



Facial Acupressure

by Keeley Bruce




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Pressure Point Tuina (PPT)

Acupressure

- Manual healing method based on centuries old Chinese medicine principles used to bring health and well-being to the whole body
 - Uses Qi (Vital Energy flow) points to stimulate the body's natural healing abilities
 - Uses 12 channels (meridians), Qi points and active and passive movements of the limbs to open blockages in the channel system
 - Relies on the concept of Yin and Yang
 - Five Elements: Earth, Water, Metal, Wood and Fire
 - PPT works with Qi to restore balance to the body
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What is Qi?

- Qi flows through the bodies channel system (meridians) or Qi point and stimulates healing externally as well as internally by increasing the flow of Blood and Qi
 - Chinese Medicine views disease as an imbalance in circulation caused by blockages in the flow of Qi
 - The flow of Qi (Vital Energy) that can affect health and the way one feels
 - Facial Acupressure techniques can restore that natural flow to restore balance to the body
 - Qi is impacted by physical and emotional factors (stress, overwork, overeating, toxins in dead foods, lack of exercise and not enough sleep)
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Signs of Qi Deficiency

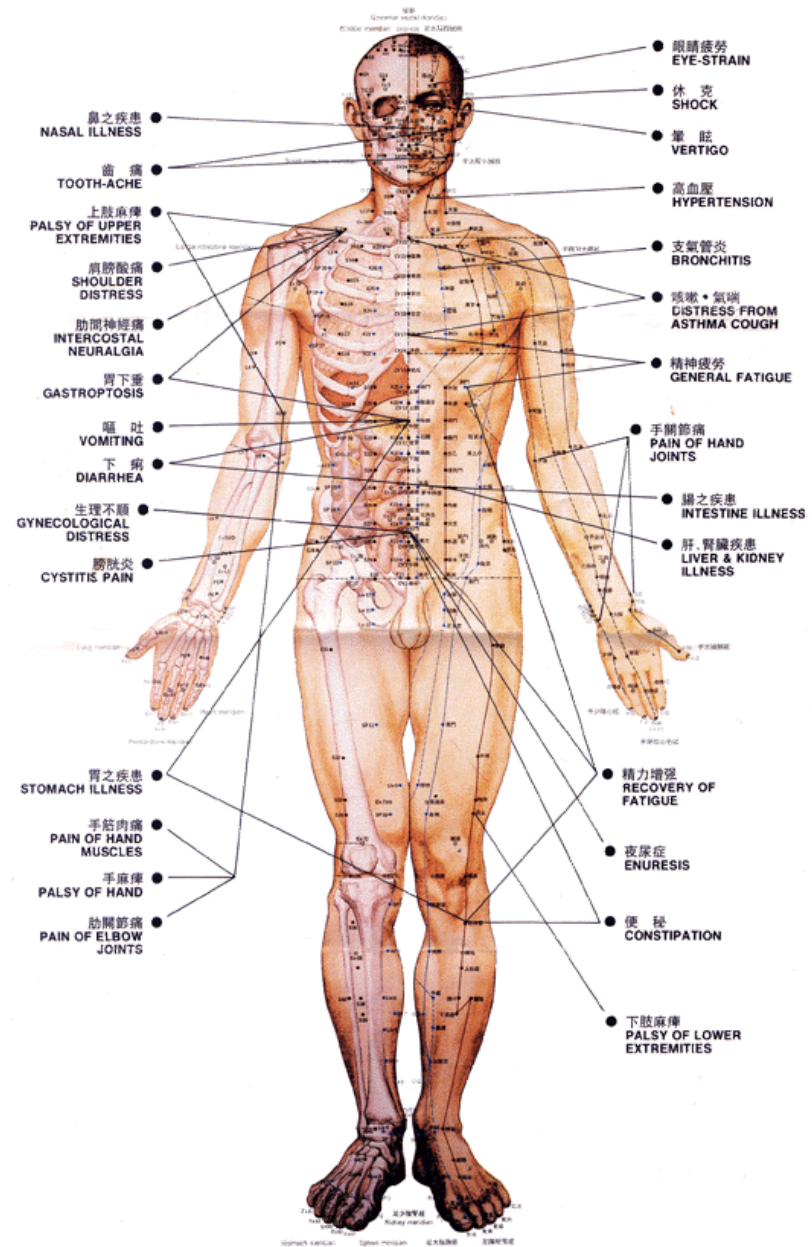
- Pale Skin
- Pale Tongue
- Irritability
- Depression
- Physical Weakness
- Burnout and Stress



