

NATURAL SYNERGY

ACU-FACELIFT REVITALIZER



**Defy Aging with Acupressure
and TCM**

Dr. Lin Xiaoxi & Emily J. Parker

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This publication was created to provide authentic and detailed information on Traditional Chinese Medicine for educational purposes. This information should be used as a supplement to your doctor's advice and not a replacement.

Acupressure is generally safe to use and has little or no side effects. It is always best that people with severe medical issues, such as cancer, heart disease or a chronic condition, consult their local doctor or TCM practitioner before performing acupressure or any other complementary therapy.

Nevertheless, there are certain situations where it is best to avoid acupressure:

- If you have had surgery recently — it is advisable to wait for acute inflammation to resolve. Do not perform acupressure over the surgery area.
- If you have recently suffered a heart attack or stroke
- If you have been diagnosed with cancer
- Burns, wounds, and skin infections — acupressure is contraindicated over wounded, or infected skin
- Varicose veins — pressure over varicose veins can cause severe pain and worsen the problem.
- Bone fractures — do not apply acupressure directly on a fracture spot. Slight pressure on the perimeter can be useful to increase blood flow and promote healing
- If you notice an undiagnosed lump or mass — speak to a physician first to find out what the mass is
- Pregnancy — special precaution, there's a series of points that should not be used in pregnancy for they may put the pregnancy at risk or induce labor

The author does not accept any responsibility for any liabilities resulting from any health decisions made by purchasers of this book.

Preface

To get the best out of this book it is recommended to read from start to finish, and then decide which beauty regime is best for you.

You can quickly find your chosen beauty regimes using the links in the table of contents.

If you are a member of the Natural Synergy system, then it is recommended to use the bio-acoustic meridian frequencies in tandem with your acupressure routine. You can find these in the Natural Synergy App.

PS: Don't forget to incorporate the "five fantastic facial masks – from the kitchen" found at the end of this book.

"The best time to plant a tree was 20 years ago. The second best time is now."

Chinese Proverb

Introduction

Throughout the ages, we have had an obsession with looking younger, with people sometimes resorting to drastic measures to do so.

Since Cleopatra reportedly bathed in milk to keep her complexion soft and smooth thousands of years ago, we have now progressed to more aggressive treatments such as the nips and tucks, the Botox, fillers and the chemical peels of recent years.

One thing is clear. Beauty is, and always has been, something which people are willing to go to great lengths, and expense, to preserve.

But what if there was a simple solution?

Something which you could do for yourself, for free, in the comfort of your own home?

It may sound too good to be true, but Chinese medicine has long held the secrets of maintaining youth.

By using a few simple techniques such as acupressure and facial massage, paying attention to your diet and incorporating natural products into your daily skincare regime, you will not only slow the signs of ageing but also improve your general health and well-being.

The reason for this is that according to Chinese medicine, beauty comes not from what is on the surface, but from deep within.

Our Life Force

"If you are planning for a year, sow rice; if you are planning for a decade, plant trees; if you are planning for a lifetime, educate people." - Chinese Proverb

In this book, there will be references to "qi". Qi (pronounced "chi") can be roughly translated as "vital energy" or "life force". Qi is called "ki" in Japan, "prana" in India, and "mana" in some Polynesian cultures.

It flows through our meridian system, allowing our lungs to breathe, our muscles to move and our hearts to beat. It is what animates us and keeps us alive.

Our state of well-being is highly dependent on the state of our energy flow (qi), and this is what we are trying to regulate when we use acupressure or acupuncture.

The Meridian System – Your Personal Communications Network

According to Chinese medicine, qi flows around the body through very fine channels called meridians.

These meridians are like qi traffic channels, and your qi should move through them freely, nourishing every cell, muscle and tissue as it goes.

However, sometimes, like peak hour traffic, the meridians can become blocked or impeded.

Perhaps a physical injury, lifestyle or diet has prevented the smooth flow of qi. Or maybe there is simply not enough qi to move as it should. This is when disease or physical imbalances occur such as weight gain or premature aging.

There are twelve main meridians, one for each of the organs. As well as having a deep pathway connecting with their respective organ, each meridian is accessible from the surface of the body, via the acupressure points. These acupoints are dotted all along the meridian lines.

This forms a complex communications system throughout the entire body.

These special points along the meridian lines are the places where we can access and regulate stagnant qi or a restricted flow of qi.

There are a number of ways we can stimulate these acupoints in order to restore a free-flow of qi. Some of these methods are, acupuncture, electro-acupuncture, specific sound frequencies and acupressure.

When your qi and internal organs are in balance and harmony, it shows. Your skin becomes radiant and firm. Fine lines and wrinkles are reduced. And as a bonus you will reduce your stress levels, sleep better and have more energy too!

But before we get started on how to put this amazing self-treatment into practice, we first need to understand how the ageing process is viewed by Chinese medicine.

Chapter 1 - The Kidneys – The Gatekeeper of Youth

“The journey of a thousand miles begins with a single step.” Lao Tzu

The Kidneys are the most important organ in the body as far as ageing is concerned. Not only are they the source of all yin and yang within the body, but they also store what is known as jing, or essence.

The amount of jing that you have is predetermined at birth. It depends on a number of factors such as your parents' age and health at the time of your conception. Jing controls the speed at which you develop as a child and mature as an adult.

Throughout your lifetime, your jing is gradually depleted, causing your body to age.

As your Kidneys and jing begin to decline, you may notice symptoms such as thinning hair, dental problems, a weak bladder, difficulty hearing as well as you used to, poor memory and feeling tired all the time.

How quickly this happens is partly down to genetic factors; but you can have some influence over the speed at which your jing is lost by eating the right foods, exercising, resting appropriately, and avoiding toxins such as tobacco and alcohol.

You can also preserve your jing by treating your Kidneys directly by using specific acupressure points both on and off the Kidney meridian. And by eating Kidney nourishing food - listed later in this chapter.

Acupressure Points for Nourishing the Kidneys - Your everyday essential

Apply pressure to each of the points for 10 to 20 seconds. Repeat twice so each point is stimulated for 30 seconds to one minute in total.

Kidney 3 – Tai Xi - Greater Stream



Location: On the inner ankle, in the hollow between the prominence of the ankle bone and the Achilles tendon.

Actions: Nourishes Kidney yin and yang; working to slow down the ageing process.

Roots the qi; improving energy and giving your skin a healthy glow.

Benefits the lungs for silky smooth, wrinkle-free skin.

Kidney 6 – Zhao Hai - Illuminated Sea



Location: On the inner foot, below the prominence of the ankle bone, in a groove between the two ligaments.

Actions: Nourishes the Kidney; especially Kidney yin which declines as you reach menopause, resulting in hot flashes, mood swings and ageing skin.

Regulates the Intestines; Bladder, uterus and genitals, improving digestion and urinary function.

Calms the mind and aids restful sleep. Good quality sleep is a beauty essential, preventing dark circles and giving skin a healthy luster.

Kidney 10 – Yin Gu - Yin Valley



Location: Behind the knee at the inner end of the knee crease, between the two tendons. Best located with the knee slightly bent.

Actions: Benefits the Kidneys; the body's anti-ageing powerhouse.

Regulates the Intestines; Bladder and uterus for smooth digestion and passing of water.

Awakens entire Kidney channel; the source of your jing and the key to youthfulness.

Relieves knee and lower back pain.

Spleen 6 – San Yin Jiao -Three Yin Junction



Although not on the Kidney channel, Spleen 6 is an important point for benefitting the Kidneys as well as the Spleen and Liver, the three Yin channels of the leg. It nourishes both Yin and blood which are both vital components in healthy, younger-looking skin.

Location: On the inner aspect of the lower leg 4 finger widths above the prominence of the ankle bone, in the groove just behind the tibia bone.

CAUTION: Do not use during pregnancy.

Actions: Benefits the Spleen, Kidneys and Liver; The Spleen plays a vital role in digestion and the Liver is responsible for the formation and storage of blood.

Nourishes yin and blood; both required for smooth and radiant skin.

Improves gynecological issues and male sexual dysfunction caused by weakened Kidneys and depleted jing.

Calms the mind and aids restful sleep leaving you refreshed, rejuvenated and looking your best.

Spleen 6 Reverses Sinking, Sagging and Prolapsed Skin

One role of the Spleen is to hold everything in place. Your muscles, organs and even your cheeks and neck. So if you're suffering from sagging, jowls or loose skin, Spleen 6 is will be a really important point for you.

Conception Vessel 4 - Guan Yuan – Gate of Origin



Location: On the midline of the abdomen, four finger widths below the umbilicus (belly button) and three finger widths above the pubic bone.

CAUTION: Do not use during pregnancy.

Actions: Nourishes the Kidneys; combating ageing and refreshing your complexion.

Strengthens qi and jin. Strong jing means good teeth, hair and mental function and strong qi means healthy-looking skin.

Benefits the Intestines; Bladder and uterus protecting against digestive issues and incontinence.

Warms and strengthens the Spleen, boosting its anti-ageing functions and preventing sagging skin.

Conception Vessel 6 – Qi Hai - Sea of Qi



Location: On the midline of the abdomen, two finger widths below the umbilicus (belly button), between the umbilicus and Conception Vessel 4.

CAUTION: Do not use during pregnancy.

Actions: Benefits the Kidneys; especially Kidney yang which is responsible for warming the body and giving the skin a healthy glow.

Supplements qi; boosting your energy and making you look and feel years younger.

Regulates qi and blood. The combination of these two vital substances is key in the health of all your body systems, which manifests in visible beauty shining from the inside out.

Foods for Nourishing the Kidneys - Reversing age, one meal at a time

Eggs

Eggs are a good source of protein and help to nourish the Kidneys and jing. Choose organic and free-range for the best quality.

Beans and Legumes

Beans and legumes provide protein, fiber and a wealth of vitamins and minerals necessary for a healthy diet. Kidney shaped beans such as black beans, adzuki beans and kidney beans are especially beneficial.

