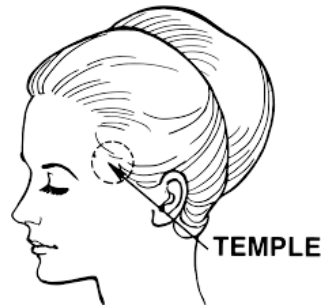
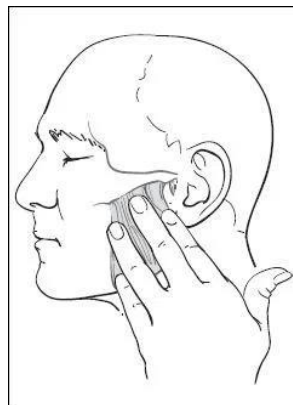


Jaw, throat, front of neck massage

1. To massage the jaw muscles, place your fingers just above your cheekbones at your temples and rub in a circular motion.



2. Then move to the area below the cheekbones and rub in a circular motion from cheekbone to chin. Be sure to keep the jaw slightly relaxed by allowing some space between your back teeth and keeping the mouth slightly open.



3. Next massage the muscles under the chin using the pads of the thumbs to gently press the space from the voice box to the point of the chin.
4. Finally massage the sternocleidomastoid (SCM) muscles in your neck. To find this muscle, turn your head to the side and notice the muscle in your neck that pops out. Grab the muscle between your thumb and index finger and roll it back and forth between them. Move up and down the muscle to soften and loosen. Repeat on the other side.

