

ACUPRESSURE: SINUS RELIEF

Technique: Press, Tap, or Circle Rub each point for 1 minute. Repeat 3-5 times. Stop if irritation occurs. Pregnancy caution: check with a Licensed Acupuncture provider before use.



LI4: at the center of the web between the thumb and index finger



Bitong: on both sides of the nose, in a groove close to the nasal bone



LU-7: on the thumb side of the wrist, near bone one to two finger-widths below the crease



Yintang: midpoint of forehead, between the eyebrows