

How To Give Yourself An Energizing Face Massage

Make yourself comfortable. You can do this massage in any setting, but it is more effective when the mind is calm and the body is relaxed. Find a quiet place if possible, either lying down or seated. Take a few deep breaths and, if you wear glasses, remove them before starting.

Head tapping - First, start by gently tapping your head by drumming your fingertips all around the top of the scalp. This stimulates blood flow and brain cell activity. Continue doing this for about 1 minute.

Forward swipes - Next flatten both hands with your palms facing you and hold them at forehead level. Turn your head from left to right, alternate swiping the forehead with the fingers of the left and right hand. It should be that your head is moving and not your hands. Repeat this about 10 times to each side.

Circle the eyes - With your hands still at eye level, now make loose fists while placing the thumbs on the cheekbones. Starting at the bridge of your nose, firmly draw the knuckles of your index fingers in an arc across your eyebrows and down the outside of your eye.

Then, once again starting from the bridge of your nose, this time draw your knuckles in an arc beneath your eyes on the crest of your cheekbones. Repeat this cycle approximately 10 times.

Palming the cheeks - Once again open your hands and place the palms over your cheekbones. Firmly draw your palms down towards your mouth, then continue along the bottom edge of your jawbone. Follow the line of your jaw upwards, to just in front of your ears, then in along your cheekbones completing a cycle. Repeat this cycle 10 times.

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Mouth swipes - Now turn your hands with fingertips pointing towards each other and your palms towards you as in the forehead swipes, but this time at mouth level. Again, move your head side to side, swiping the your mouth and lips with your fingertips. Remember it is your head that turns while your hands remain still. Repeat 10 times to each side.

Throat pull - Lowering your hands to neck level, we will now extend the thumbs and curve the fingers slightly. Using very light pressure, place one hand on your throat, and pull directly forward while closing your thumb and forefinger so that you tug gently at the skin as your hand slides off. This should not be painful or uncomfortable. As the first hand slides off, the other hand is rising to repeat the process. With practice, you can achieve a steady rhythm. Repeat with both hands 10 times.

Ear massage - To begin, we are going to make "Spock" hands, that is, with your little finger and ring finger together and middle and index finger together. Place your hands on the side of your head with your ears between the fingers and massage up and down. Repeat this 10 times.

Now we will massage your ears. Starting at the tops, rub your ear firmly between thumb and the first two fingers. Continue down to the lobe covering the entire ear. To finish, give your earlobe a firm tug, then the middle of your ear, and finally the top. Repeat this 3 times.

This simple regimen should be done *at least* once a day.

TWICE EACH DAY IS BETTER!

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