



BEAUTIFUL EYES

Relaxed and beautiful eyes

Almost everyone has had tired, fatigued eyes at some point. Many of us spend long periods of time indoors, in dry air conditions, perhaps in front of a phone or computer screen plus we have stress in our daily lives, little wonder our eyes feel tired. With a soothing eye massage we can see the world through relaxed, soothed eyes again.

The cooling Eye Massage Sticks quickly deliver a new radiance and restore beautiful bright eyes.



Massage procedure with the Massage Sticks

● Strong pressure point

● Light pressure point

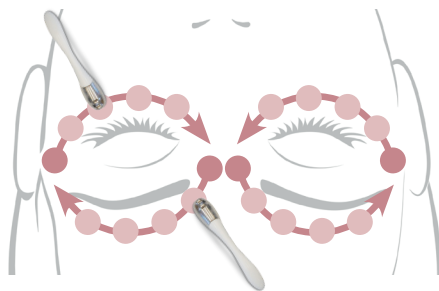
↪ Smooth in direction of arrow



Circular motion with the Massage Stick in direction of arrow



1. Rotating motion with the Massage Stick in direction of arrow – lines from dark to light



1

PRESSURE POINTS AROUND THE EYE

Make contact at the inner corner of both eyes. Apply slight pressure and pause briefly. Move outwards along the brow towards the temple applying regular gentle pressure points.

At the temple apply slightly stronger pressure and pause briefly.

Continue under the eye along the socket line with very light pressure points toward the corner of the eye.

Repeat 3-5 times.

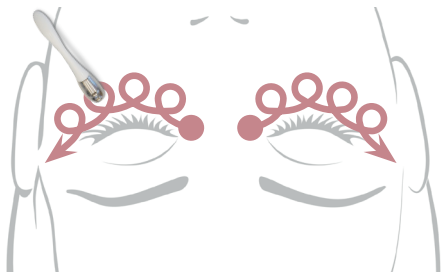


2

SMOOTHING THE EYES

Make contact once more at the inner corners of both eyes. Apply slight pressure. Use a smoothing action outwards along the upper brow. Pause briefly at the temple with slight pressure. Continue the smoothing action along the lower eye socket toward the corner of the eyes.

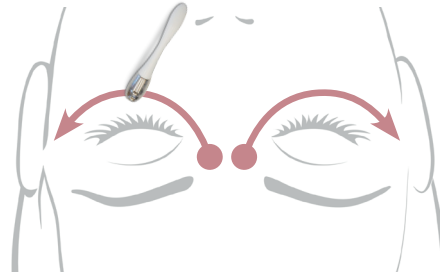
Repeat 3-5 times.



3

CIRCLING THE LOWER LID

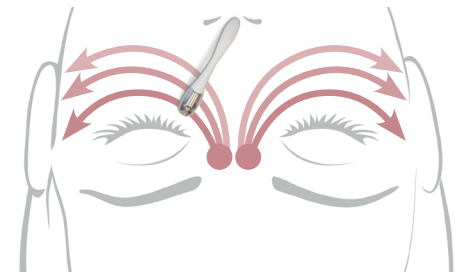
Place the Massage Sticks on the inner corner of the eye and apply slight pressure. Move outwards along the eye socket with small circular motions.
Repeat 3-5 times.



4

SMOOTHING THE LOWER LID

Return to the inner corners of the eye and apply slight pressure. Smooth outwards along the socket line with a light gliding action.
Repeat 3-5 times.



5

SMOOTHING THE LOWER LID IN THREE LINES

Repeat step 4 but moving a little lower with each outward stroke so the third stroke ends at the cheek. Apply even light pressure at the end of each smoothing action.
Repeat 3-5 times.



6

SMOOTHING THE EYEBROWS

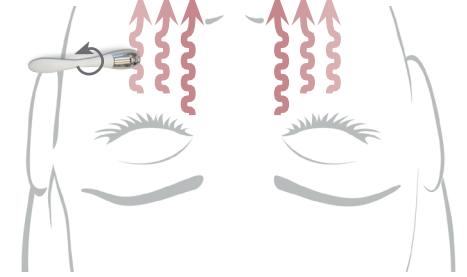
Apply light pressure at the inner corner of the eyebrow. Smooth the brow toward the temple. Pause at the temple and apply slight pressure.
Repeat 3-5 times.



7

CIRCLING THE LOWER LID

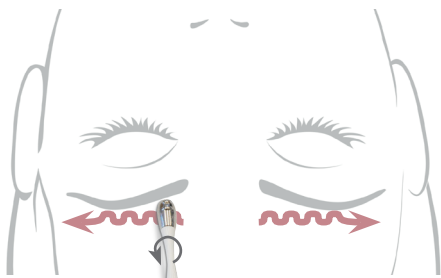
Repeat step 3 under eye circling simultaneously.
Repeat 3-5 times.



8

ROLLING PARALLEL TO THE NOSE

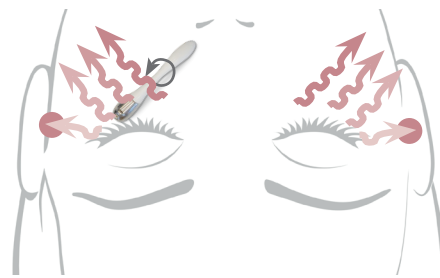
Position the Massage Stick flatly on the skin and roll down gently parallel to the nose in 3 lines.
Repeat 3-5 times.



9

ROLLING OVER EYEBROWS

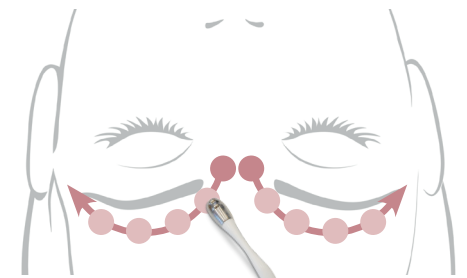
Place the Massage Sticks with the metal head at the start of the brow and roll from the centre towards the temple.
Repeat 3-5 times.



10

ROLLING DIAGONALLY

Position the Massage Sticks flatly on the skin under the eye close to the nose roll out diagonally toward the side of the face in 3 lines.
Pause and apply slight pressure at the end of each movement.
Repeat 3-5 times.



11

PRESSURE POINTS EYEBROW

Replace Massage Sticks at the inner corner of the eye and apply pressure. Move outwards toward the temple following the upper eyebrow area applying light pressure at intervals.
Repeat 3-5 times.