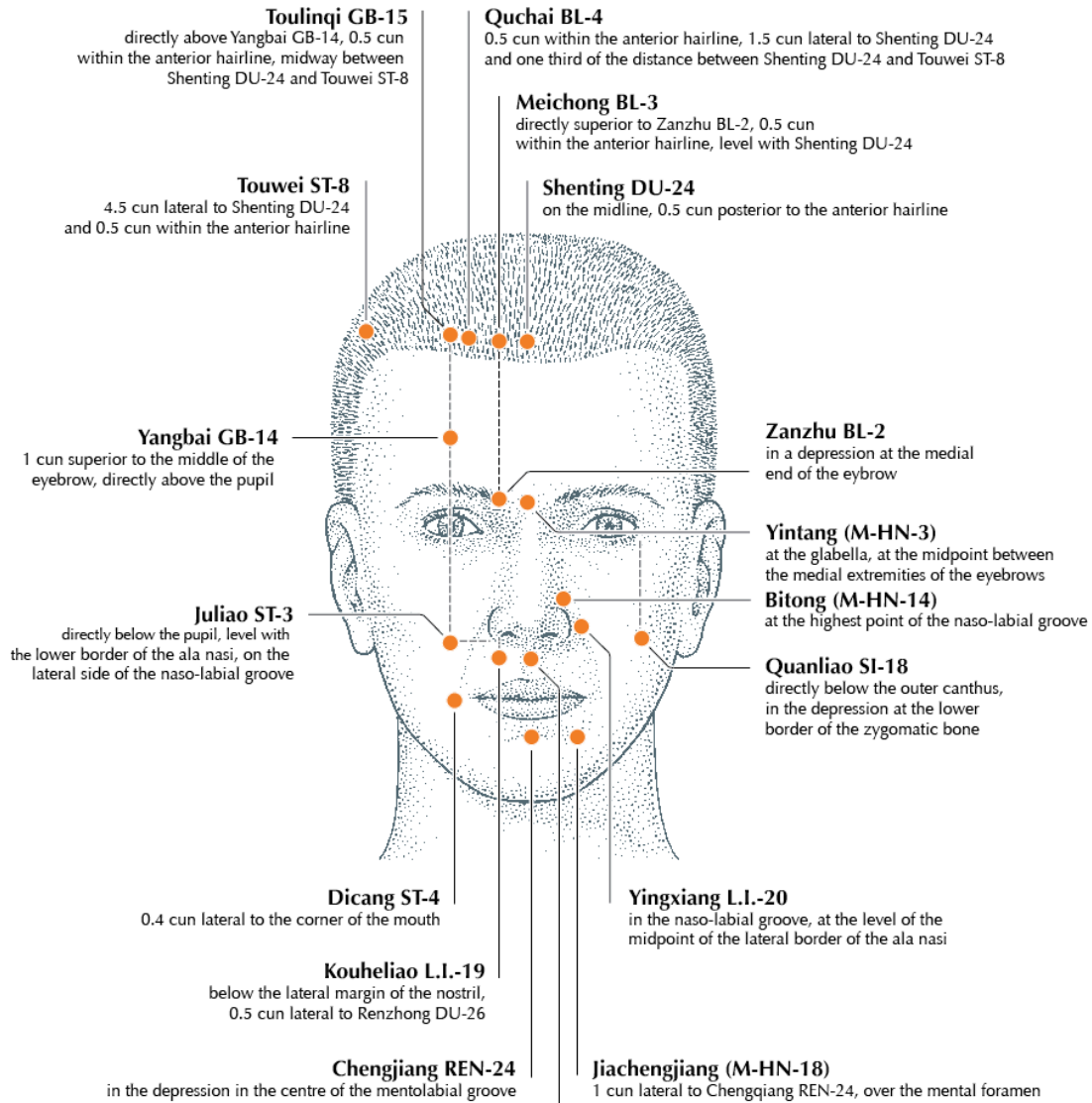
Tongziliao GB-1

in the hollow on the lateral side of the orbital margin, approximately 0.5 cun lateral to the outer canthus

Tinghui GB-2

in the hollow between the intertragic notch posteriorly and the condyloid process of the mandible anteriorly

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Here are some pressure points and use for them.

