**Facial Massage**

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**Warm up neck**

* Nodding to the front
* Looking to the left/right
* Begin nodding
* Squeeze of the neck - left/right - open passageways.

Hold on to sternum - Stretch fascia - tilt head back.

**Tap face all over**

* Hold the third eye (between brows)
* Take deep breaths in and out.
* Press gently at the side of the eye sockets.

**Apply the lotion/cream**

* Begin with fingers - Light circles across the face.
* Change to a soft knuckle.
* Gentle sweeps across the forehead
* Take further down the neck.
* Fingertips in the center of forehead pulling outwards x 5
* Light pinch of the eyebrow - gentle circles (DO NOT PULL)
* Move outwards.

Above cheekbone/laterally to the eye socket - little ridge

* Circles
* Start to pull out x3
* Move over ears (Can use the hook of fingers)
* Hold over ears, enjoy the feeling - move down the neck.

Keeping the hook - Sinus

* Hook outwards under cheekbones
* Placing hands horizontally - place hands on the labial fold, pull out and drain down.

Circle under jaw into lymph nodes (Gentle pressure)

Cheeks

* 2-finger hold - Swipes up cheeks with 2 fingers.
* Whole hand sweeps

Under Jaw - 2 fingers, using the knuckles - pull out towards the ear.

* Sweeps down neck.
* Knead into collar bone.

Spend time to breathe at the end.