

ACUPRESSURE: STRESS 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



LV-3: on the top of the foot, between the big toe bone and 2nd toe bone



Ear Shenmen: located under the ridge in the triangle-shaped groove in your upper ear



Yintang: midpoint of forehead, between the eyebrows