LI 20 (Lower Welcome Fragrance)

LI 20 is located in the nasolabial groove, which is the groove where your nostril meets your face.

Use it for:

- clearing the nasal passages
- relieving congestion and itchy nose

Bitong (Upper Welcome Fragrance EX-HN 14)

The bitong point can be found along side the nostril, where the nasolabial groove meets the nose.

Its uses include:

- clearing congestion
- calming inflammation
- helping with seasonal ailments

GV26

GV 26 is located right in the center between your lips and your nose.

Use it for:

- restoring focus
- calming your mind

Yintang (EX-HN 3)

Yintang is located between your eyebrows, which is the area otherwise known as your “third eye.”

Use it for:

- reducing anxiety
- improving sleep

BL 2 (Drilling Bamboo)

Medial end of Eyebrows

Use for:

- Eye Issues
- Sinus Congestion or Pain

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Yuyao (Fish Lumbus EX-HN 4)

Located at the center of the eyebrows.

Use for:

- Pain & swelling of the eyes
- Dispelling wind-heat

Taiyang (EX-HN 5)

Taiyang is located in the tender depression of the temple.

Use it for:

- one-sided headaches
- dizziness
- eye problems

SJ21

SJ21 is located in the depression anterior to the supratragic notch, which is right above the tragus of the ear, closer to the face.

Use it for:

- toothaches
- tinnitus
- stuffy ears

SJ17

SJ17 is located right behind the earlobe. According to Logman and other practitioners.

Use it for:

- toothaches
- Lockjaw

GB 14

On forehead 1 finger's width above eyebrows directly up from center of pupil

Use it for:

- Clear Thinking
- Hypertension
- Headaches

ST 3

Bottom of cheekbone directly down from pupil

Use it for:

- Stuffy Nose
- Toothache
- Headaches

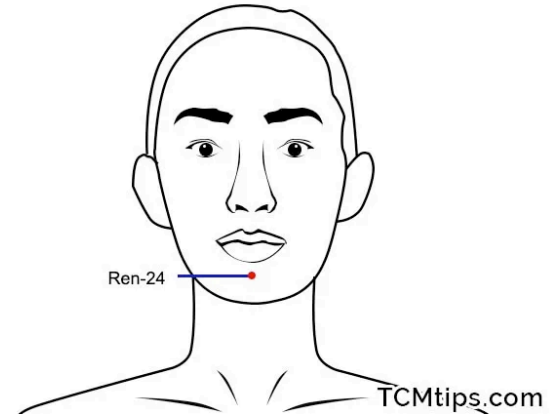
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Excerpted from <https://tcmtips.com/free-face-acupressure-points-chart-6-acupoints-that-help-to-reduce-facial-swelling/>

Ren-24 (Other Names: The Conception Vessel-24/Cheng Jiang/Saliva Container)

Located on the “conception vessel” meridian, Ren-24 is a versatile acupoint with many benefits. This point will move energy through the body, helping de-puff the face, and is also great for acupressure for face wrinkles. Ren-24 provides these benefits by “expelling wind” through the face.

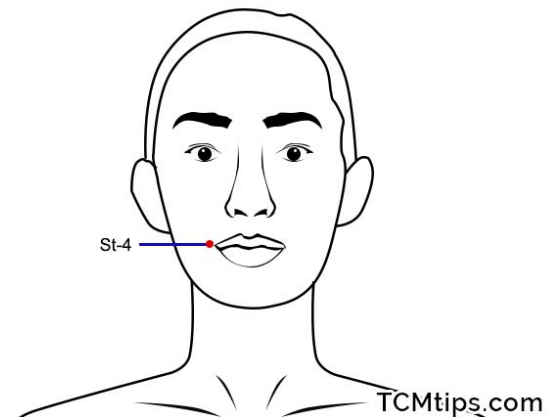
The Saliva Container is located in the center of the face, directly below the lips. Place your finger in the small divot of your chin and you have successfully found this facial acupoint.



