

# MASSAGE FOR SINUS INFECTION



A sinus infection is an uncomfortable condition often caused by an infection or inflammation of the mucous membrane. These are hollow cavities located around the cheeks, the nose and forehead. It is often accompanied by congested headaches. You can feel the blockage along with dull pain and tension. As soon as these symptoms arise you can easily relieve the sinus infection by using massage and pressure points on precise areas around the nose and eyes.

After locating each pressure point, make slow rotation movements and firmly press simultaneously. The pressure should be a little uncomfortable but without creating pain. Breathe slowly. Each point should be treated for 1 - 2 minutes, with short pauses.

## 01 CORNER NOSE SINUS POINT



Place both index fingers right underneath the cheekbones, right next to your nose. Press inwards in the direction of your nose. Rotate slowly and firmly.

## 02 UPPER LIP SINUS POINT



Place one index finger between your nose and your upper lip right in the centre. Press firmly and rotate in both directions.

## 03 CENTRE CHEEKBONE SINUS POINT



Follow with your 2 thumbs the line of your cheekbone starting from your nose and stop right in the middle between your nose and ears. Press upwards.

## 04 UPPER SINUS POINT

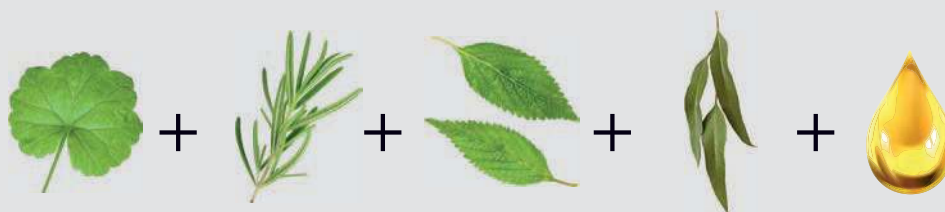


Place both index fingers in the corner of your eyes right under your eyebrows but right above the eye sockets. Press upwards and rotate slowly.

For more details contact Tel: +33 (0)6 51 36 93 65 or visit [www.bluetree-massage.com](http://www.bluetree-massage.com)

## ESSENTIAL OILS

To emphasise the benefits of your acupressure/ massage sequence, you can use essential oils. This mixture is extremely effective in relieving sinus congestion



Mix 4 drops of geranium oil  
4 drops of rosemary oil  
3 drops of peppermint oil  
3 drops of eucalyptus oil  
10ml of any natural oil

Massage the oil around the nose, in front and behind the ears, forehead, cheekbones, nose and neck. Do not rub the oil close to your eyes. It is also recommended that you drink plenty of water and avoid drinking alcohol.