

Facial Massage

Step	Procedure	Focus
1	Sit in comfortable position without distractions. Place feet squarely on the floor. Breathe in deeply (abdominal breathing) and ‘cleanse’ away tension.	Getting ready to experience relaxation sensations. Focus on breathing away tension and the solid connection between feet and floor.
2	Tap fingers lightly but rapidly over scalp for several moments. Next, make small circles on the scalp with fingertips. Tips can stay in same spot but move the scalp itself under the fingertips.	Focus on sensations in the flesh of the scalp.
3	Move fingertips to new locations on the scalp until entire scalp is covered.	Feel the relaxation sensations circulating through the scalp. <i>Breathe.</i>
4	Tap fingers lightly and rapidly over entire the surface of the face.	Feel the face muscles beginning to relax.
5	Now lightly and slowly stroke fingertips over face, from forehead to cheeks to chin, stroking the tension off the surface of the face. Go from the center of face to the sides. Lastly, stroke off the eyebrows and then down the nose to the tip.	Feel tension leaving the surface of the face.
6	Make small circles on the forehead with fingertips. Start on forehead, progress down the face to the cheeks and lower face and chin.	Feel the muscles giving way to relaxation. <i>Breathe</i> deeply.
7	Massage flesh of face more deeply in larger circles with the whole hand, both hands, using slow strong circles. Include massage of jaw muscles.	Focus on the face contorting and stretching, and deeply relaxing usually tense muscles. Let old facial expressions be erased.
8	Use thumbs and forefingers to massage tension out of eyebrows, squeezing the eyebrows from center to sides. End by pulling down the length of the nose, removing tension there.	Feel large amounts of tensions leaving that area of the face. <i>Breathe.</i>
9	Turning attention to ears, gently and firmly move ears in slow circles, massaging tops of ears.	Notice how tension had built to a high level in the ears, now it too is being released.
10	Massage entire ear, both ears at once. Move to earlobes and gently and firmly tug lobes in slow, large circles.	Notice the physical sensations of relief in face and ears.
11	Now massage your neck: Start at base of scull high on back of neck. Use fingertips to press the tension out of that area. Then do first one side of neck then the other. Tilt head first to one side until complete on that side then tilt to the other. Deeply stroke the tension out of the side neck muscles. Finish by tilting head forward and massaging length of back of neck.	Feel the deep relaxation feelings tingling from face throughout body.
12	Keep eyes closed and focus on sensations of relaxation in entire body. <i>Breathe.</i>	Focus on feet flat on floor with tension leaving the body, seemingly flowing out of the feet and away.