ST-4 (Other Names: Stomach-4/Di Cang/Earth Granary)

The Earth Granary acupoint is next on our list of face acupuncture points. Located along the stomach meridian, St-4 will activate the meridian and allow energy to flow and wind to dispel. The resulting benefits include: regulating salivation, straightening the jaw, alleviating twitching around the face, and alleviating general pain.

St-4 is located just outside the corner of the mouth. Place your fingers on either side of your mouth (where your top and bottom lip meet), and move your fingers just slightly to the outside (about half a centimeter).



Ren-22 (Other Names: The Conception Vessel-22/Tian Tu/Heaven Projection)

Another point along the conception vessel meridian, the Heaven Projection acupoint is located on the throat instead of on the face. Ren-22 will help with the following issues in the body: swollen face, problems in the throat (cough, dryness, soreness, etc.), and chest pain. This is also one of the great acupressure points for bronchitis.

Located on the centerline of the body, Ren-22 is at the bottom of the throat, in the divot between your two collarbones. Be careful when engaging this acupoint, as the point is sensitive for many people.



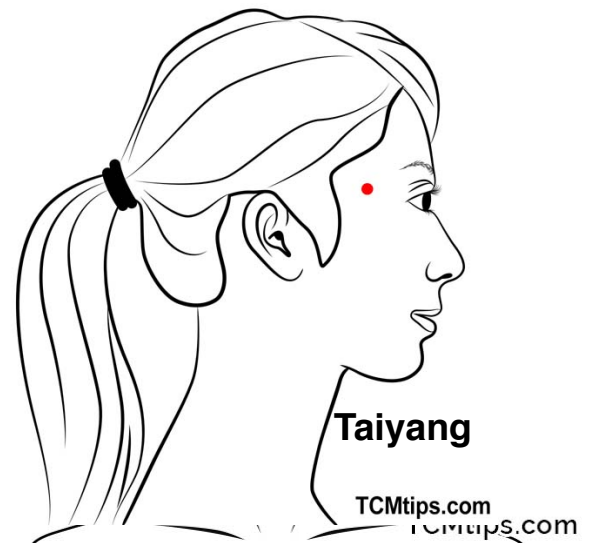
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Taiyang (EX-HN 5)

The Taiyang acupoint is considered an “extra” point, as it does not lie on a generally agreed-upon meridian. Still, this point can serve many benefits and is considered one of the great facial acupressure points for wrinkles and one of the great acupressure points for a facelift. This point will plump, lift, de-puff, and smooth the face.

According to Wikipedia, this point is “In the region of the temples, in the depression about one finger-breadth posterior to the midpoint between the lateral end of the eyebrow and the outer canthus”. Use caution when stimulating this point – some people will be sensitive to it.



LI-20 (Other Names: Large Intestine-20/Ying Xiang/Welcome Fragrance)

The LI-20 acupressure point is located on the large intestine meridian. Stimulating the Receiving Fragrance point will dispel wind, open up the nasal passages, and clear heat all throughout the body. The benefits seen include reduction of facial swelling, alleviation of congestion throughout the nose and throat, and alleviation of an itchy face. This point has also made our list of acupressure points for snoring – if you or a loved one snore, be sure to check out that article.

LI-20 is located on either side of your nose, right next to the nostrils (or where the top of your smile line starts). Engage this point with a firm pressure, but be aware of any sensitivity.

ST-6 (Other Names: Stomach-6/Jia Che/Jaw Bone)

The St-6 acupoint will reduce swelling around the jaw and face, alleviate pain from toothaches, and help with TMJ. Believe it or not, this point is also a great acupressure point for weight loss. The Jaw Bone acupoint accomplishes all this by dispelling wind and moving energy all throughout the body.

To find, clench your jaw and feel the muscle engage right below your ear (this muscle is called the masseter). Keep your finger on the hardened muscle, then relax your jaw. Stimulate this acupoint with your jaw relaxed. If you suffer from TMJ, this point may be especially sensitive so use caution.

