

My Top 10 favorite Facial Acupuncture Points.  
Michelle Gellis, AP

I am frequently asked what my most commonly used or favorite points are to treat the face and why. Here are my favorites. Some may surprise you!

- 1) **Ear Shen Men**-calms the spirit, relaxes the face in return.
- 2) **GB41-Foot Above Tears**
  - Allows for emotional release of frustration/anger.
  - Grounds the patient.
  - Spreads stagnant Qi in Liver and GB channel
- 3) **ST36-Leg Three Miles**
  - Infuses the gifts of the earth within all the meridians
  - Sea of nourishment point
  - Tonifies Qi & blood -Fortifies SP
  - Calms the spirit
- 4) **LI4-Joining of the Valleys**
  - allows us to release impurities
  - command point for the face.
- 5) **SI6-Nourishing the old**
  - Nourishes us in the face of old pain, empowering the assimilation of life's lessons from past traumas (Lonny Jarrett, Nourishing Destiny)
  - Sagging chin and neck-Activates the channel
  - Xi cleft point
- 6) **GB18-Receiving Spirit**
  - Benefits the eyes & forehead
  - has a direct action on the supraorbital nerve (CN V1) and the galea aponeurotica (which links the occipital and frontal bellies of the occipitofrontalis muscle).
- 7) **ST4-Receive Nourishment**
  - Treats the mouth area-lip lines and nasolabial folds
  - Relaxes the depressor anguli oris
- 8) **SI18-Cheekbone**
  - Lifts the cheek area
- 9) **YuYao**
  - Lifts the brow
- 10) **Yin Tang**
  - Treats lines between the brows,
  - Relaxes the mind