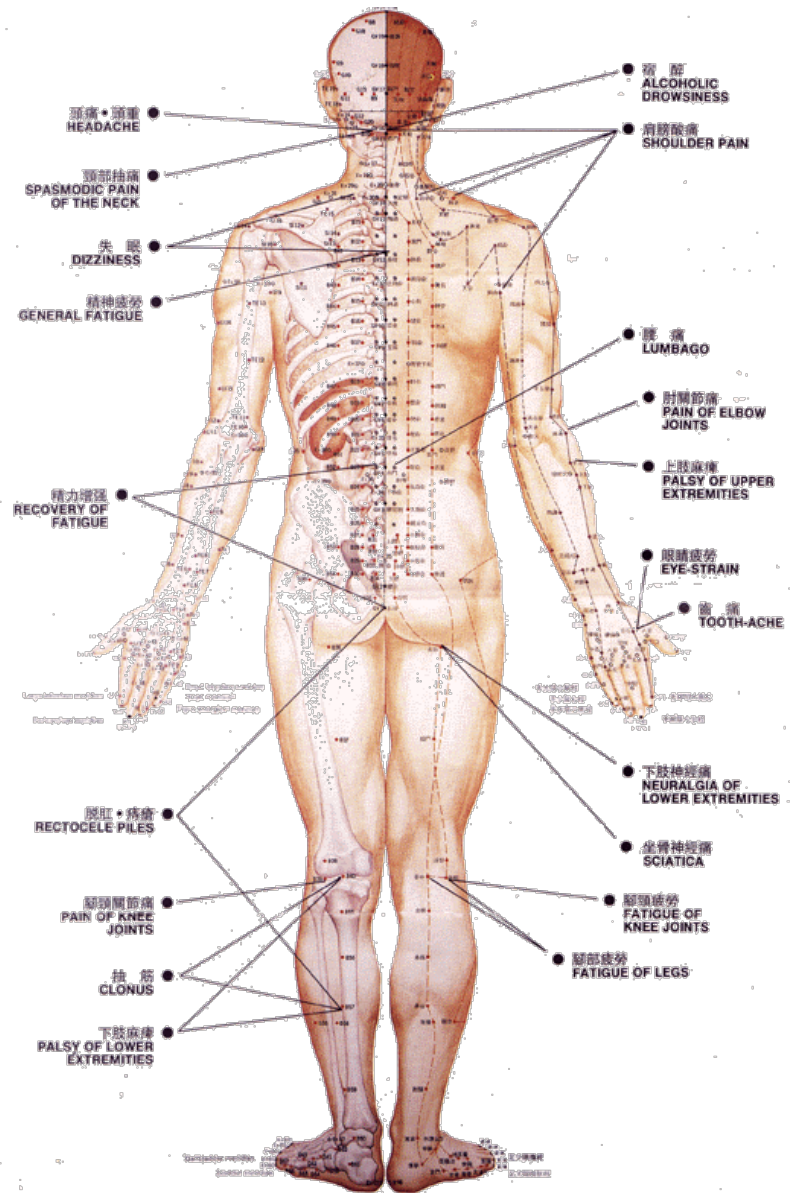
Meridian Channels of the Body

Meridian	Action	Function
Lung	Intake of Qi	Structure and Vitality
Large Intestine	Elimination	Ability to Release and Vitality
Stomach	Intake of Food and Digestion	Nurturing, Fertility and Grounding
Spleen	Digestive Secretions and Hormones	Nurturing, Fertility and Intellect
Heart	Governs CNS, Emotions, Interpreter	Adaptation, Emotional Stability, Spirit
Small Intestine	Assimilation and Absorption	Assimilation and Absorption
Bladder	Governs Autonomic Nervous System	Purification of Qi, Fluidity
Kidney	Governs Endocrine System	Impetus, Flexibility and Synchronization
Heart Constrictor	Circulation and Vascular System	Spirit via Dreams, Emotional Stability
Triple Heater	Governs Lymphatic System	Protection
Gull Bladder	Distribution of Qi	Accomplishment, Spiritual
Liver	Detox, Storage and Distribution of Qi	Detoxification, Control

