

FACE MASSAGE

- Stress often builds up throughout the day and shows in our faces!
- Signs of stress may include knit eyebrow, clenched teeth, and pursed lips
- Try these face massage techniques to relieve stress and increase circulation in your face!

Step 1: Gently rubbing your whole face with your finger tips

- Start with your fingertips on your jaw near your ears
- Make small circular motions as you slowly move your fingers toward your chin
- Once your fingers make it to the centre of your face, move them up and gently work towards the outside of your face
- Continue going in and out with circular motions until you have done your entire face (including your forehead!)

Step 2: Gently patting your face with your fingers

- Keep your fingers together
- Spend a few moments gently patting your face with your fingers
- This really wakes the face up and brings colour back to your cheeks

Step 3: Gently caressing your face with your fingers

- Start with your fingers in the middle of your forehead
- Use nice long strokes to smooth out your face
- Slowly work your way down to your chin