Nuts and Seeds

Nuts and seeds are packed full of minerals and essential fats. Walnuts, chestnuts and black sesame seeds are great for the Kidneys and preserving jing.

Green Goji Berry Tea

Apart from prolonged sun damage; premature aging comes from skin cell oxidation.

Free radicals react with your skin cells causing this cell oxidation.

Antioxidants fight free radicals - so it's important to nourish your skin by consuming antioxidant-rich foods.

Green tea has long been hailed as a beverage high in antioxidants. The potent skin-friendly antioxidants found in green tea are called catechins.

Green tea is packed with skin rejuvenating minerals and flavonoids along with vitamin E and C which has been proven to promote youthful skin.

Goji Berries are a fruit frequently used in ancient Chinese medicine for the treatment of dry skin. Since then, numerous studies have concluded that goji berries are one of the world's most powerful anti-ageing foods.

These naturally tart berries are rich in a long list of vitamins, but most importantly vitamin E and C - which promotes youthful skin. Goji is packed with minerals; zinc, copper, iron, calcium, selenium, germanium, and phosphorus. To top it off, this super food is high in antioxidants which fights premature ageing.

Next time you steep a cup of green tea, add some dried goji berries. When you finish your cup, the dried berries will have plumped and rehydrated; giving you a treat to chew-on afterwards.

Meat: Legs, Feet and Bones

The Kidneys are responsible for forming the bones and marrow, so cooking meat on the bone is a great way of infusing it with some extra Kidney boosting essence. Use leftover chicken bones to make a healthy broth and eat small fish such as sardines along with the bones. Meat from the feet and legs of animals is especially good for the Kidneys.

Fish and Shellfish

Fish and shellfish are a great source of protein and healthy fats, essential for proper Kidney function and a glowing complexion.

Black and Blue Foods

The Kidneys are associated with the colors black and blue so any foods of that color are beneficial. Blackberries, blueberries, black rice, black sesame seeds, nori and seaweed, eggplant, black vinegar and soy sauce are all foods for nourishing the Kidneys.

Sea Salt

The flavor associated with the Kidneys is salty and using salt in moderation is very beneficial. Be sure to choose natural sea salt for the best effects. Pink Himalayan rock salt is especially high in healthy minerals and is recommended if your grocery store stocks it.

The Soup of Youth – Preserve Jing, Lose Weight

For somebody who leads a busy lifestyle or isn't a whiz in the kitchen; finding the time to eat foods that nourish youth (kidneys) can be difficult.

This recipe not only nourishes your youth (preserving jing within your kidneys), but it is a healthy delicious soup that's low in fat.

Make this soup in advance, and then freeze into meal sized portions for a delicious instant lunch.

Jing Soup

Ingredients (serves 4 - 5):

6 Cups of Chicken Stock

8 Large Chicken Drumsticks

½ Cup of Black Rice

1 Large Red Onion

1 Purple Carrot (optional - if your supermarket stocks them)

6 Cloves of Garlic

1 Medium Eggplant

3 Sheets of Dried Seaweed

2 tsp Miso Soup Paste

1 Dash of Oyster Sauce (or dark soy sauce)

Sea Salt & Cracked Pepper to Taste

Method:

Finely chop your onion, garlic, carrot and eggplant and add to your soup pot along with 3 teaspoons of miso soup paste.

Stir your veggies and soup paste over a medium heat as you slowly add your chicken stock until you bring to the boil.

Add your black rice, oyster sauce and chicken drumsticks. Cover with a pot lid and reduce heat to low (a simmering boil).

Let your soup simmer on low for an hour. Then skim the skin and fat that rises to the top.

If the chicken isn't tender and falling off the bone then you might have set your heat too low. If this happens, let your soup simmer for another 30 minutes.

Remove the bones and cartilage and skim off remaining fat and skin.

Use a fork to separate the chicken into smaller pieces if necessary.

Add finely chopped seaweed sheets and stir through.

If your soup is too thick in consistency, add some water then season with sea salt and cracked pepper.

Puffy, Swollen Eyes and Dark Circles - Natural remedies with great results

If you are suffering from bags under your eyes, puffiness, swelling or dark circles then chances are that it's due to a Kidney imbalance.

Eye Brightening Milk Mask

A natural remedy for dark circles under the eyes can be easily made by boiling full-fat milk and allowing it to cool so that a skin forms.

Place the milk skin in the fridge for a few hours to cool, and then apply directly to the under-eye area, taking care not to get it in your eyes.

Leave for 20 minutes before rinsing carefully with cool water.

Your Kidneys are responsible for the circulation of fluids within your body and when they are not functioning properly, this can result in edema or swelling.

The Kidneys work in partnership with the Bladder to regulate fluid levels within the body and by treating points on the Bladder channel, you can also have a positive effect on the Kidneys. So in addition to the points for nourishing the Kidneys you can also apply gentle acupressure to the following local points.

Apply pressure to each of the points for 10 to 20 seconds. Repeat twice so each point is stimulated for 30 seconds to one minute in total.

Bladder 1 – Jing Ming - Eyes Bright



This is used as a local point to benefit the eyes and the whole surrounding area. It is great for eliminating dark circles and making the eyes themselves clear, bright and sparkling.

Location: At the inner corner of the eye, just above the upper lash line, on the edge of the orbital bone. You can see the point as a small hollow when you scrunch up your eyes.

CAUTION: Only apply very gentle acupressure to this point with the eyes lightly closed.

Actions: Brightens the eyes, improving vision and removing dark circles.

Bladder 2 – Zan Zhu - Gathering Bamboo



Like Bladder 1, this local point is great for improving eyesight and reducing swelling, puffiness and dark circles from around the eyes.

Location: At the inner end of the eyebrows. Can be felt as a small hollow in the bone, directly above Bladder 1.

Actions: Benefits the eyes, improves vision and reduces local puffiness and swelling.

Clears the head. Relieves headaches.

Stomach 1 – Cheng Qi - Tears Container



Like Bladder 1 and 2, Stomach 1 and 2 have the effect of moving fluids in the area directly around the eyes reducing puffiness, swelling and dark circles.

Location: Directly beneath the pupil, in a small notch on the orbital bone.

CAUTION: Only apply very gentle acupressure to this point with the eyes lightly closed.

Actions: Benefits the eyes and surrounding area to eliminate swelling and puffiness.

Stomach 2 – Si Bai - Four Whites



Another great point for the eyes. As well as reducing swelling, this point can be used to treat all eye problems such as redness, soreness or itching.

Location: Directly beneath the pupil and Stomach 1, in a hollow on the upper cheek bone.

Actions: Benefits the eyes and eye area. Reduces sags, bags and redness.

Banish Bags with Cooling Cucumber

Make a saturated saline solution by dissolving as much sea salt as you can in a glass of water. Use this solution to soak thin slices of cucumber and refrigerate overnight.

In the morning apply the cool cucumber slices to the under-eye area, taking care not to get salt in your eyes.

Leave for 20 minutes before rinsing carefully with cool water.

Lymph Drainage Facial Massage - A little known secret for radiant skin

Another function of the Kidneys in Chinese medicine is the circulation and drainage of a substance called lymph.

Lymph is naturally produced by the body and its function is to carry away waste products from the blood stream and move white blood cells around the body. When lymph does not circulate properly, it can sit and stagnate under the skin giving a swollen or puffy appearance.

This simple and gentle massage technique can be performed several times a week as part of your normal skincare routine to aid lymph circulation and keep your face fresh and glowing.

- Before beginning any facial massage, ensure your hands and face are clean and free from grease or oil.
- Warm your hands by rubbing them together quickly for 30 seconds, then gently pat your face and neck, using the heat from your hands to warm them too.
- First, massage the neck to open the two large lymph drainage channels that run either side of the throat. Start under the jaw, and follow the groove between the wind pipe and neck muscles. Using the pads of your two thumbs, lightly move down to your collarbone using long, smooth strokes. Repeat three to five times.
- Find Yin Tang, the point between your eyebrows. Using gentle pressure and long, continuous strokes, massage from here to the temples, working just above the eyebrows and resting for a moment on your temples when you get there. Repeat this movement a little higher on your forehead and keep repeating, eventually reaching the hairline after about five strokes, then work your way back down in the same manner.

- Using very light pressure, massage along the eyebrows in long, continuous strokes starting from the point between your eyebrows and working outwards. Repeat three to five times.
- Repeat this movement along the lower ridge of the orbital bone just below the eye, again working from the inside out and using very gentle pressure. Repeat three to five times.
- Find Small Intestine 19, the point around one finger width in front of your ear. It can be found on a level with where the bottom of the lobe meets your head. You should be able to feel a small hollow there if you open and close your mouth a few times. Use the pads of your index and middle fingers to massage this point in small clockwise circles.
- Massage behind the ears using the pads of your index fingers to make small, clockwise circles as you make your way down, gently massaging from top to bottom.
- Massage either side of your nose in the same way, with small clockwise circles, again making your way down from top to bottom.
- Repeat stage 3 to ensure that all of that stagnant lymph has been removed from your face. You may feel that you need to swallow or cough throughout this lymph drainage massage. This is normal and is a good sign that everything is moving as desired.

Chapter 2 - The Lungs - The Forgotten Fountain of Youth

“Your teacher can open the door, but you must enter by yourself.” Chinese Proverb

In Chinese medicine, the Lungs are the organs responsible for the skin. Together the Lungs and the skin form a barrier between the body and the outside world, protecting it from infection and disease.

In order to work efficiently, the Lungs need to be kept cool and moist. And having moist, healthy Lungs means having smooth, young looking skin.

If the Lungs become overheated or dry, then a host of problems can occur. Coughs, colds and allergies, as well as skin conditions such as eczema and psoriasis are all attributed to imbalances in the Lungs.

Another problem which we see when the Lungs are out of balance is premature ageing. Thin, papery skin, fine lines and wrinkles are all a result of unhappy Lungs.

The treatment for this is using acupressure to nourish the Lungs directly, eating moistening and cooling foods and adding more moisture to the skin directly by applying natural, unfragranced moisturizing creams and oils.