Meridian Channels and Qi Points

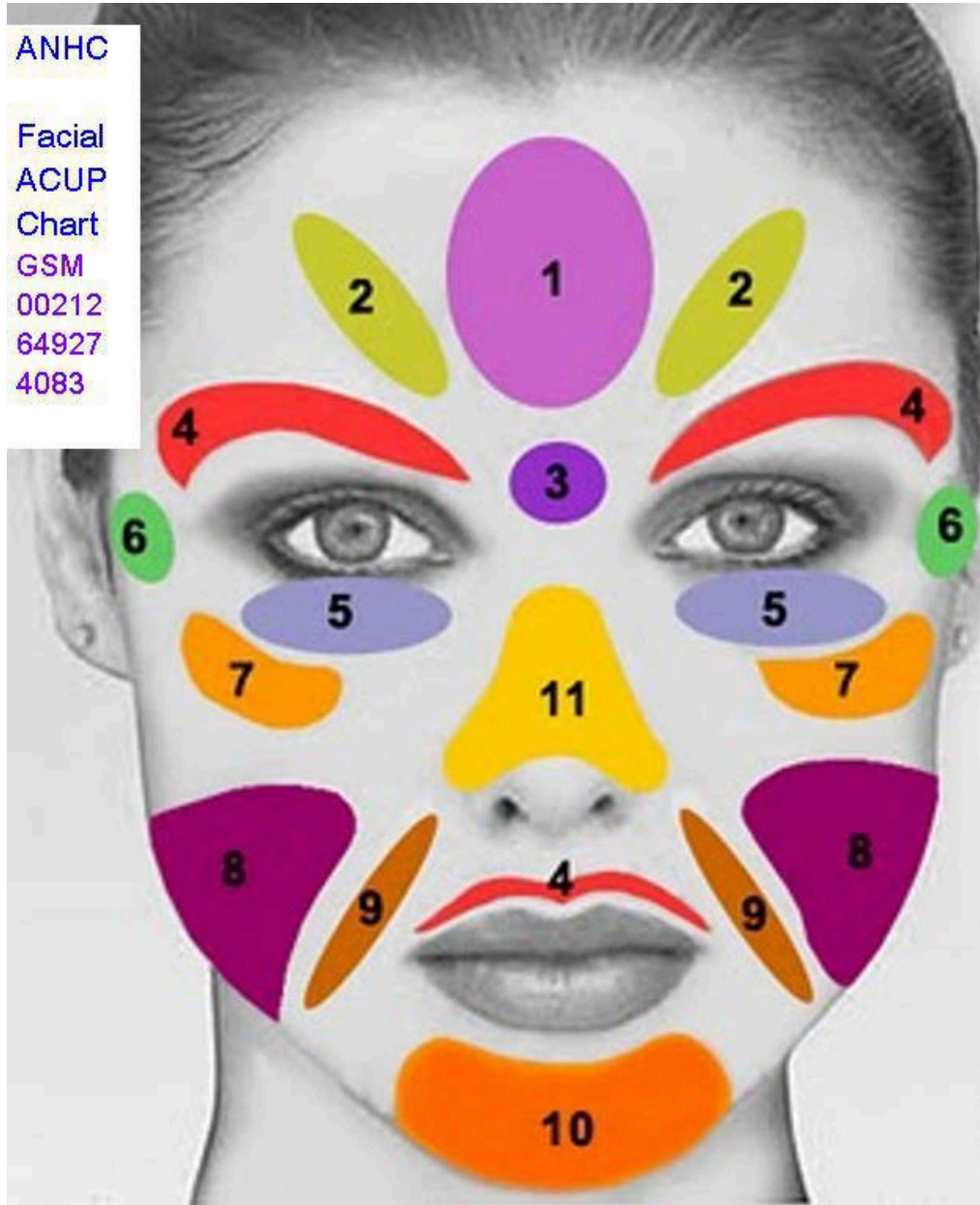


Meridian Channels and Qi Points



ANHC

Facial
ACUP
Chart
GSM
00212
64927
4083



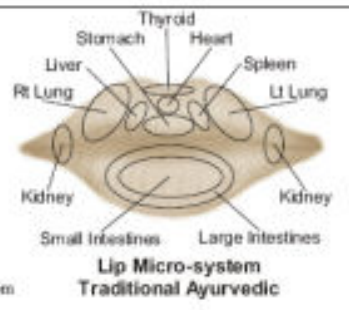
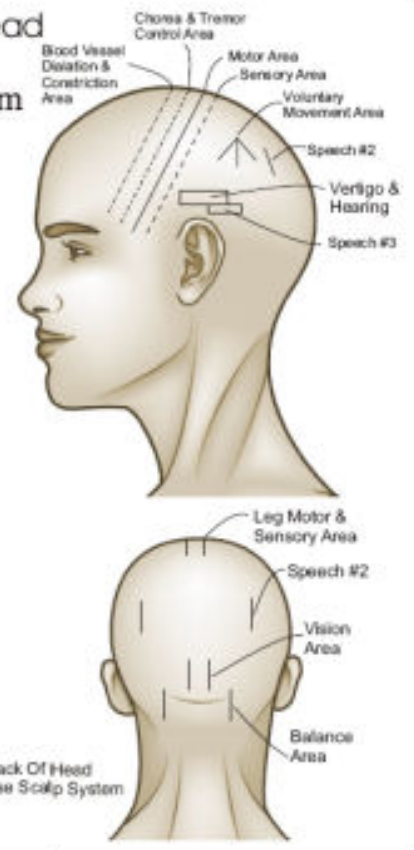
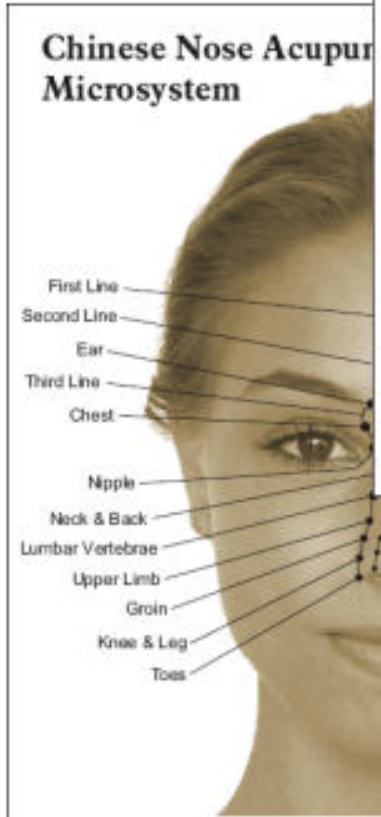
Meridian Channels on the Face

- 1: Small intestine
- 2: Bladder
- 3: Liver
- 4: Heart
- 5: Kidney
- 6: Gallbladder
- 7: Stomach
- 8: Lung
- 9: Colon
- 10: Genitals
- 11: Pancreas

Acupuncture Microsystems of the Face & Head

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 Charts, Books, Formulas & Point Locations

Chinese Face Microsystem




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Qi Points of the Ear





Contraindications of PPT

- Hemophilia
 - Pregnancy
 - Under Influence of Drugs and Alcohol
 - Severe Psychosis
 - Acute Cardio-vascular disorder
 - Blood Thinning Prescription Drugs
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The Benefits of Facial Acupressure



- Improves facial appearance and skin tone
- Releases endorphins to relieve stress and pain
- Restores harmony and balance to the body

Putting It Together

10-15 minute
Facial Acupressure
Technique Prior to
Facial/Massage



1. S8 Skulls Safeguard
2. GB14 Yang Brightness
3. BL1 Eye Brightness
4. GB1 Pupil Bone
5. S1 Receiving Cures
6. LI 20 Welcome Fragrance
7. GV 26 Middleman
8. GV 24 Receiving Fluids
9. S7 Lower Hinge
10. S4 Stomach Granary
11. S6 Mandible Wheel
12. CV 23 Anger Spring
13. S9 Greeting Welcome

**"A magical, intangible
process, healing is an art, not
a science."**

~Rosemary Gladstar





Thank you.



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