



MODULE 07

Face Massage

- 10 Facial Muscles Release Massage



10 Facial Muscle Release Massage

Name	Target Area	Benefits
Temple Lift Massage	Temple	<ul style="list-style-type: none">Relieves stress, contributing to facial relaxation.
Forehead Lift Massage	Forehead	<ul style="list-style-type: none">Reduces forehead wrinkles by relaxing facial muscles
Brow & Upper Eyes Lift Massage	Upper Eyes	<ul style="list-style-type: none">Alleviates eye strain and prevents eyelid sagging.
Eyes Lift Massage	Eyes	<ul style="list-style-type: none">Reduces puffiness and dark circles.
Cheek Lift Massage	Under Cheekbones	<ul style="list-style-type: none">Aids in lifting and reducing nasolabial folds and droopy mouth
Chin Relax Massage	Chin	<ul style="list-style-type: none">Tightens the area to prevent double chin.
Jawline Lift Massage	Jawline	<ul style="list-style-type: none">Sharpens facial contours and promotes lifting.
Jaw (Masseter Muscle) Lift Massage	Jaw (Masseter)	<ul style="list-style-type: none">Relieves tension in the jaw muscles, aiding in relaxation and reducing muscle tightness.
Ear Lift Massage	Ear	<ul style="list-style-type: none">Improves overall facial blood flow and relaxation.
Side of Neck Massage	Side of Neck	<ul style="list-style-type: none">Enhances lymphatic drainage, reducing swelling.



Important Notes for Performing Massages

- **Avoid Dry Skin:** Avoid performing massages directly on dry skin. To prevent friction on the skin, it is recommended to use a suitable amount of moisturizer or oil.
- **Dealing with Tight Muscles:** If certain poses are challenging, it may be due to the surrounding muscles being tight. In such cases, use massage to loosen these muscles, making it easier to achieve the poses.
- **Use for Relaxation Post Facial Muscle Training:** These massages can also be effectively used for relaxation after facial muscle training. They help to ease muscle tension and lead to a relaxed state.

Please keep these points in mind for a safe and effective massage experience. Massage is a wonderful way to promote overall well-being and relaxation in daily life.

Temple Lift Massage

- **Effects:** Relieves stress, lifts face, reduces eye fatigue, achieves larger-looking eyes, diminishes nasolabial folds, improves sunken cheeks.
- **Method:** Use second knuckles to gently press and circle the temples.
- **Rounds:** 2-3 times per area.
- **Pressure:** Comfortably firm.

Forehead Lift Massage

- **Effects:** Reduces forehead wrinkles, relaxes facial muscles.
- **Method:** Rest elbows on a table and place fists on the forehead. Massage from the center to the temples in 4-5 spots.
- **Rounds:** 3 times per area.
- **Pressure:** Comfortable.



Upper Eyes and Brows Lift Massage

- **Effects:** Reduces eye fatigue, prevents eyelid sagging.
- **Method:** Pinch eyebrows and shake them up and down, left and right. Massage gently from the start to the end of the eyebrows in 3 spots.
- **Rounds:** 5-10 times in each direction per area.
- **Pressure:** Light.

Eye Lift Massage

- **Effects:** Reduces puffiness and dark circles.
- **Method:** Gently massage around the eyes with the pads of your ring or middle fingers.
- **Rounds:** 1-2 times per area.
- **Pressure:** Light.

Under Cheekbones Lift Massage

- **Effects:** Lifts, improves nasolabial folds and droopy mouth corners.
- **Method:** Use second knuckles to gently lift and massage from inside to outside under the cheekbones.
- **Rounds:** 3 times per area.
- **Pressure:** Comfortably firm.

Chin Relax Massage

- **Effects:** Relaxes the jaw muscles.
- **Method:** Massage the mentalis muscle up and down.
- **Duration:** About 10 seconds.
- **Pressure:** Comfortably firm.



Jawline Lift Massage

- **Effects:** Sharpens facial contours, lifts.
- **Method:** Use second knuckles to gently press and massage along the backside of the jawline.
- **Rounds:** 3 times per area.
- **Pressure:** Comfortably firm.

Jaw (Masseter) Lift Massage

- **Effect:** Relaxes the jaw muscles.
- **Method:** Use the pads of your fingers to massage any tight areas of the masseter muscle. Keep your mouth slightly open and relaxed during the massage.
- **Duration:** About 10 seconds.
- **Pressure:** Firm but comfortable.

Ear Lift Massage

- **Effects:** Face Line Lift, General relaxation, promotes blood circulation.
- **Method:** Gently pinch the ears, lift them diagonally upwards, and then rotate forwards and backwards, ending backwards.
- **Rounds:** 5 times forwards and backwards, 3 sets.
- **Pressure:** Gentle.

Side of Neck Lift Massage

- **Effects:** Promotes lymphatic flow, reduces facial swelling, eliminates double chin, lifts face.
- **Method:** Use the sides of your fingers to gently sway and massage the entire side of the neck. Focus on the entire lateral area of the neck, including the sternocleidomastoid muscle.
- **Rounds:** 3 times on each side.
- **Pressure:** Comfortably firm.