Specialized facial massage techniques can also be used to smooth out wrinkles and give the face a fuller appearance and a radiant glow.

Pearl Powder – a Potent Ingredient for Your Natural Face Mask

Pure crushed pearl powder comes from misshapen pearls that are unsuitable for jewelry.

This ancient elixir has been used for its age defying qualities ever since a Chinese princess known for her beautiful skin; revealed pearl powder to be the secret to her youth.

Pearl powder contains an antioxidant that boosts the efficiency of superoxide dismutase; one of the strongest antioxidant enzymes in the body (antioxidants fight premature aging). Pearl also contains proteins that stimulate the regeneration of collagen.

Chinese research has revealed that pure pearl powder regenerates collagen, reduces wrinkles and fine lines, shrinks large pores, promotes skin elasticity (tightening sagging eyes and jowls), accelerates skin rejuvenation and repairs sun damage.

As expensive as it sounds, these powdered pearls come from freshwater pearl farms which can produce more than enough pearls for demand. This means you will be pleasantly surprised of the price of a small bottle.

Be sure to check the back of your bottle to make sure that your powder is 100% powdered pearl – not “mother of pearl”. Mother of pearl is a shell.

Add a dose of pearl powder to one of your favorite natural face masks, or use it as a natural chemical-free finishing powder. Many cosmetic companies are recognizing the demand for chemical-free cosmetic options as people are beginning to understand that our skin drinks up all the chemicals we rub into it.

Acupressure Points for Cooling and Moistening the Lungs - A must for supple skin

Apply pressure to each of the points for 10 to 20 seconds. Repeat twice so each point is stimulated for 30 seconds to one minute in total.

Lung 5 – Chi Ze - Cubit Marsh



Location: In the elbow towards the outer end of the elbow crease, in the hollow alongside the large tendon of the biceps. Locate with the hand flat and the palm turned upwards. The tendon can be exposed by making a tight fist.

Actions: Clears heat from the Lung. Lung heat results in dry, thin skin, and that means wrinkles – just what you don't want!

Regulates circulation of fluids keeping your skin soft, supple and smooth.

Awakens entire Lung channel boosting its function of moistening the skin and smoothing wrinkles.

Lung 9 – Tai Yuan - Great Abyss



Location: On the wrist at the outer end of the wrist crease, in the hollow formed by two tendons and the wrist bone, on the radial pulse. Locate with the hand flat and the palm turned upwards.

Actions: Benefits the Lungs –another great point for keeping the Lungs moist and the skin smooth.

Supplements Lung qi and Lung yin which are the two vital components for fighting against fine lines and wrinkles.

Clears phlegm and stops coughing. Phlegm clogs up the channels harboring bacteria and toxins that result in a dull, unhealthy complexion.

Large Intestine 4 – He Gu - Joining Valleys



The Large Intestine works in close partnership with the Lung. Together they clear out waste and toxins from the body and leave your organs and skin pure, clean and functioning well.

Location: On the back of the hand between the first and second metacarpal bones in a hollow at the base of the second metacarpal bone. May feel tender to pressure.

CAUTION: Do not use during pregnancy.

Actions: Awakens Large Intestine and Lung channels which are doubly effective at nourishing the skin when working together in harmony.

Regulates immune system. Benefits the face. Relieves pain.

The Large Intestine channel finishes just next to the nostrils and Large Intestine 4 activates the whole channel, right to its end point. It can relieve blocked sinuses and toothache as well as smoothing wrinkles running from the nostrils to the corners of the mouth.

Large Intestine 11 – Qu Chi - Crooked Pond



Location: At the elbow at the outer end of the elbow crease, midway between Lung 5 and the elbow bone. Locate with the arm folded across the body at a 90° angle.

Actions: Clears heat, preventing the skin from becoming thin and dry.

Cools the blood, aiding its function of nourishing the skin and preventing problems such as heavy menstruation, nosebleeds, bruising and varicose veins.

Regulates qi and blood, remember that good circulation of qi and blood is vital for radiant looking skin.

Awakens entire Large Intestine channel benefitting digestion as well as improving Lung function and nourishing the skin.

Foods for Cooling and Moistening the Lungs – Everyday edibles to softly soothe

High Protein Foods

High protein foods benefit the muscles and the skin, giving your face a fuller appearance. Eat heating, red meats only in moderation and stick to chicken, fish, eggs and nuts as much as possible.

Dairy Products

All dairy products are good for nourishing the Lungs and adding moisture to the skin. If you have issues with cow's milk, try goat or sheep instead, but don't overdo it. Consuming large quantities of dairy can harm the Spleen resulting in sagging and jowls!

Fats and Oils

Whole fats are an important part of any diet, playing a vital role in cell production and growth. Avoid reduced-fat foods as these usually have nasty additives to improve the flavor. A small quantity of full-fat milk, butter or yogurt is fine! Eat plenty of foods rich in healthy fats such as oily fish, nuts, avocados and olives. Use natural oils such as olive, flax seed or walnut as a simple salad dressing mixed with a little lemon juice and seasoning.

White Foods

The Lungs are associated with the color white, and white foods have a good cooling and moistening effect. Tofu, white fish, almonds, pine nuts, pears and radish are all good examples.

White Soup - Skin Nourishing

“Jing Soup” is great for the kidneys and overall youthfulness, but it’s important to have variety.

This white “Skin Nourishing Soup” is a soup that not only nourishes tired skin; but its low-fat, healthy, delicious and a great alternative to “Jing Soup”.

Ingredients (serves 4):

5 Cups of Chicken Stock

1 Large Chicken Breast

4 Cloves of Garlic

12 White Button Mushrooms (or another white variety)

1 Large White Onion

1 Large Leek (use only the white part)

1 Cup of Cauliflower (stems removed)

1 tsp White Pepper

1 tsp Thyme

Dash of Olive Oil

Sea Salt to Taste

1 Pinch of Grated parmesan cheese

Method:

Excluding the cauliflower; add roughly chopped veggies into your pot with white pepper and thyme, and a dash of olive oil and sauté over a medium heat.

Stir your veggies as you add your stock a little at a time. Once boiling, add cauliflower, return the pot lid and turn heat to low (a boiling simmer). After 45 minutes, turn off heat.

Add soup to your blender or food processor and whiz until smooth.

Return soup to the pot and boil.

Add finely chopped chicken breast, stir, add pot lid and turn the heat off.

Let chicken poach for 5 minutes (don’t lift the pot lid) before serving.

Garnish with a sprinkle of parmesan cheese.

Pungent Foods

The flavor associated with the Lungs is pungent. This includes foods such as ginger, garlic, onions, cinnamon and other mildly spicy foods, but remember to only eat these in moderation, you don't want to overheat your Lungs.

Things to Avoid

Smoking has a heating and drying effect and is the worst thing you can possibly do for your Lungs and skin. Caffeine, alcohol and spicy foods should also be limited and much as possible.

Gua Sha Facial Massage - A Wrinkle-Busting Secret from Ancient Times

Gua sha is a form of massage which has been used in China and the East for thousands of years to treat everything from pain to fever.

A special tool made from jade, stone or bone is used to scrape the skin until little red dots appear which signify the release of stagnation within the body. A more gentle form of this massage can be used to literally “iron out” fine lines and wrinkles, leaving the face both smooth and full.

You can purchase a gua sha tool from Chinese medicine shops or online, and perform this massage once weekly as part of your skincare routine.

This is quite a strong massage and may feel a little uncomfortable until you get used to it, so be gentle but do persevere. Your face might look a little red and puffy immediately afterwards. This is normal and the results can be seen best the following day.

- Ensure your face, hands and gua sha tool are clean.

- Apply a small amount of moisturizer, serum or light oil to the face to act as lubrication.
- Start from Yin Tang, between the eyebrows and using the flat side of your tool with light pressure, work in long, smooth strokes up to the hairline. Repeat three to five times or until the skin becomes slightly pink.
- Repeat this movement, working your way along the left eyebrow, each time stroking upwards to the hairline until you reach the temple. Work each line three to five times then repeat for the right eyebrow.
- Starting from the bridge of the nose, work very gently as you massage along the top of the cheek bone in long strokes out and up towards the temple. Repeat three to five times either side.
- Using the same technique, gradually make your way down the cheeks, with each stroke working upwards and outwards from the nose towards the temple.
- For the jaw line, use the edge of your gua sha tool to massage from the center of the chin to just under the ears, so that the jaw bone is sitting inside the little groove on the edge of the tool. Repeat three to five times.
- Very gently massage the neck working in upwards strokes from the base of the neck to under the chin. Make your way from the center out towards the ears repeating each stroke three to five times.
- For any stubborn wrinkles you can use the edge of the tool to quickly rub them in the same way that you would use a pencil eraser. Do this for a few seconds until they become slightly red.
- Wash your face and gua sha tool to remove any residue.

Using a Jade Roller - The one beauty tool for every bathroom

Using a jade roller is a gentler alternative to gua sha for smoothing and revitalizing the skin.

The technique is similar to that of gua sha, but because the tool is round rather than flat it results in a more comfortable massage and may be used more regularly than gua sha, which should be limited to once a week. Jade roller massage is suitable for daily use.

- Ensure your face, hands and jade roller is clean.
- Apply a small amount of moisturizer, serum or light oil to the face.
- Roll outwards from the midline of the forehead towards the hairline in horizontal strokes. Always massage from the midline outwards, never back and forth. Repeat three to five times across the whole forehead area.
- Gently massage under the eyes, moving outwards from the bridge of the nose. Repeat three to five times.
- Massage up the cheeks from the level of the mouth to just under the delicate eye area, working from the nose out towards the ears. Repeat three to five times.
- Work the jaw line area, starting from the midpoint of the chin and working along jaw to the bottom of the ear. Repeat three to five times.
- Working from the midline outwards, gently massage the neck in long, vertical strokes from the collarbone up to the jaw.
- You can also use the jade roller to massage the chest, using long horizontal strokes and working from the midline outwards. Repeat three to five times.

