



Heaven's Gate
eyebrows to hairline
Long stroke
good for cold,
fever, sleep, calming

Top of the head
Tips of the ears &
inline with the nose
Soft spot
Clockwise massage ONLY
BE GENTLE

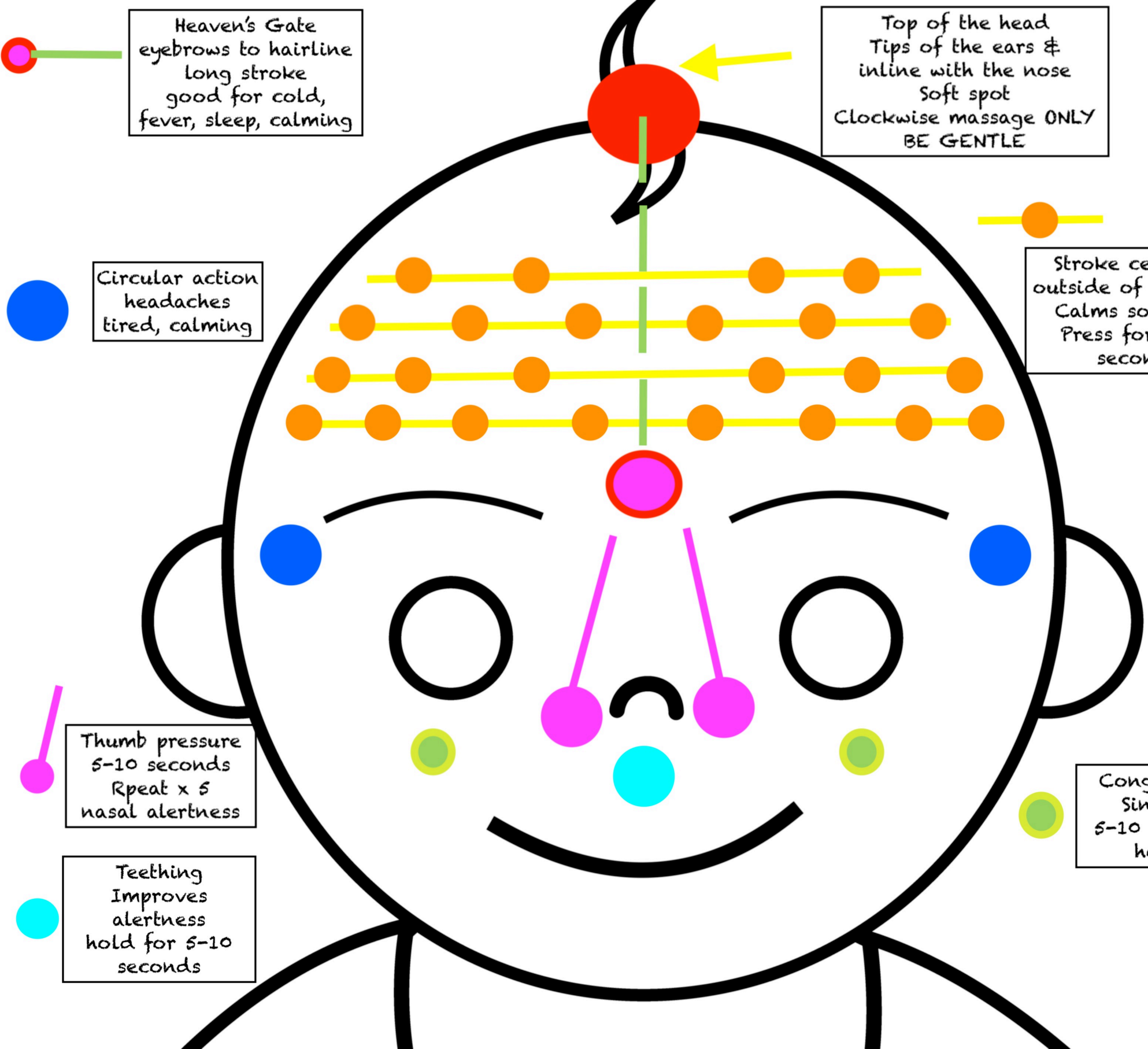
Circular action
headaches
tired, calming

