

# Headache?

X = pain

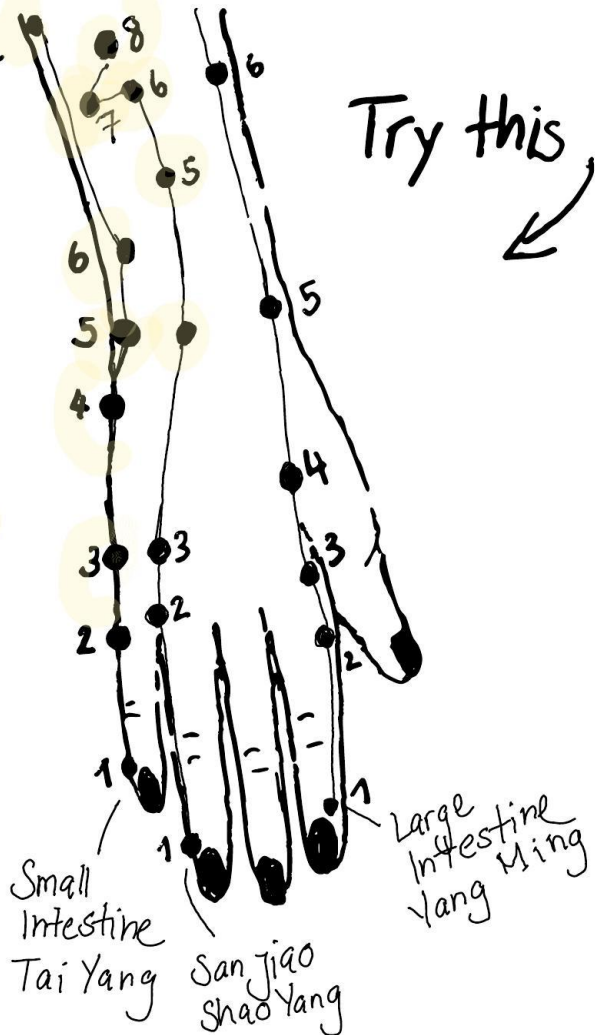


frontal +  
temporal  
headache



- Massage these points with
- gentle pressure
- for 30 sec
- in regular intervals
- alternate sides

- if pain is on one side, massage the opposite side



Try this



Balauze method acupuncture  
to help yourself ♡

Oil Blend:

5ml Roller

2 drops Melissa

2 drops Frankincense

Fill up with Carrier Oil

→ [www.alpineangel.com](http://www.alpineangel.com)

With gratitude for:

- ♡ SiYuan Balauze method acupuncture and
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