

Acupressure for Facial Rejuvenation

Yin Tang: THIRD eye, or upper dantian in QiGong;
calms the spirit (insomnia, anxiety, agitation); treats hypertension;
alleviates pain frontal HA, nasal congestion, rhinitis, nosebleed, sinus pain

Bl-2: benefits the eyes; treats headaches

GB-14: meeting point of Gallbladder, Liver and Stomach meridians;
benefits the eyes; treats frontal HA

GB1: benefits the eyes; treats headaches

TaiYang: benefits the eyes, treats headaches

St 7: benefits ears, jaw, teeth (toothache, trigeminal neuralgia, facial paralysis, ear deafness)

St 6: benefits jaw, teeth, muscles of the face

St 5: benefits jaw, teeth, mouth

SI-18: benefits eyes, teeth

St-3: decreases swelling of lips and cheek

St-4: nourishes stomach meridian; treats facial muscles (facial pain, trigeminal neuralgia,
numbness of lips and mouth); treats eyes (inability to close eyes and twitching of eyelid)

LI-20 – opens nasal passages, treats allergic rhinitis, sneezing, nasal congestion

BiTong – treats rhinitis

Du-26 – restores consciousness; calms the spirit (mania/depression/epilepsy,
excessive crying, heat stroke); treats swelling of face;
alleviates low back pain

Ren-24 – treats pain or numbness of face (including trigeminal neuralgia, facial paralysis, lock
jaw, mouth ulcers;
treats neck stiffness

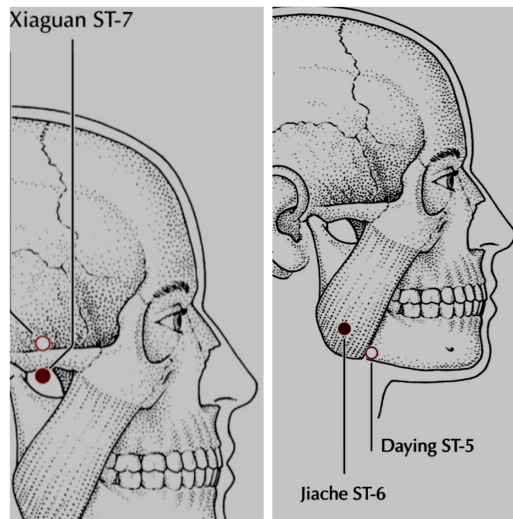
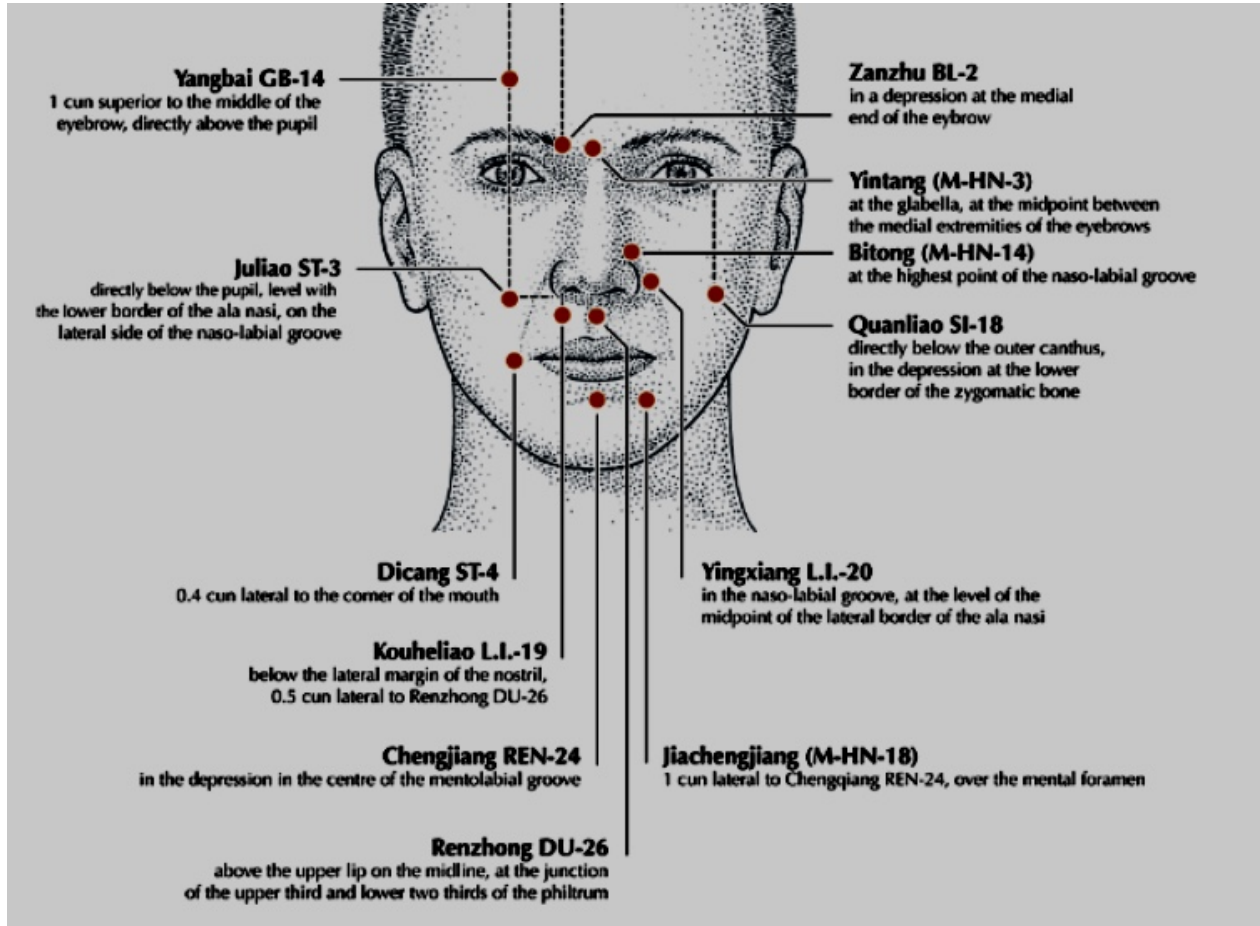
References: *A Manual of Acupuncture* – The Definitive Ap for Students & Practitioners,
from textbook Deadman, Peter, et al. *A Manual of Acupuncture*, 2008.

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