Stroke centre to
outside of forehead
Calms sore eyes
Press for 3 - 5
seconds

Thumb pressure
5-10 seconds
Repeat x 5
nasal alertness

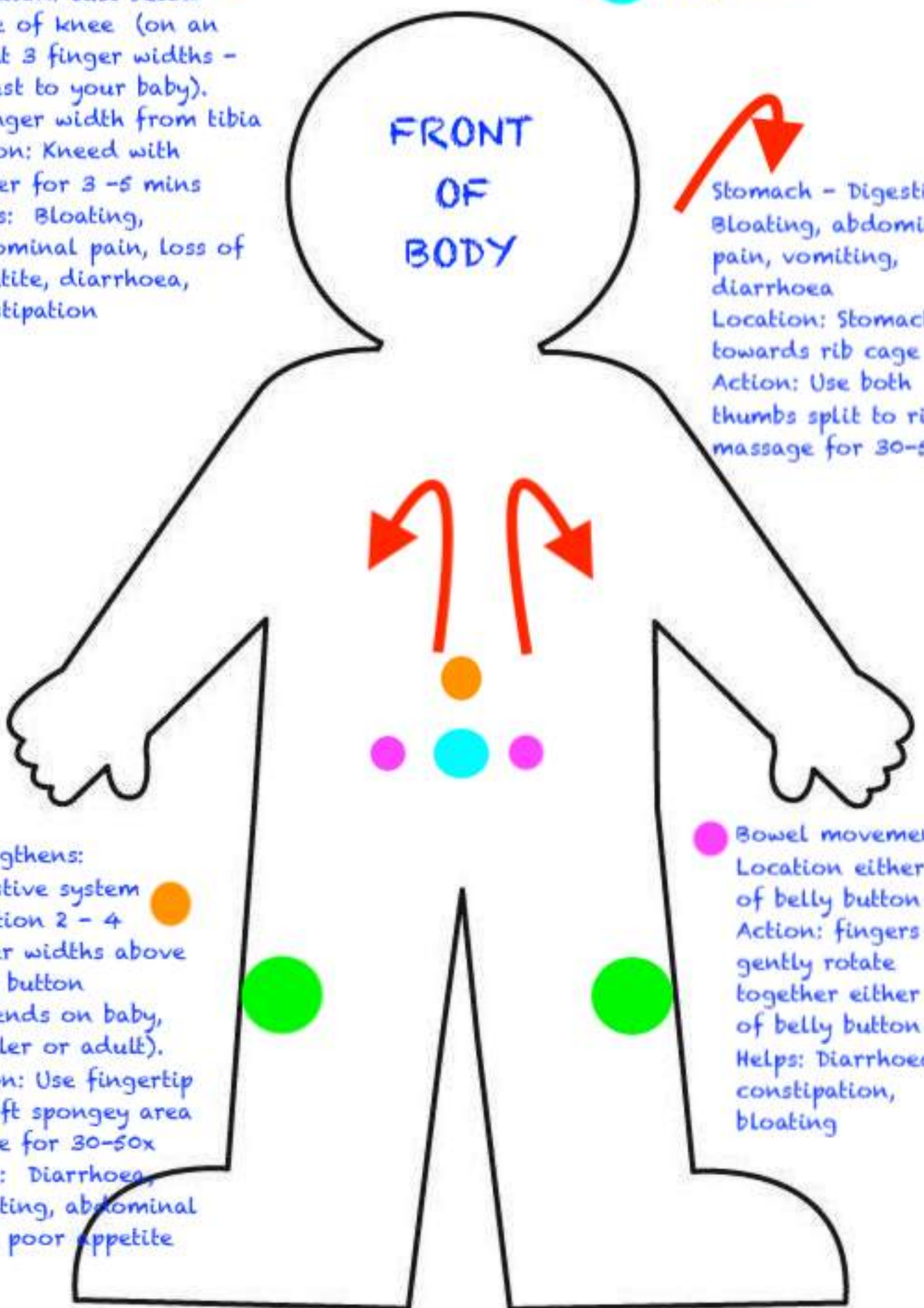
Congestion
Sinuses
5-10 second
hold

Teething
Improves
alertness
hold for 5-10
seconds



Health Maintenance ●
Location: Just below edge of knee (on an adult 3 finger widths - adjust to your baby).
1 finger width from tibia
Action: Knead with finger for 3-5 mins
Helps: Bloating, abdominal pain, loss of appetite, diarrhoea, constipation

