

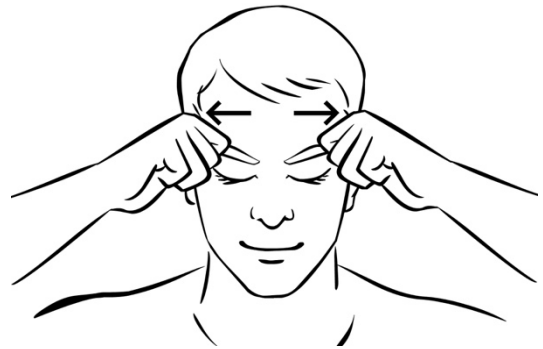


RADIANT
SHENTI
焕发身体

Chinese Massage Techniques to Help you Sleep

Complete the massage techniques in the order shown below to help you sleep better. We recommend practicing the techniques before you use them at bedtime. That way you will be able to complete the massage in a more relaxed state.

- Bend fingers on both hands
- Place the bent knuckle of the index finger on the inside of each eyebrow (left on left side and right on right)
- Swipe from the center of the brow to the outside of the brow
- Repeat 30 times



- Place right thumb on right temple
- Massage in a clockwise circle 30 times
- Repeat on the left side



- Place fingertips on your forehead (left thumb on right temple, and right thumb on right temple)
- Knead for 2 seconds
- Sweep fingers of both hands upward to the top of the head
- Repeat 30 times



- Pat the top of your head with your full hand 10-30 times
- Switch hands each night



- Press the base of skull with thumbs
- Knead for 3 seconds
- Repeat 30 times



- Rub inside part of lower arm in a downward motion
- Repeat 30 times for each arm



- Rub abdomen, just above the belly button, in a circular, clockwise motion
- Ideally rub for 5 minutes, but complete 30 rotations



- With index and middle finger, rub the auricle of the ear in a clockwise motion (the auricle is located where the jaw meets the skull)
- Rub left auricle with left fingers, and right auricle with right fingers
- Ideally rub for 2 minutes, but complete at least 30 rotations