- Wash your face and jade roller to remove any residue.
- The jade roller can be stored in the refrigerator and used first thing in the morning to wake up your skin and help to banish under-eye bags.

Chapter 3 - The Spleen - A Vital Key to the Beauty Puzzle

According to Chinese medicine, the main function of the Spleen is its role in digestion. It transforms nutrients from our food into substances which can be used by the body and transports them to where they are needed.

It also plays an important part in keeping the muscles firm and strong, and a healthy Spleen is vital in keeping organs and tissues in their correct positions. The Spleen works against gravity to hold everything in place (including your face) and if it becomes imbalanced, things literally begin to go south. Drooping and dangling, sinking and sagging are all classic signs of an unhappy Spleen.

The Spleen's greatest enemy is dampness, a pathogenic factor which in Chinese medicine causes heaviness, sluggishness, fatigue and an inability to think clearly.

Some people are naturally predisposed to dampness, but it can also arise from prolonged exposure to a damp environment or eating an inappropriate diet. Dampness clogs the Spleen, forming a vicious cycle in which it is prevented from transforming and transporting as it should.

The less efficiently the Spleen is functioning, the more dampness collects and the more dampness collects, the less efficiently the Spleen functions.

Being associated with digestion means that one of the best ways to look after your Spleen is by eating not only the right foods, but also eating them the right way.

There are also a number of acupressure points which you use to invigorate this organ and get it functioning at its very best.

Acupressure Points to Clear Dampness and Invigorate the Spleen - Say No to Sag!

Apply pressure to each of the points for 10 to 20 seconds. Repeat twice so each point is stimulated for 30 seconds to one minute in total.

Spleen 3 – Tai Bai - Supreme White



Location: On the inner edge of the foot, at the change in skin color. In a hollow at the flare of the head of the metatarsal bone.

Actions: Benefits the Spleen and Stomach, improving digestion and tightening sagging skin

Clears dampness, an important factor in eliminating puffiness and jowls.

Regulates qi. Remember that free flowing qi is vital for the circulation of fluids and firm, smooth skin.

Spleen 4 – Gong Sun – Grandfather, Grandson



Location: On the inner edge of the foot, at the change in skin color. In a hollow at the flare of the base of the metatarsal bone.

Actions: Benefits the Spleen for better digestion and beautiful skin.

Clears dampness always important for reducing swelling, sagging and edema.

Regulates qi, benefitting circulation and firming the skin.

Calms the mind.

Spleen 6 – San Yin Jiao - Three Yin Junction



Location: On the inner aspect of the lower leg 4 finger widths above the prominence of the ankle bone, in the groove just behind the tibia bone.

CAUTION: Do not use during pregnancy.

Actions: Benefits the Spleen, Kidneys and Liver; A triple whammy! This one is highly recommended to boost the Spleen's ability to fight flaccid flesh, the Kidneys' anti-ageing properties, and the Liver's role in nourishing blood.

Clears dampness, an important factor in eliminating puffiness and jowls. Reverses sinking, sagging and prolapse not just for the face, but also your neck, buttocks and thighs. Improves gynecological issues and male sexual dysfunction, very important if you are reaching menopause or middle-age. Calms the mind and aids restful sleep. A good night's sleep leaves you feeling refreshed and looking younger.

Spleen 10 – Xue Hai - Sea of Blood



Location: On the thigh, three finger widths above the inner and upper corner of the knee, in a hollow on the bulge of the muscle. This point may feel tender to pressure.

Actions: Improves circulation which plumps up your skin and gives your cheeks a healthy glow.

Cools the blood, aiding its skin nourishing functions and preventing issues such as heavy menstruation, nosebleeds, varicose veins and bruising.

Regulates menstruation, which is vital for a healthily functioning system.

Benefits the skin, adding moisture and giving color to the complexion.

Stomach 36 – Zu San Li - Leg Three Miles



Location: On the calf, in a hollow formed alongside the prominent bony ridge at the top of the tibia. You can locate this point by holding your thumb out at 90° from the fingers and resting across the top of your knee. In this position, your middle finger should fall onto Stomach 36.

Actions: Benefits the Spleen and Stomach, doubly good for digestion and complexion alike.

Supplements qi and blood both of which are necessary for good organ function and delaying ageing.

Boosts immunity.

Fortifies constitution, meaning you'll sleep better at night and have more energy during the day.

Stomach 40 – Feng Long - Abundant Splendor



Location :Midway between the knee crease and the outer prominence of the ankle bone, two finger widths outwards from the bony ridge of the tibia.

Actions: Effectively clears damp and phlegm, necessary for eliminating sinking, sagging, and jowls.

Relieves dizziness, headaches, depression.

Improves swelling, pain and weakness of the legs and is great for preventing “cankles”.

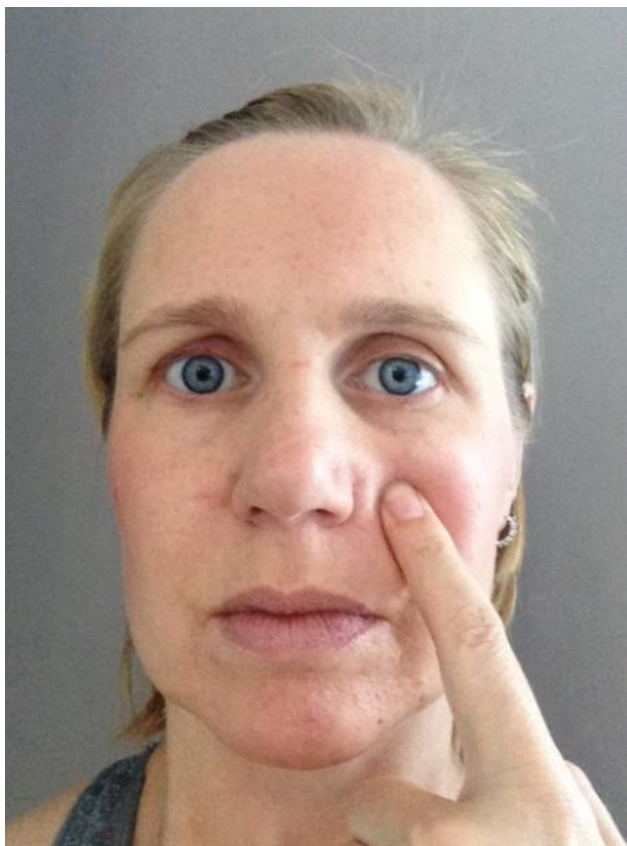
Local Points to Lift and Firm the Face – An essential daily routine

The following points are all local points on the neck and face which have the effect of lifting and firming, moving qi, blood and lymph and improving the complexion.

These are the key points against sagging cheeks and loose skin around the neck. Be sure never to skip them, even if you're short on time. If you need to pick just a few points to squeeze into your hectic schedule, these are certainly among the best!

Apply pressure to each of the points for 10 to 20 seconds. Repeat twice so each point is stimulated for 30 seconds to one minute in total.

Stomach 3 – Ju Liao - Great Bone Hole



Location: Directly below the pupil in a line with Stomach 1 and 2. On the cheek, level with the flare of the nostril.

Stomach 4 – Di Cang - Earth Granary



Location: Directly below the pupil in a line with Stomach 1, 2 and 3, at the corner of the mouth.

Stomach 5 – Da Ying - Great Welcome



Location: Just above the jaw line, one finger width back from Stomach 4, at the outer edge of the chin. This point becomes visible when the cheeks are puffed out.

Stomach 6 – Jia Che - Jaw Bone



Location: One finger width above the angle of the jaw, in a hollow formed in the muscle when the teeth are clenched.

Stomach 7 – Xia Guan - Below the Joint



Location: Two finger widths in front of the ear, in a large hollow formed between the cheek bone and the jaw bone. Locate with the mouth closed.

Triple Heater 17 – Yi Feng - Wind Screen



Location: Behind and below the ear in a hollow between the jaw bone and the base of the skull.

Governing Vessel 20 – Bai Hui - One Hundred Meetings



Location: On the top of the head on the midline. This point can be found by running the fingers up from the tips of the ears to the top of the head.

Eating to Support Your Spleen - The “Factory Reset Button” to Youth

Easy to Digest Foods

The Spleen likes foods that are warm, wet and easy to digest. Soups, stews and porridge are perfect as they are already partly broken down, making the Stomach and Spleens' job much easier. Avoid cold, hard and raw food as these are difficult to process and will make your Spleen function sluggishly.

If you must eat cold or raw foods, try to have something warm at the same time and be sure to chew them well giving the Spleen a bit of a head start in the digestive process.

Sweet, Yellow Foods

The flavor associated with the Spleen is sweet and the color is yellow and the Spleen loves foods such as sweet potatoes, yams, carrots and corn. Choose yellow fruits such as mangoes, papaya and peaches. It is great for the Spleen to use honey as a natural sweetener, however stay away from refined sugars and sweets as these can contribute to dampness and bog down your Spleen.

Avoid Damp-forming Foods

Foods which form dampness in the body include refined sugars, creamy or fatty foods, dairy products, wheat, beer and concentrated fruit juices. These should be strictly limited for a healthy Spleen.

Avoid Cold Foods and Drinks

The Spleen dislikes cold, so avoid consuming cold or iced food or drinks. Vegetables should be cooked well and water should be drunk at least at room temperature, preferably warm. Choose red tea rather than green and add further warmth to your beverages by adding a few slices of ginger.

Breakfast like a King

It may be a cliché, but according to Chinese medicine, breakfast really is the most important meal of the day. Your Stomach and Spleen are at their peak between 7am and 9am and are much better at processing foods eaten at this time.

They are at their weakest between 7pm and 9pm so avoid eating large meals late at night as they will sit in your digestive system leaving you feeling bloated and uncomfortable and your Spleen struggling to function.

Pumpkin & Ham Hock Soup – Your Spleen (& Kidneys) Will Thank You

This is yet another distinctly different age-defying soup to keep in your freezer to give your lunches some variety.

