

EYE MASSAGES



PURPOSE

The purpose of this lesson is to massage specific pressure to points responsible for stress reduction, improved circulation, and reduced muscle tension. Targeting these points can help promote relaxation and relieve the tension around the eyes and forehead that often contribute to headaches, eyestrain, and stress.



REPEAT

Perform the sequence of these three exercises once per day or whenever you feel pressure or tension in your eyes.

1

First place your thumbs gently below your eyebrows and on the inside corners of your eyes close to where your eyes meet your nose.

2

Place the other four fingers on your forehead.

3

Apply gentle pressure inward using the thumbs and count to four.

4

Second, using the index finger and thumb of either hand, massage the nose's bridge and count to four as pressure is applied.

5

Finally, look straight ahead and above your pupils, place your thumbs on the middle of the eyebrow. Place gentle pressure and massage this point for 5 seconds.