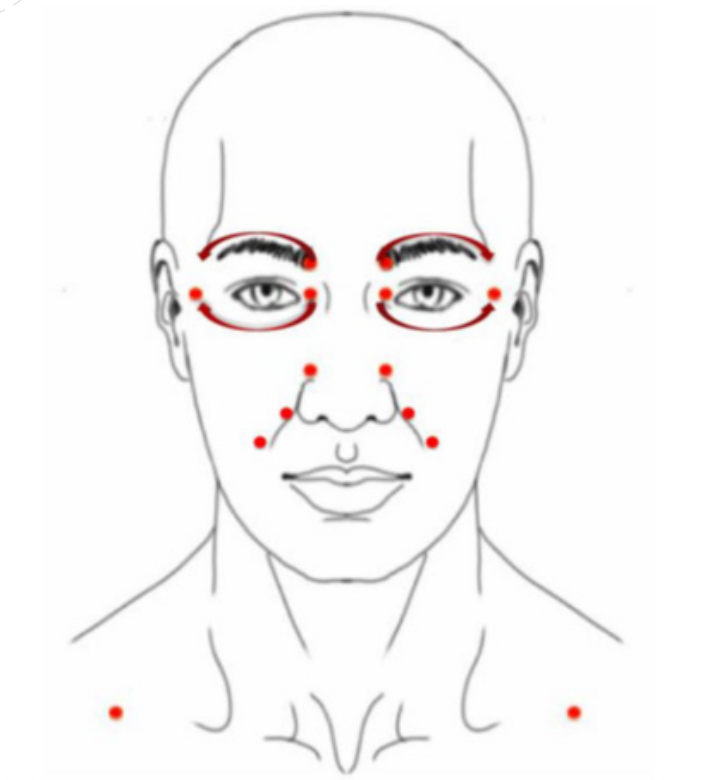


Eye Acupressure Exercise Chart



The following acupressure points are stimulating to the eye. Rub each point pair with light pressure for 3 seconds in the order described below. Repeat the pattern 3 times.

Instructions:

1. Begin at the inner corner of the eyebrows
2. Move to inner corner of eyes rubbing the bony bridge of the nose
3. Drop down rubbing the 3 points on the side of the nose following the cheekbones
4. Sweep the upper bone of the eye socket following the eyebrows
5. Sweep the lower bone of the eye socket
6. Rub just below the outer aspect of the collarbones