

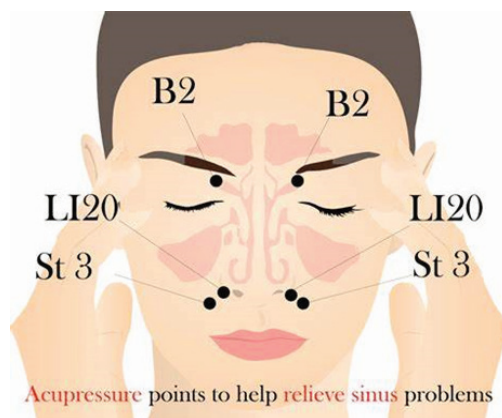


RELAXATION STATION

SINUS RELIEF DRAINAGE MASSAGE

Benefits: Sinus draining to help with congestion, alleviates sinus pressure, enhances breathing.

Essential Oil: Breathe Easy Blend - Eucalyptus Globulus (Euclyptis) oil, Mentha piperita (Peppermint) oil, Citrus limonum (Lemon) oil, Melaleuca alternifolia (Teatree) oil, Abies balsamea (Fir) needle oil, Ravensara aromatica (Ravensara) oil.



Self-Guided Sinus Relief Massage Steps:

- Place 3 drops of Essential Oil on your fingertips. Rub them together slightly and take three deep breaths.
- Start with the frontal sinus on forehead. Using Both hands place three fingers above your eyebrows and adding light pressure make 3 circular movements and hold. Repeat this step three times.
- Use your two index fingers on the upper part of the nose (Points B2) in between your brows, push in and glide down to the bottom of the nose (Points LI20) and hold. Lightly press three times on LI20 and release. Repeat these steps three times.
- Move thumbs to the base of the nose to the maxillary bone by nostrils (Points St 3) this is right below your cheek bone. Lightly pulse three times then glide the thumbs outward with light pressure along / under the cheek bone to the temples. Make three small circles at temples. Release. Repeat these steps 3 times.