The pumpkin and carrot nourishes your Spleen, while the ham hock nourishes your Kidneys. This soup is incredibly good for your skin – while tasting velvety and delicious.

Ingredients (10 serves):

- 8 Cups of Vegetable Stock
- 1 Ham Hock
- 1 Pumpkin (de-seeded and peeled)
- 1 Large Carrot
- 1 Large Onion
- 6 Cloves of Garlic
- 1 Knob of Butter
- 3 Dried Bay Leaves
- 1 Splash of Olive Oil
- Salt & Pepper to Taste

Method:

Place ham hock into pot with vegetable stock, bay leaves, chopped onion, carrot, and garlic - then bring to the boil. Once boiling, cover with a pot lid and reduce the heat to low (a simmering boil) for 1 hour.

While the ham hock is cooking, pre-heat your fan forced oven to 370F (180 – 200C). Line your baking tray with foil or baking paper and lay out your pumpkin chunks – with a drizzle of olive oil and a sprinkle of sea salt.

Roast your pumpkin for 45 minutes until soft.

Remove the ham hock from your soup and skim the fat off the top. Remove large chunks of meat that has broken off.

Once the ham is cool enough to handle, remove the meat from the bone and skin using a fork to separate into smaller pieces. Keep meat in a bowl covered to the side.

Add pumpkin to soup stock. Either blend with a stick blender, or pour into a food processor and whizz until smooth.

Pour soup back into pot along with the ham meat. Add knob of butter and stir.

Season with cracked pepper.

Make Time to Eat

Meals should be eaten regularly and slowly. Take your time to chew properly, enjoy your food and avoid eating on the go or whilst working as this will inhibit your digestive function.

Chapter 4 - Putting Together Your Cosmetic Acupressure Routine

“Tell me, I forget. Show me, I remember. Involve me, I understand.” Chinese Proverb

When putting together a cosmetic acupressure routine, it is always best to work upwards from bottom to top, but some exceptions are made in order to follow the flow of qi within the meridians. Therefore when performing the full routine, we start with the feet and legs, move on to the body, followed by the arms and hands and finally the neck and face.

Each set of points is massaged three times and the full routine should take around 20 minutes. However, if you're low on time, it is possible to perform a short or medium length massage daily, and the full routine just once or twice a week.

It is best to perform your facial acupressure routine at around the same time each day, at a time when you can relax and won't be disturbed. First thing in the morning or last thing at night usually work best, but find the time that best suits you and try to stick to it consistently.

Before starting always wash your hands and face with warm water. Also wash your feet if performing the full routine.

Find a comfortable position, take a few deep, calming breaths, and begin.

Feet and Legs - Bringing you beauty from the bottom up

If you're flexible enough, you can start with your knees bent, soles of the feet together and massage both feet at the same time.

If not, then simply work one side and then the other. If you choose to do it this way, complete the whole routine for one foot and leg before moving onto the other. It is best to start with the left side and then move onto the right.

Some points may feel tender to pressure but don't worry, this is normal and once you have performed the massage over the course of a few days it will gradually begin to lessen.

When massaging the inner leg, move up from the foot towards the knee. When massaging the outer leg, move back down from the knee towards the foot, following the flow of qi.

Apply pressure to each of the points for 10 to 20 seconds. Repeat twice so each point is stimulated for 30 seconds to one minute in total.

The full routine for the feet and legs is as follows:

- **Spleen 3**



Location: On the inner edge of the foot, at the change in skin color. In a hollow at the flare of the head of the metatarsal bone.

- **Spleen 4**



Location: On the inner edge of the foot, at the change in skin color. In a hollow at the flare of the base of the metatarsal bone.

- **Kidney 3**



Location: On the inner ankle, in the hollow between the prominence of the ankle bone and the Achilles tendon.

- **Kidney 6**



Location: On the inner foot, below the prominence of the ankle bone, in a groove between the two ligaments.

- **Spleen 6**



Location: On the inner aspect of the lower leg 4 finger widths above the prominence of the ankle bone, in the groove just behind the tibia bone.

- **Kidney 10**



Location: Behind the knee at the inner end of the knee crease, between the two tendons. Best located with the knee slightly bent.

- **Spleen 10**



Location: On the thigh, three finger widths above the inner and upper corner of the knee, in a hollow on the bulge of the muscle. This point may feel tender to pressure.

- **Stomach 36**



Location: On the calf, in a hollow formed alongside the prominent bony ridge at the top of the tibia. You can locate this point by holding your thumb out at 90° from the fingers and resting across the top of your knee. In this position, your middle finger should fall onto Stomach 36.

- **Stomach 40**



Location: Midway between the knee crease and the outer prominence of the ankle bone, two finger widths outwards from the bony ridge of the tibia.

Body - Nourishing from the core

Lie down in a comfortable position. Use a couple of pillows to prop up your head so that you can see what you're doing.

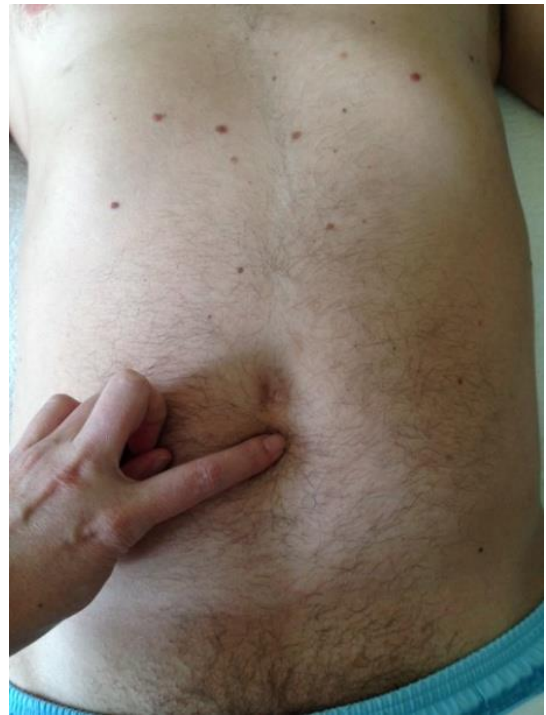
Use medium to firm thumb pressure on each point for 10 seconds. Repeat three times.

- **Conception Vessel 4**



Location: On the midline of the abdomen, four finger widths below the belly button and three finger widths above the pubic bone.

- **Conception Vessel 6**



Location: On the midline of the abdomen, two finger widths below the umbilicus (belly button), between the umbilicus and Conception Vessel 4.

Arms and Hands - Say goodbye to dry, wrinkly skin

You can choose to either sit or lie to massage the arms and hands, whichever is more comfortable.

Use medium to firm thumb pressure on each point for 10 seconds. Start on the left side and complete three repetitions before moving onto the right.

Following the flow of qi, work the inner arm from the elbow down to the wrist and the outer arm from the hand back up to the elbow.

The full routine for the arms and hands is as follows:

- **Lung 5**



Location: In the elbow towards the outer end of the elbow crease, in the hollow alongside the large tendon of the biceps. Locate with the hand flat and the palm turned upwards. The tendon can be exposed by making a tight fist.

- **Lung 9**



Location: On the wrist at the outer end of the wrist crease, in the hollow formed by two tendons and the wrist bone, on the radial pulse. Locate with the hand flat and the palm turned upwards.

- **Large Intestine 4**



Location: On the back of the hand between the first and second metacarpal bones in a hollow at the base of the second metacarpal bone. May feel tender to pressure.

CAUTION: Do not use during pregnancy.

- **Large Intestine 9**



Location: 4 finger widths below the crease of the forearm, following the bone that reaches to the thumb.

Neck and Face - The minimum you should do daily

More Local Points for the Face and Neck

As well as the points to benefit your Kidneys, Lungs and Spleen, your cosmetic acupressure routine will consist of a number of local points for the face and neck. These points encourage circulation of qi and blood in the area, lift and smooth out wrinkles revitalize and rejuvenate your complexion, giving your skin a youthful glow. The list includes points from a number of meridians with a whole host of different functions, but for the purposes of your facial massage you only need to worry about their locations and the area of the face which they will benefit.

Apply gentle pressure to each of the points for 10 seconds. Repeat twice so each point is stimulated for 30 seconds in total.

The Neck

Gallbladder 12 - Wan Gu – Mastoid Process



Location: The mastoid process is the name given to the corner of the skull found around one finger width behind the ear lobe. The point can be found just behind and below this bone.

Gallbladder 20 – Feng Chi -Wind Pond



Location: At the base of the skull in a depression formed between two muscles. Midway between Gallbladder 12 and the midpoint of the spine.

Midline of the Face

Conception Vessel 23 – Lian Quan - Corner Spring



Location: On the midline, in the angle formed where the chin meets the neck, in a hollow just above the cartilage of the throat.

Conception Vessel 24 – Cheng Qiang - Fluid Container



Location: On the midline of the chin, between the prominence of the chin and the lower lip.

Governing Vessel 26 – Ren Zhong - Man's Middle



Location: On the midline of the face, two thirds of the way up from the upper lip to the nose.

Extra Point - Yin Tang – Seal Hall



Location: At the midpoint between the two eyebrows.

Governing Vessel 24 – Shen Ting - Spirit Hall



Location: On the midline of the forehead, just within the hairline.

Cheeks and Nose

Large Intestine 19 – Kou He Liao - Mouth Grain Crevice



Location: Under the nose, level with the outer edge of the nostril and Governing Vessel 26.

Large Intestine 20 – Ying Xiang - Welcome Fragrance



Location: At the upper end of the crease formed between the nose and the outer corner of the mouth, level with the flare of the nostril.

Small Intestine 18 – Quan Liao - Cheek Bone Crevice



Location: On the cheek, in a hollow just below the cheek bone, level with the outer corner of the eye.

Eyes and Eyebrows

Gallbladder 1 – Tong Zi Liao - Pupil Crevice



Location: Around one finger width away from the outer corner of the eye, in a hollow at the behind the edge of the orbital bone.

