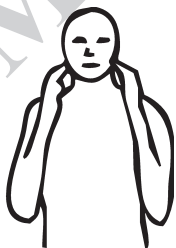


Self-Massage For The Head And Face



To temporarily improve your mental clarity and concentration, and to reduce tension or anxiety, try massaging your head and face.

1. Placing one index finger directly over the other, begin pressing and releasing, “walking” rhythmically from the hairline down the center of the forehead. Then, moving about one inch horizontally to the right of the centerline, press and release from the hairline downward. Move your fingers one inch to the left of the centerline, and repeat.
2. Beginning with your thumbs or index fingers at the center of your forehead, “draw” a line from the midline to the temples. Smooth the skin across the eyebrows, the center horizontal line of the forehead, and across the hairline.
3. Make small circles on each temple with your index fingers.
4. With your hands, make a “claw.” Make small circles into your scalp, slowly covering your entire scalp, lingering wherever it feels tight.
5. Using alternate index fingers, stroke down the bridge of the nose from the top to the tip.
6. With your thumbs or index fingers, gently stroke from the inner corner of the eye across the cheekbones to the ears. Repeat in horizontal strips as you work down the face.
7. Make circles into the well-developed muscles of the jaw. Linger on areas that are sore or tight.