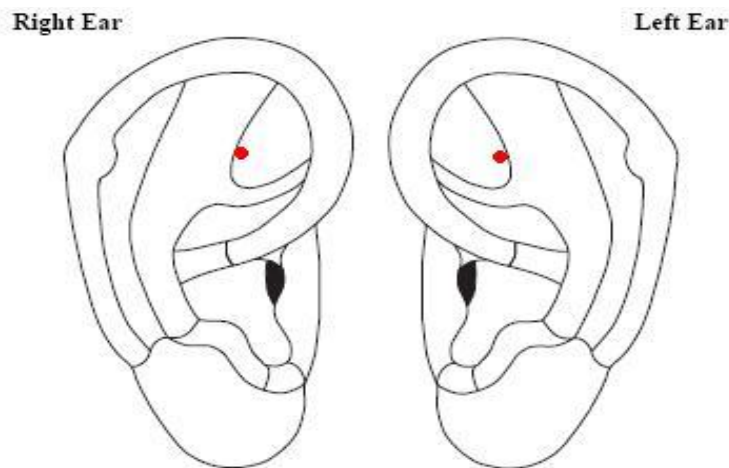


ACUPRESSURE

Acupressure is an ancient Chinese technique based on the principles of acupuncture, and involves the use of pressure on specific points along the body.

Shen Men is a point in the ear known as “Spirit Gate.” The tradition holds that when this point is stimulated by pressure (whether finger or seeds), it alleviates anxiety, controls nervousness, and has a general relaxing effect.

The following picture shows the approximate location of the Shen Men points from the front of the ears.



When you receive acupressure through our services, the seeds will be placed on the Shen Men points on your outer ear. The seeds can be left there for up to 3 days. You can stimulate the points by lightly pressing on the seeds or when the seed is not in, massaging your ears.

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