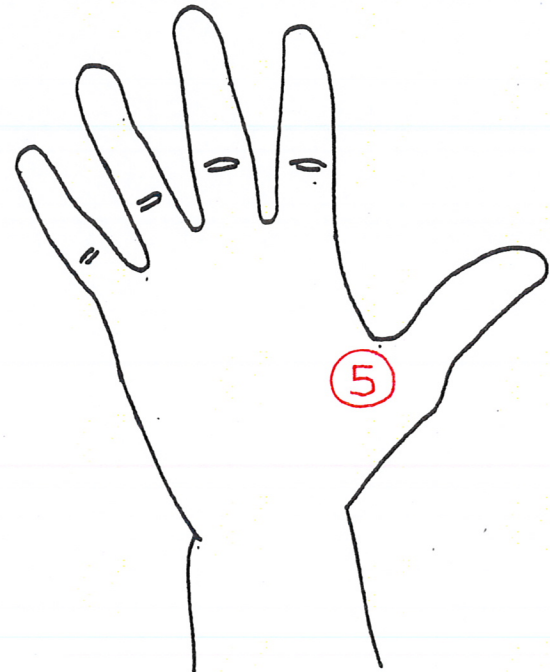
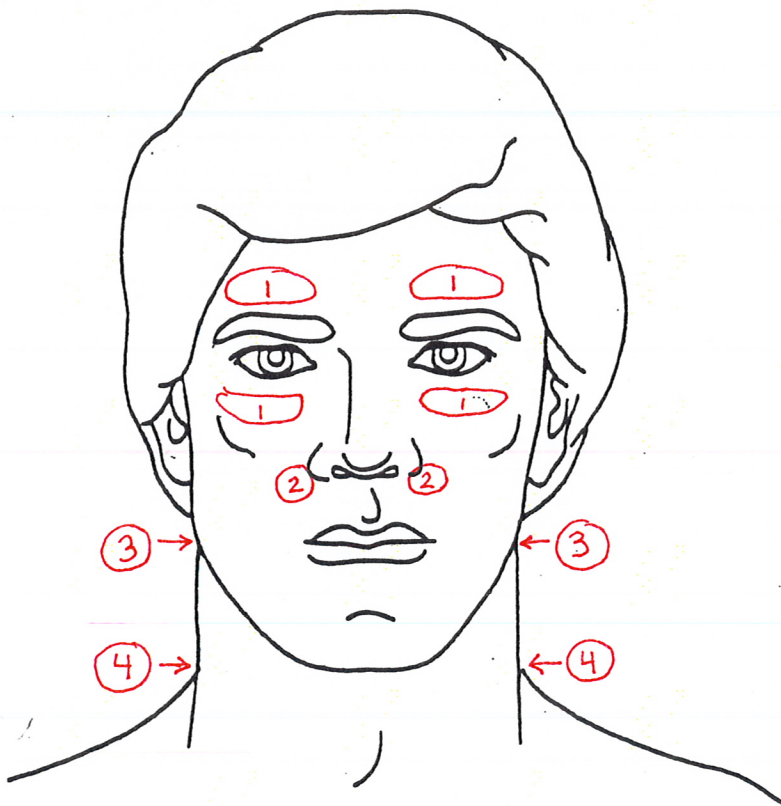




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Sinus Massage Technique

Steps:

1. Using hand lotion, massage over eyes and on cheek bones right to left and back.
2. Rub corners of nose for 10 seconds.
3. Rub at base of skull (C1 region near spine) for 15 seconds.
4. Rub at base of neck near spine for 15 seconds.
5. Rub at thumb web at end of crease on back of hand. 30 seconds each hand.
6. With someone else's help, rock head forward and back holding at base of the skull and at sinus region. 30 times.