Triple Heater 23 – Si Zhu Kong - Silk Bamboo Hole



Location: At the outer end of the eyebrow.

Extra Point – Yu Yao – Fish Waist



Location: In the center of the eyebrow, directly above the pupil.

Forehead and Hairline

Gallbladder 14 – Yang Bai - Yang White



Location: On the forehead around one and a half finger widths above the eyebrow, level with the pupil and Yu Yao.

Bladder 3 – Mei Chong - Eyebrows Rushing



Location: Just inside the hairline, level with Bladder 2 and the inner ends of the eyebrows, and Governing Vessel 24.

Gallbladder 13 – Ben Shen - Spirit Root



Location: Just inside the hairline, two thirds of the distance between the midpoint and the corner of the forehead (Stomach 8).

Gallbladder 15 – Tou Lin Qi - Head Above Tears



Location: Just inside the hairline, in a line with the pupil, extra point Yu Yao and Gallbladder 14.

Stomach 8 – Tou Wei - Corner of the Head



Location: Just inside the hairline, at the corner of the forehead.

Gallbladder 4 – Han Yan - Jaw Serenity



Location: Just inside the hairline, one finger width below Stomach 8.

Gallbladder 5 – Xuan Lu - Suspended Skull



Location: One finger width below Gallbladder 4, on a line between Gallbladder 4 and 7.

Gallbladder 6 – Xuan Li - Suspended Hair



Location: One finger width below Gallbladder 5, on a line between Gallbladder 4 and 7.

Gallbladder 7 – Qu Bin - Crook of the Temple



Location: One finger width below Gallbladder 6, and one finger width in front of the tip of the ear.

The Ear

Small Intestine 19 – Ting Gong - Hearing Palace



Location: In front of the ear, level with the point at which the lobe meets the head, in a hollow which can be easily felt when the mouth is opened and closed.

Massaging the Neck and Face

You can choose to either sit or lie to massage these points. However, you might find it helpful to sit so that you can look in a mirror at least the first few times until you get used to the locations and feeling of the points.

Use light to medium pressure using the thumbs or forefingers to each point, taking extra care with the points surrounding the eyes; Stomach 1, Bladder 1 and Gallbladder 1.

You can easily perform the massage for the face and neck on both sides together.

Apply gentle pressure to each of the points for 10 seconds. Repeat twice so each point is stimulated for 30 seconds in total. Start with the neck and then move onto the face.

- **Triple Heater 17**



Location: Behind and below the ear in a hollow between the jaw bone and the base of the skull.

- **Gallbladder 12**



Location: The mastoid process is the name given to the corner of the skull found around one finger width behind the ear lobe. The point can be found just behind and below this bone.

- **Gallbladder 20**



Location: At the base of the skull in a depression formed between two muscles. Midway between Gallbladder 12 and the midpoint of the spine.

Now move onto the face, start with the midline and then work up from the jaw to the mouth, nose and cheeks, the inner corners of the eyes and eyebrows to the hairline.

Then work down the hairline, past the ears and back up the cheek to the outer corners of the eyes and eyebrows.

Next move to the center of the eyebrows, and up to the forehead finishing with Governing Vessel 20.

Apply gentle pressure to each of the points for 10 seconds. Repeat twice so each point is stimulated for 30 seconds in total.

The full sequence for the face is as follows:

- **Conception Vessel 23**



Location: On the midline, in the angle formed where the chin meets the neck, in a hollow just above the cartilage of the throat.

- **Conception Vessel 24**



Location: On the midline of the chin, between the prominence of the chin and the lower lip.

- **Governing Vessel 26**



Location: On the midline of the face, two thirds of the way up from the upper lip to the nose.

- **Yin Tang**



Location: At the midpoint between the two eyebrows.

- **Governing Vessel 24**



Location: On the midline of the forehead, just within the hairline.

- **Stomach 5**



Location: Just above the jaw line, one finger width back from Stomach 4, at the outer edge of the chin. This point becomes visible when the cheeks are puffed out.

- **Stomach 4**



Location: Directly below the pupil in a line with Stomach 1, 2 and 3, at the corner of the mouth.

- **Stomach 3**



- **Large Intestine 19**



Location: Under the nose, level with the outer edge of the nostril and Governing Vessel 26.

- **Large Intestine 20**



Location: Under the nose, level with the outer edge of the nostril and Governing Vessel 26.

- **Stomach 2**



Location: Directly beneath the pupil and Stomach 1, in a hollow on the upper cheek bone.

- **Stomach 1**



Location: Directly beneath the pupil, in a small notch on the orbital bone.

CAUTION: Only apply very gentle acupressure to this point with the eyes lightly closed.

- **Bladder 1**



Location: Directly beneath the pupil, in a small notch on the orbital bone.

CAUTION: Only apply very gentle acupressure to this point with the eyes lightly closed.

- **Bladder 2**



Location: At the inner end of the eyebrows. Can be felt as a small hollow in the bone, directly above Bladder 1.

- **Bladder 3**



Location: Just inside the hairline, level with Bladder 2 and the inner ends of the eyebrows, and Governing Vessel 24.

- **Gallbladder 15**



Location: Just inside the hairline, in a line with the pupil, extra point Yu Yao and Gallbladder 14.

- **Gallbladder 13**



Location: Just inside the hairline, two thirds of the distance between the midpoint and the corner of the forehead (Stomach 8).

- **Stomach 8**



Location: Just inside the hairline, at the corner of the forehead.

- **Gallbladder 4**



Location: Just inside the hairline, one finger width below Stomach 8.

- **Gallbladder 5**



Location: One finger width below Gallbladder 4, on a line between Gallbladder 4 and 7.

- **Gallbladder 6**



Location: One finger width below Gallbladder 5, on a line between Gallbladder 4 and 7.

- **Gallbladder 7**



Location: One finger width below Gallbladder 6, and one finger width in front of the tip of the ear.

- **Small Intestine 19**



Location: In front of the ear, level with the point at which the lobe meets the head, in a hollow which can be easily felt when the mouth is opened and closed.

- **Stomach 6**



Location: One finger width above the angle of the jaw, in a hollow formed in the muscle when the teeth are clenched.

- **Stomach 7**



Location: Two finger widths in front of the ear, in a large hollow formed between the cheek bone and the jaw bone. Locate with the mouth closed.

- **Small Intestine 18**



Location: On the cheek, in a hollow just below the cheek bone, level with the outer corner of the eye.

- **Gallbladder 1**



Location: Around one finger width away from the outer corner of the eye, in a hollow at the behind the edge of the orbital bone.

- **Triple Heater 23**



Location: At the outer end of the eyebrow.

- **Yu Yao**



Location: In the center of the eyebrow, directly above the pupil.

- **Gallbladder 14**



Location: On the forehead one and a half finger widths above the eyebrow, level with the pupil and Yu Yao.

- **Governing Vessel 20**



Location: On the top of the head on the midline. This point can be found by running the fingers up from the tips of the ears to the top of the head.

Chapter 5 - Your Daily Beauty Routine

“Dig the well before you are thirsty.” Chinese Proverb

The Time Poor Routine – A super quick massage when you have minutes to spare

If you're really short on time, you can slash the time spent on your facial acupressure routine by cutting out the body points and focusing on the face and neck.

You can easily incorporate this quick acupressure session into your morning or evening routine when you apply moisturizer, or even when you're waiting for the kettle to boil or that pesky file to download.

This mini acupressure session should take a minimum of three and a maximum of six minutes to complete.

As always, ensure your hands and face is clean before starting.

Use light to medium pressure and hold each point for between five and ten seconds.

If you can, it's best to repeat the massage three times, but if you're really in a rush, even once should be enough to get the qi flowing and give your skin a speedy beauty boost.

At a glance, this list of points may seem long, but as they are close together on the face and easy to locate in relation to one another, it doesn't take long to incorporate them all.

As these are the most effective acupressure points for lifting, firming and smoothing wrinkles, you really won't want to miss them out of your daily skincare regimen!

The key points for the face and neck massage are:

- **Triple Heater 17**



Location: Behind and below the ear in a hollow between the jaw bone and the base of the skull.

- **Gallbladder 20**



Location: At the base of the skull in a depression formed between two muscles. Midway between Gallbladder 12 and the midpoint of the spine.

- **Conception Vessel 23**



Location: On the midline, in the angle formed where the chin meets the neck, in a hollow just above the cartilage of the throat.

- **Conception Vessel 24**



Location: On the midline of the chin, between the prominence of the chin and the lower lip.

- **Governing Vessel 26**



Location: On the midline of the face, two thirds of the way up from the upper lip to the nose.

- **Yin Tang**



Location: At the midpoint between the two eyebrows.

- **Governing Vessel 24**



Location: On the midline of the forehead, just within the hairline.

- **Stomach 5**



Location: Just above the jaw line, one finger width back from Stomach 4, at the outer edge of the chin. This point becomes visible when the cheeks are puffed out.

- **Stomach 4**



Location: Directly below the pupil in a line with Stomach 1, 2 and 3, at the corner of the mouth.

- **Stomach 3**



Location: Directly below the pupil in a line with Stomach 1 and 2. On the cheek, level with the flare of the nostril.

- **Large Intestine 19**



Location: Under the nose, level with the outer edge of the nostril and Governing Vessel 26.

- **Large Intestine 20**



Location: Under the nose, level with the outer edge of the nostril and Governing Vessel
26.

- **Stomach 2**



Location: Directly beneath the pupil and Stomach 1, in a hollow on the upper cheek bone.

- **Bladder 2**



Location: At the inner end of the eyebrows. Can be felt as a small hollow in the bone, directly above Bladder 1.

- **Bladder 3**



Location: Just inside the hairline, level with Bladder 2 and the inner ends of the eyebrows, and Governing Vessel 24.

- **Gallbladder 15**



Location: Just inside the hairline, in a line with the pupil, extra point Yu Yao and Gallbladder 14.

- **Gallbladder 13**



Location: Just inside the hairline, two thirds of the distance between the midpoint and the corner of the forehead (Stomach 8).

