

# How to apply face, nose, hand and foot acupuncture

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## How to Use Acupressure Points for Foot Pain: 10 Steps

Indulge in activities like Yoga, aerobics, dance, cycling, trekking or other art forms that make you sweat profusely. Home Remedies for Stuffy Nose: Working in tandem with acupressure therapy, you may also try some home remedies to get relief from stuffy nose, which are as follows: Use a humidifier: A stuffy nose is caused due to improper build-up of mucous in the sinuses.

## Acupuncture Points On Your Head, Neck, & Face

Acupressure points for stuffy or runny nose. Governing Vessel 16, on the bottom back of the skull, behind your head, in the middle of your spine.

## Pressure Points for Anxiety: 5 Ways to Use Acupressure at Home

Remember to hold this point for 2 minutes.

## ðŸŒŒ Face Reflexology â

Massage them one at a time, for 5 to 10 minutes and clear a stuffy nose in a jiffy.

## How do Acupuncturist Choose Acupuncture Points

Gallbladder 20, on the bottom back of the skull, behind your head, a bit to the side of the spine. Hand-foot-and-mouth disease usually eases on its own.

DiLibero recommends gently pressing the area in between your brows with your ring and middle fingers.

## Related Books

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