

Headache/ Tension Relief



For temporal headaches: Press four fingers against the temporal muscle and move them back and forth, up and down or in a circular motion.



For frontal and sinus headaches: Put three fingers of each hand above the eyebrow line and press left to right, to the hairline, without gliding.



For tension headaches, tired eyes and sinuses: Press your thumbs up against the underside of the brow bone in the eye socket.



For stress and tension throughout the body (if you have time for only one exercise, this is the one to do): Using your three middle fingers arranged in a triangle, apply pressure just above the bridge of your nose, known as the “third eye.”