- **Stomach 8**



Location: Just inside the hairline, at the corner of the forehead.

- **Small Intestine 19**



Location: In front of the ear, level with the point at which the lobe meets the head, in a hollow which can be easily felt when the mouth is opened and closed.

- **Stomach 6**



Location: One finger width above the angle of the jaw, in a hollow formed in the muscle when the teeth are clenched.

- **Stomach 7**



Location: Two finger widths in front of the ear, in a large hollow formed between the cheek bone and the jaw bone. Locate with the mouth closed.

- **Small Intestine 18**



Location: On the cheek, in a hollow just below the cheek bone, level with the outer corner of the eye.

- **Gallbladder 1**



Location: One finger width away from the outer corner of the eye, in a hollow at the behind the edge of the orbital bone.

- **Triple Heater 23**



Location: At the outer end of the eyebrow.

- **Yu Yao**



Location: In the center of the eyebrow, directly above the pupil.

- **Gallbladder 14**



Location: On the forehead one and a half finger widths above the eyebrow, level with the pupil and Yu Yao.

- **Governing Vessel 20**



Location: On the top of the head on the midline. This point can be found by running the fingers up from the tips of the ears to the top of the head.

The Easy Go-To Routine – The easiest acupoints for when you are at your desk or in transit

When you're on the go, but find yourself with a few minutes to spare, you can easily squeeze in not only the key neck and face points, but also the points on the arms and hands.

The points on the arms and hands are primarily for nourishing the Lungs, which are your best friend when fighting dry, thin and wrinkly skin. A key addition to this medium length routine!

This massage should take around ten minutes with each point being massaged for 10 seconds and repeated three times.

As always, ensure your hands and face is clean before beginning the massage.

Arms and Hands

- **Lung 5**



Location: In the elbow towards the outer end of the elbow crease, in the hollow alongside the large tendon of the biceps. Locate with the hand flat and the palm turned upwards. The tendon can be exposed by making a tight fist.

- **Lung 9**



Location: On the wrist at the outer end of the wrist crease, in the hollow formed by two tendons and the wrist bone, on the radial pulse. Locate with the hand flat and the palm turned upwards.

- **Large Intestine 4**



Location: On the back of the hand between the first and second metacarpal bones in a hollow at the base of the second metacarpal bone. May feel tender to pressure.

CAUTION: Do not use during pregnancy.

- **Large Intestine 9**



Location: 4 finger widths below the crease of the forearm, following the bone that reaches to the thumb.

Neck and Face

- **Triple Heater 17**



Location: Behind and below the ear in a hollow between the jaw bone and the base of the skull.

- **Gallbladder 20**



Location: At the base of the skull in a depression formed between two muscles. Midway between Gallbladder 12 and the midpoint of the spine.

- **Conception Vessel 23**



Location: On the midline, in the angle formed where the chin meets the neck, in a hollow just above the cartilage of the throat.

- **Conception Vessel 24**



Location: On the midline of the chin, between the prominence of the chin and the lower lip.

- **Governing Vessel 26**



Location: On the midline of the face, two thirds of the way up from the upper lip to the nose.

- **Yin Tang**



Location: At the midpoint between the two eyebrows.

- **Governing Vessel 24**



Location: On the midline of the forehead, just within the hairline.

- **Stomach 5**



Location: Just above the jaw line, one finger width back from Stomach 4, at the outer edge of the chin. This point becomes visible when the cheeks are puffed out.

- **Stomach 4**



Location: Directly below the pupil in a line with Stomach 1, 2 and 3, at the corner of the mouth.

- **Stomach 3**



Location: Directly below the pupil in a line with Stomach 1 and 2. On the cheek, level with the flare of the nostril.

- **Large Intestine 19**



Location: Under the nose, level with the outer edge of the nostril and Governing Vessel 26.

- **Large Intestine 20**



Location: Under the nose, level with the outer edge of the nostril and Governing Vessel 26.

- **Stomach 2**



Location: Directly beneath the pupil and Stomach 1, in a hollow on the upper cheek bone.

- **Bladder 2**



Location: At the inner end of the eyebrows. Can be felt as a small hollow in the bone, directly above Bladder 1.

- **Bladder 3**



Location: Just inside the hairline, level with Bladder 2 and the inner ends of the eyebrows, and Governing Vessel 24.

- **Gallbladder 15**



Location: Just inside the hairline, in a line with the pupil, extra point Yu Yao and Gallbladder 14.

- **Gallbladder 13**



Location: Just inside the hairline, two thirds of the distance between the midpoint and the corner of the forehead (Stomach 8).

- **Stomach 8**



Location: Just inside the hairline, at the corner of the forehead.

- **Small Intestine 19**



Location: In front of the ear, level with the point at which the lobe meets the head, in a hollow which can be easily felt when the mouth is opened and closed.

- **Stomach 6**



Location: One finger width above the angle of the jaw, in a hollow formed in the muscle when the teeth are clenched.

- **Stomach 7**



Location: Two finger widths in front of the ear, in a large hollow formed between the cheek bone and the jaw bone. Locate with the mouth closed.

- **Small Intestine 18**



Location: On the cheek, in a hollow just below the cheek bone, level with the outer corner of the eye.

- **Gallbladder 1**



Location: Around one finger width away from the outer corner of the eye, in a hollow at the behind the edge of the orbital bone.

- **Triple Heater 23**



Location: At the outer end of the eyebrow.

- **Yu Yao**



Location: In the center of the eyebrow, directly above the pupil.

- **Gallbladder 14**



Location: On the forehead one and a half finger widths above the eyebrow, level with the pupil and Yu Yao.

- **Governing Vessel 20**



Location: On the top of the head on the midline. This point can be found by running the fingers up from the tips of the ears to the top of the head.

The Committed Beauty Fanatic – The full routine for when you have a little more time on your hands

It's a lazy Sunday morning. Or one of those rare evenings where all your chores for the day are done and you can finally relax.

It's the perfect opportunity to take a bit of “me time” and treat yourself to the full acupressure routine.

It is highly recommended to perform the full acupressure massage at least once or twice a week so that your Kidneys, Lungs and Spleen all get the attention they need and are able to keep you looking younger from the inside out.

This routine incorporates the feet and legs, body, arms and hands and all the points for the face and neck.

Each point should be massaged for 10 seconds and repeated three times, and the whole process should take around 20 minutes.

With clean hands, feet and face, find a comfortable position, take a few deep breaths and begin.

Feet and Legs

- **Spleen 3**



Location: On the inner edge of the foot, at the change in skin color. In a hollow at the flare of the head of the metatarsal bone.

- **Spleen 4**



Location: On the inner edge of the foot, at the change in skin color. In a hollow at the flare of the base of the metatarsal bone.

- **Kidney 3**



Location: On the inner ankle, in the hollow between the prominence of the ankle bone and the Achilles tendon.

- **Kidney 6**



Location: On the inner foot, below the prominence of the ankle bone, in a groove between the two ligaments.

- **Spleen 6**



Location: On the inner aspect of the lower leg, 4 finger widths above the prominence of the ankle bone, in the groove just behind the tibia bone.

- **Kidney 10**



Location: Behind the knee at the inner end of the knee crease, between the two tendons.
Best located with the knee slightly bent.

- **Spleen 10**



Location: On the thigh, three finger widths above the inner and upper corner of the knee, in a hollow on the bulge of the muscle. This point may feel tender to pressure.

- **Stomach 36**



Location: On the calf, in a hollow formed alongside the prominent bony ridge at the top of the tibia. You can locate this point by holding your thumb out at 90° from the fingers and resting across the top of your knee. In this position, your middle finger should fall onto Stomach 36.

- **Stomach 40**



Location: Midway between the knee crease and the outer prominence of the ankle bone, two finger widths outwards from the bony ridge of the tibia.

Body

- **Conception Vessel 4**



Location: On the midline of the abdomen, around four finger widths below the belly button and three finger widths above the pubic bone.

- **Conception Vessel 6**



Location: On the midline of the abdomen, two finger widths below the umbilicus (belly button), between the umbilicus and Conception Vessel 4.

Arms and Hands

- **Lung 5**



Location: In the elbow towards the outer end of the elbow crease, in the hollow alongside the large tendon of the biceps. Locate with the hand flat and the palm turned upwards. The tendon can be exposed by making a tight fist.

- **Lung 9**



Location: On the wrist at the outer end of the wrist crease, in the hollow formed by two tendons and the wrist bone, on the radial pulse. Locate with the hand flat and the palm turned upwards.

- **Large Intestine 4**



Location: On the back of the hand between the first and second metacarpal bones in a hollow at the base of the second metacarpal bone. May feel tender to pressure.

CAUTION: Do not use during pregnancy.

- **Large Intestine 9**



Location: 4 finger widths below the crease of the forearm, following the bone that reaches to the thumb.

Neck

- **Triple Heater 17**



Location: Behind and below the ear in a hollow between the jaw bone and the base of the skull.

- **Gallbladder 12**



Location: The mastoid process is the name given to the corner of the skull found one finger width behind the ear lobe. The point can be found just behind and below this bone.

- **Gallbladder 20**



Location: At the base of the skull in a depression formed between two muscles. Midway between Gallbladder 12 and the midpoint of the spine.

Face

- **Conception Vessel 23**



Location: On the midline, in the angle formed where the chin meets the neck, in a hollow just above the cartilage of the throat.

- **Conception Vessel 24**



Location: On the midline of the chin, between the prominence of the chin and the lower lip.

- **Governing Vessel 26**



Location: On the midline of the face, two thirds of the way up from the upper lip to the nose.

- **Yin Tang**



Location: At the midpoint between the two eyebrows.

- **Governing Vessel 24**



Location: On the midline of the forehead, just within the hairline.

- **Stomach 5**



Location: Just above the jaw line, one finger width back from Stomach 4, at the outer edge of the chin. This point becomes visible when the cheeks are puffed out.

- **Stomach 4**



Location: Directly below the pupil in a line with Stomach 1, 2 and 3, at the corner of the mouth.

