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Acupressure for Tired Eyes

(Wash Hands Before Acupressure)

When you have too much screen time, or read for too long, or don't get enough sleep, your eyes are tired. These 5 acupressure exercises will help the eyes feel relaxed again. Each session repeats 32 (4 x 8) times - 64 (8x8) times. The pressure should be gentle but firm.

1. Press Jing Ming Xue (UB-1) with your thumbs: Press thumbs one on each side and press towards each other and count to 32 or 64 times. (UB 1 Point shown on Figure 1)
2. Press and make small circle on Zan Zhu Xue (UB-2): with your thumbs, one on each side, press and rotate small circle (clockwise) at the medial end of the eyebrows and change the direction of circle (counter clockwise) after each 8-times . (UB-2 shown on Figure 1)
3. Massage eye socket: put your thumbs on your temples and index fingers bent and put on UB-2. Start from medial eyebrows to lateral eyebrows, counting 2; then on lower eye socket go from medial to lateral, counting 2. Then thumbs press and make small circle on temples, counting 4. Together it makes 1x8.
4. Press Feng Chi Xue (GB-20) (Figure 2): put thumbs on GB-20 (see Figure 2) and the rest of fingers rested on the head. Press with small circular movement of the thumbs. Count 8 times and change direction.
5. Dry-wash face: middle fingers start at each side of the nose, push upwards along the side of nose to forehead, then each hand pulls along forehead to side and to the cheeks and ends at the chin. This is 1x8.
6. Rub hands together until its warm. Make the palm a shallow cup. Then cover eyes with the palms to warm and relax the eyes. Your Lao Gong are facing the eyes.



Figure 1

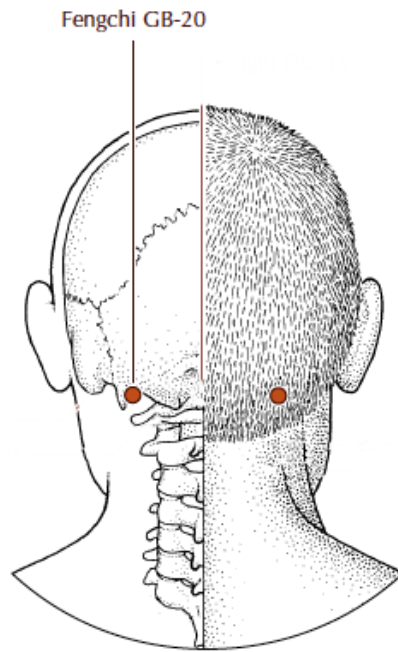


Figure 2