FACE MASSAGE

When stress starts to build up throughout the day, it can often show in our faces! I’m sure you’ve seen it before! Stress can appear as:

- Clenching your teeth!
- Pursing your lips!
- Knitting your eyebrows!

Try out these 3 SIMPLE STEPS to relieve stress build up in the face!

**STEP ONE**
Gently rubbing your whole face with your fingertips

- Start with your fingertips on your jaw near your ears
- Make small circular motions as you slowly move your fingers toward your chin
- Once your finger make it to the centre of your face, move them up and gently work towards the outside of your face
- Continue going in and out with circular motions until you have done your entire face (including your forehead!)

**STEP TWO**
Gently patting your face with your fingers

- Keep your fingers together
- Spend a few moments gently patting your face with your fingers
- This really wakes the face up and bring colour back to your cheeks

**STEP THREE**
Gently caressing your face with your fingers

- Start with your fingers in the middle of your forehead
- Use nice long strokes to smooth out your face
- Slowly work your way down to your chin

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