- **Stomach 3**



Location: Directly below the pupil in a line with Stomach 1 and 2. On the cheek, level with the flare of the nostril.

- **Large Intestine 19**



Location: Under the nose, level with the outer edge of the nostril and Governing Vessel
26.

- **Large Intestine 20**



Location: Under the nose, level with the outer edge of the nostril and Governing Vessel 26.

- **Stomach 2**



Location: Directly beneath the pupil and Stomach 1, in a hollow on the upper cheek bone.

- **Stomach 1**



Location: Directly beneath the pupil, in a small notch on the orbital bone.

CAUTION: Only apply very gentle acupressure to this point with the eyes lightly closed.

- **Bladder 1**



Location: Directly beneath the pupil, in a small notch on the orbital bone.

CAUTION: Only apply very gentle acupressure to this point with the eyes lightly closed.

- **Bladder 2**



Location: At the inner end of the eyebrows. Can be felt as a small hollow in the bone, directly above Bladder 1.

- **Bladder 3**



Location: Just inside the hairline, level with Bladder 2 and the inner ends of the eyebrows, and Governing Vessel 24.

- **Gallbladder 15**



Location: Just inside the hairline, in a line with the pupil, extra point Yu Yao and Gallbladder 14.

- **Gallbladder 13**



Location: Just inside the hairline, two thirds of the distance between the midpoint and the corner of the forehead (Stomach 8).

- **Stomach 8**



Location: Just inside the hairline, at the corner of the forehead.

- **Gallbladder 4**



Location: Just inside the hairline, one finger width below Stomach 8.

- **Gallbladder 5**



Location: One finger width below Gallbladder 4, on a line between Gallbladder 4 and 7.

- **Gallbladder 6**



Location: One finger width below Gallbladder 5, on a line between Gallbladder 4 and 7.

- **Gallbladder 7**



Location: One finger width below Gallbladder 6, and one finger width in front of the tip of the ear.

- **Small Intestine 19**



Location: In front of the ear, level with the point at which the lobe meets the head, in a hollow which can be easily felt when the mouth is opened and closed.

- **Stomach 6**



Location: One finger width above the angle of the jaw, in a hollow formed in the muscle when the teeth are clenched.

- **Stomach 7**



Location: Two finger widths in front of the ear, in a large hollow formed between the cheek bone and the jaw bone. Locate with the mouth closed.

- **Small Intestine 18**



Location: On the cheek, in a hollow just below the cheek bone, level with the outer corner of the eye.

- **Gallbladder 1**



Location: One finger width away from the outer corner of the eye, in a hollow at the behind the edge of the orbital bone.

- **Triple Heater 23**



Location: At the outer end of the eyebrow.

- **Yu Yao**



Location: In the center of the eyebrow, directly above the pupil.

- **Gallbladder 14**



Location: On the forehead one and a half finger widths above the eyebrow, level with the pupil and Yu Yao.

- **Governing Vessel 20**



Location: On the top of the head on the midline. This point can be found by running the fingers up from the tips of the ears to the top of the head.

Once you have finished the whole acupressure routine, quickly rub your hands together for a few seconds to generate some heat.

Use the heat from your hands to gently bathe your face, holding them just away from the skin itself and moving them around to warm all of the different areas that you have just worked on.

Take some deep breaths and a few moments to compose yourself before going about your day.

Complete the full acupressure routine once or twice a week, more if you have time, and within a few weeks you should start to notice real differences in your appearance as well as feeling improvements in your general well-being.

You can further enhance the effects of this wonderful massage by eating well, exercising regularly, and getting enough sleep.

Avoid smoking and alcohol and try some of the fantastic natural facial masks listed in the next chapter to give your skin an extra boost.

Chapter 6 - Five Fantastic Facial Masks from the Kitchen

- **Beaten Egg Facial Mask**

Eggs are a great way to add extra protein and moisture directly into the skin.

The yolks are packed full of nutrients which are great for nourishing and smoothing your face and neck.

Eggs contain:

Vitamin B2 - is a powerful antioxidant that fights free radicals (free radicals cause premature aging).

Vitamin A – Stimulates cells called “fibroblasts” which keep the deep layers of your skin firm and healthy. Vitamin A also promotes retinol which is key to healthy skin cell production and growth.

Vitamin B3 – Numerous clinical results have long supported the anti-aging benefits of vitamin B3.

Our skin contains two important enzymes (NADH and NADPH) that act as a protection barrier from free radicals and pollutants that cause the appearance of aging. As we grow older, our natural levels of these protective enzymes decline. Vitamin B3 supports NADH and NADPH which keeps our skin looking younger.

Zinc – Not only is it a powerful weapon against acne, but it also gives your skin a glowing effect.

Egg whites have a fantastic lifting and firming effect.

This mask is cheap, simple to make and effective. What could be better?

- In a cup or small bowl, beat one whole egg until it is a nice, even consistency.
- Wash the face, neck and chest with warm water and pat dry.
- Using a thick make-up brush, apply the beaten egg mixture all over the face, neck and chest, avoiding the sensitive area around the eyes.
- Wait 10 minutes, then apply a second layer of egg on top of the first.
- Wait 20 minutes. You will feel the egg beginning to tighten on your face as it dries.

- Rinse well with warm water, gently pat dry and apply natural, non-fragranced moisturizer.

- **Nourishing Avocado Mask**

Avocado is rich in vitamins and minerals which are vital for healthy skin. They are also high in fat, which means more moisture, softer skin, and fewer fine lines and wrinkles. Avocados are an important part of any skin care diet, but also work wonders when applied externally as a facial mask.

- Take one very ripe avocado and mash well in a small bowl until smooth and free from lumps.
- For an extra treat for your skin add a spoonful of honey and mix well, or if you prefer, simply use the avocado alone.
- Wash the face with warm water and pat dry.
- Apply the mashed avocado all over the face and neck, taking care not to get any on your clothes as avocado is fatty and will stain.
- Leave the mask on for 15 minutes before rinsing with warm water.

- **Natural Yogurt Facial Mask**

Yogurt is a great tool in your natural beauty kit. Not only is it full of protein for adding moisture, but it also works as a natural exfoliant and has a mild bleaching effect to reduce pigmentation and brighten your complexion. Use thick, natural, full fat, yogurt. Of course, organic is best if you can get hold of it, but the most important thing is that you don't want any added sugar or other nasties, so check the ingredients carefully before use!

- Wash the face with warm water and pat dry.
- Evenly cover the face and neck with natural yogurt.
- Wait 10 – 15 minutes before rinsing with warm water.

You can add other ingredients to your yogurt mask for additional benefits. A spoonful of honey or a couple of drops of olive oil will give an extra moisturizing boost. A squeeze of lemon juice adds to the natural lightening and brightening effect and a few drops of rose water helps to cool and tone the skin, and smells amazing too!

- **Simple, Smoothing Banana Facial Mask**

Bananas are full of skin loving vitamins and minerals which moisturize, smooth out rough skin and gently lighten and brighten, reducing wrinkles, pigmentation and blemishes. You can use banana as a single ingredient or add other skin-loving ingredients such as honey or lemon juice if desired.

- Mash one very ripe banana until smooth and free from lumps.
- Wash the face and neck with warm water and pat dry.
- Apply banana evenly and leave for 10 – 15 minutes.
- Rinse with warm water and pat dry.

Another variation on the banana face mask is to use the ripe banana skins rather than the fruit itself.

Cut the skin into four or five pieces and use to gently massage the face until the peel becomes brown and sticky.

Once you've used up all the pieces of banana skin, leave the residue on the face for 15-20 minutes before rinsing well with warm water.

The massaging action coupled with the nutrients in the banana skin will leave the skin soft, supple and glowing.

- **Brightening Papaya Facial Mask**

Papaya contains enzymes which naturally lighten and brighten the skin, reducing pigmentation, dark spots and blemishes. It also gently moisturizes and hydrates, reducing the appearance of fine lines and wrinkles.

- Mash half of a very ripe papaya in a small bowl until smooth and free from lumps.
- Add a spoonful of honey or a few drops of lemon juice if desired and mix well.
- Wash the face and neck with warm water and pat dry.
- Apply the papaya evenly and leave for 15 minutes.
- Rinse well, pat the skin dry and moisturize.

Glossary of Chinese Medical Terms

Jing – Also known as essence, jing is one of the five vital substances of traditional Chinese medicine.

Qi – Qi can be loosely translated as “vital energy”. It flows through the meridians and is responsible for the body's overall state of health.

Yang – One of the two opposing forces of nature, the opposite of yin. Yang is male, daytime, heat, fire, active.

Yin – One of the two opposing forces of nature, the opposite of Yang. Yin is female, nighttime, cool, water, still.

What's Next?

Now that you've reached the end of Acu-Facelift Revitalizer, what's next?

It's important to remember to keep up with your acupressure routines... but it is equally important to keep in mind the factors that caused your ailment to begin with - such as your lifestyle choices, diet, and your mental wellbeing.

A poor diet may have served you fine when you were in your 20's, but if you're edging closer to middle age and live on fried chicken, burgers, fries and pizza then it might be the right time to consider choosing healthier options.

Stress is often the root of common ailments. If you can take control of your mental wellbeing; your body will usually take care of the rest.

The benefits of meditation are immense. Not only will meditation greatly reduce your stress, but it will aid your sleep (allowing you to recharge on less sleep), increase memory and cognition, boosts Qi, slows the aging process and increases your happiness. Meditation can be practiced while you apply acupressure. The Natural Synergy App is packed with tools to help you relax and clear the mind.

The Natural Synergy App is more than an acupressure aid. The soothing and healing bio-acoustic frequencies, sounds of nature, Solfeggio tones and binaural tracks can be mixed to your own personal liking, and used as a sleeping aid, for your yoga regime or your next meditation session.

Creating a habit out of your acupressure routines is the most important step towards good health.

***Wishing you all the best in health and happiness,
Emily J. Parker and Dr Lin Xiaoxi***