

Press Away Your Stress



Tranquilizer

Traditionally used to promote relaxation

HALF WAY BETWEEN THE MIDDLE AND BOTTOM OF THE TRAGUS.



Shen Men

This point is believed to calm the mind and spirit

PLACED AS SHOWN IN THE VALLEY

Heart

Used to balance stress, anxiety & insomnia

CENTER & DEEPEST POINT

How To Use:

- Affix the seeds to the Acupressure points shown
- Give them a little press when stress takes over
- Points are located in general regions shown
- Feel for tenderness in that area to indicate proper placement
- Remove seeds after 5 days, wait 24 hours before reapplying