

Moves 1

Place the pad of each little finger onto the temple just behind the eye socket. Let the finger melt through the skin onto the bone.

Moves 2

Place the pad of the middle finger onto the brow so that the tip rests slightly upon the closed eye.

Moves 3

Place the pad of the index finger onto the brow above the eyebrow and the corner of the eye.

Moves 4

Place the thumb pads onto the forehead on either side of the 'Widow's Peak' at the hairline.

Moves 5

Step 1 - Sweep the brow from the midline to the TMJ starting at the brow then mid-brow and finally the forehead using the palmar aspect of both thumbs simultaneously.

Step 2 - With heels of the thumbs apply gentle pressure for several seconds to the temples just posterior to position (1).

Step 3 - Sweep the heels of the thumbs to the curve of the jaw over the parotid gland.

Step 4 - Traction the neck superiorly with one hand holding the underside of the occiput and the palm of the other hand applying gentle pressure on the forehead inferiorly.

Step 5 - Rake the fingers through the scalp from the occiput to the vertex and then the forehead to vertex 2 times each.

