

# Energy Booster

*The best way to boost your immune system in a natural way is through acupressure and reflexology. These 8 acupressure points are very effective to keep yourself energised throughout the working day*



## UNDER PRESSURE

Apply a slightly firm and rotating pressure with one finger on each point for about one minute each. Breath deeply and slowly.

1. Centre of the top of the head where you feel a slight dip
2. Between the eyebrows, in the indentation where the bridge of the nose joins the forehead
3. Below the nose, in the hollow between the upper lip and the nose
4. In the centre of the breastbone, midway between the nipples
5. In the webbing between the thumb and index finger
6. Three finger widths below the belly button
7. Four finger widths below the kneecap, one finger width on the outside of the shinbone
8. On the top of the foot, in the valley between the big toe and the second toe

Blue Tree offer bespoke massages using traditional techniques and are available in your home or on your yacht throughout the Cote d'Azur. For more details Tel: +33 (0)6 51 36 93 65 or visit [www.bluetree-massage.com](http://www.bluetree-massage.com)