

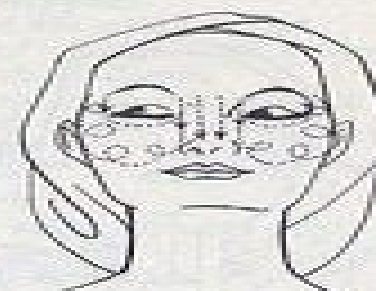
FACIAL TREATMENTS



7. Stroking (headache) Movement. Slide fingers to center of forehead, then draw fingers with slight pressure toward temples and rotate.



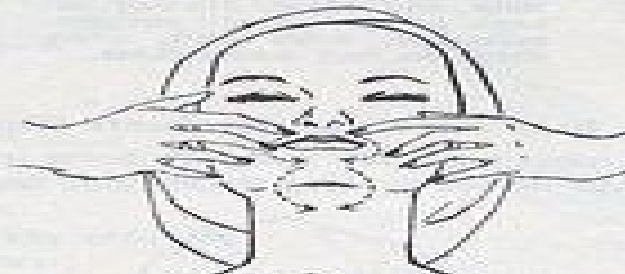
8. Eye Movement. Place middle fingers at inner corner of eyes and index fingers over brows. Slide to outer corners of eyes, under eyes and back.



9. Nose and Upper Cheeks. Slide down nose. Apply rotary movement across cheeks to temples and rotate. Slide under eyes and back to root of nose.



10. Mouth and Nose Movement. Apply circular movement from corner of mouth up sides of nose. Slide over brows and down to corners of mouth.



11. Lip and Chin Movement. Draw fingers from center of upper lip, around mouth, going under lower lip, and the chin.



12. (Optional Movement). Hold head with left hand; draw fingers of right hand from under the lower lip, around mouth to center of upper lip.



13. Pinching Movements of Cheeks. Proceed from the mouth to ears, and then from nose to top part of ears.



14. Rotary Movement of Cheeks. Massage from chin to ear lobes; mouth to middle of ears, and from nose to top of ears.



15. Light Tapping Movement. From chin to ear lobes; mouth to ear; nose to top of ear, and then across forehead. Repeat on other side.

Milady Facial Massage Steps

Mark Steyvers

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the author's name.

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