● Belly button



FRONT OF BODY

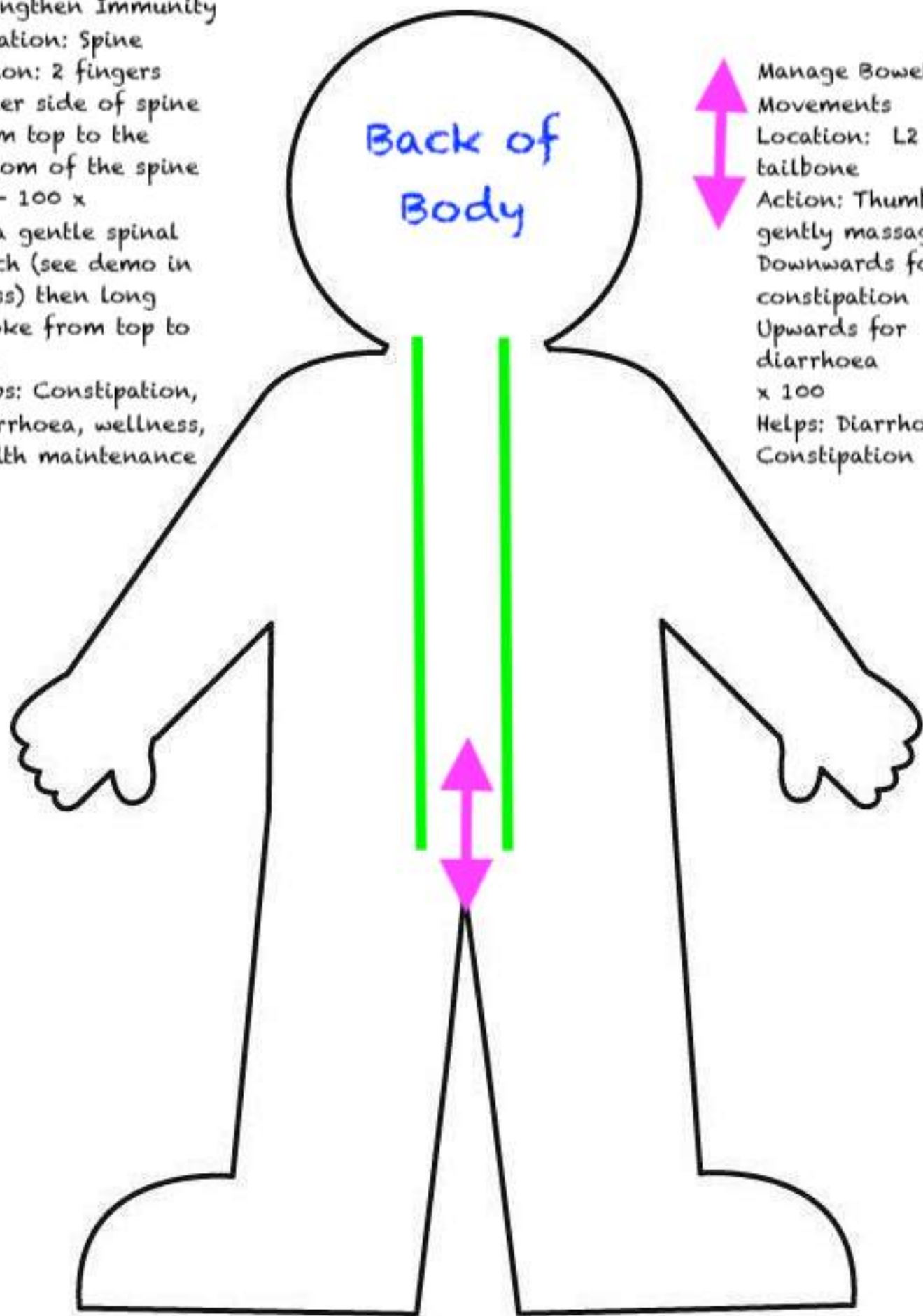
Stomach - Digestion
Bloating, abdominal pain, vomiting, diarrhoea
Location: Stomach up towards rib cage area.
Action: Use both thumbs split to ribcage massage for 30-50 x

Strengthens:
Digestive system ●
Location 2-4 finger widths above belly button (depends on baby, toddler or adult).
Action: Use fingertip in soft spongy area rotate for 30-50x
Helps: Diarrhoea, vomiting, abdominal pain, poor appetite

● Bowel movements
Location either side of belly button
Action: fingers gently rotate together either side of belly button 50x
Helps: Diarrhoea, constipation, bloating

Strengthen Immunity

Location: Spine
Action: 2 fingers
either side of spine
from top to the
bottom of the spine
50 - 100 x
or a gentle spinal
pinch (see demo in
class) then long
stroke from top to
tail
Helps: Constipation,
diarrhoea, wellness,
health maintenance



**Manage Bowel
Movements**
Location: L2 to
tailbone
Action: Thumb
gently massages
Downwards for
constipation
Upwards for
diarrhoea
x 100
Helps: Diarrhoea,
Constipation