

Pressure Points

For centuries, practitioners have utilized acupressure – an ancient practice involving the application of targeted pressure to specific areas on the body, referred to as pressure points – to effectively alleviate stress and pain. This non-invasive technique entails minimal risk while providing a diverse spectrum of health benefits, including pain relief, stress reduction, enhanced circulation, digestive well-being, and headache and migraine relief, to name a few. What is the most appealing aspect of pressure points? You can learn the technique and apply this practice to yourself.

Get started with four key pressure points below.

3 Tips to Make Acupressure More Effective

- 1. Don't press too hard.** You can apply firm pressure, but don't press hard enough to cause pain. For hard-to-reach spots, you may try a massage tool or tennis ball.
- 2. Avoid pressing on damaged skin.** Don't apply pressure to a pressure point if you have a cut, rash or scar tissue. The manipulation may further harm your skin and/or injury.
- 3. Repeat, as necessary.** It's okay to press on the same pressure point several times per day for continued relief.



Location: Glabella/Yin tang. The glabella is present in the center of the frontal bone, between your eyebrows.

Relieves: Frontal or sinus headache, dizziness, stress insomnia, agitation and restlessness.



Location: Inner wrist/Pericardium 6

Relieves: Reflux, indigestion, nausea and anxiety.



Location: Web of the hands. The sore spot right before the bones of your thumb and your index finger meet.

Relieves: Headaches, stress toothaches, facial pain and poor digestion.



Location: Anterior of lower leg/Anterior crest of the tibia.

Relieves: Fatigue, abdominal pain, vomiting, diarrhea and constipation.