

Natural Magic Acu-Pearl Facial Points

*all points
are bilateral,
except midline*



MERIDIAN MAGIC

for beauty and balance

TRADITIONAL CHINESE MEDICINE HAS been used successfully for more than 5,000 years. The focus is not on the symptom but rather the balance of chi energy, the vital energetic force that sustains all life and supports the health of the physical body. Chi energy flows along interconnected and invisible pathways of the body known as meridians. Each meridian governs the health of an organ (which it is named for), and is associated with an emotion, color, taste, sound and season. According to acupuncturist Yvette Dellanini-Ward, who specializes in Chinese medical dermatology, "When there is a slight imbalance in one meridian or organ, it can affect all the pathways. Whether the imbalance is physiological, emotional or environmental it can create disharmony."

Within chi there are two polarities, called yin (feminine) and yang (masculine). All of creation has this duo-energy balance. Reflect on the energies of gravity and centrifugal force. They are two halves of the same whole. One cannot exist without the other. Hold your arms above your head while looking in the mirror. Think of yang energy coming from the sun and moving down your body, while yin energy comes from earth and flows up your body. The outer body and back are yang, and the inner body and front are yin.

BY LINDA BERTAUT

Organs and emotions associated with meridians

There are 12 main meridians in the body, listed in yin/yang pairs with the associated organs and emotions as shown below. By tracing the meridians with your hands, you encourage physical, mental and emotional balance.

Stress reduction with acupressure

Dellanini-Ward performed facials as an esthetician before becoming an acupuncturist. To enhance the health and appearance of the skin for clients, she recommends utilizing acupressure points, which run along the meridians. She says, "Stimulating acupressure points on the face encourages blood flow, balances and nourishes a deficiency, or opens a blockage. During your facial massage, when you feel a depression under the skin, gently press and hold these points to stimulate the energy."

Help your clients relax during a facial by stimulating the "yin tang" point located directly between the brows. This acupressure point is calming and soothing, and can soften worry lines between the brows. It is said to improve intuition, mental clarity and focus. Gently press and release with your fingers in this area (refer to facial chart).

chart courtesy of Linda Bertaut

The four gates

The “four gates” are a combination of two pairs of points on the hands and feet used to increase circulation and blood flow for the entire body. They help to reduce stress and tension, and are especially beneficial in helping women regulate hormonal imbalances, ease P.M.S. and calm irritability. Pain felt while stimulating these areas is a sign that there is a blockage or imbalance of chi. It is important to note that the four gates are contraindicated during pregnancy.

The first set of points are the command points for the face. They open circulation and nourish the face and have been known to treat dental issues, headaches, sinus problems and eye conditions. Located on each hand, massage the webbing between the thumb and index fingers.

The second set of points are located on the top of the foot between the webbing of the big and second toe. These points bring energy down from the face and are helpful in treating chronic headaches, a restless mind and insomnia. They are also useful for addressing hormone imbalances and clearing toxins from the blood, and are thought to help lighten “liver spots,” hyperpigmentation and blemishes. Separate the big and second toes and massage the webbing with your thumb and index finger.

Trace your meridians

The meridians flow in yin/yang pairs in a continuous cycle that can be traced up and down your body. Trace the meridians with your hands slightly off the body to balance energy daily, as directed below:

Cycle one: Arms

1. Start mid-breast at your upper torso, and trace your hand along the inside of your arm, to the inner elbow and over your palm to cup your fingertips; this stimulates the yin meridians of the heart, lung and circulation sex.

2. Turn your palm outward and trace your pinky finger along the outside/back of the arm, over your shoulder and place your hand flat on your cheek with fingers reaching the temple; this

supports the yang meridians of the small intestine, large intestine and triple warmer. Repeat this cycle three times on each arm before tracing the body meridians.

Cycle Two: Head/Torso

1. Start with both hands on the cheeks and fingers reaching the temples. Move your fingers toward the center of your face and trace over your head to the back of your neck. Move your hands toward your shoulder blades, then down the entire side of your body, and finally down the outer legs to the outer ankles and touch your four outer toes; this supports the yang meridians of the bladder, gallbladder and stomach.

2. Now, move both hands to the big toe and trace to your inner ankle, and then up the entire inner leg, from the ankles to the pubic bone. From here, turn your hands sideways to cover as much of your upper body as possible. Trace hands up the stomach, past your clavicles to rest again on the face. This covers the yin meridians of the liver, spleen and kidneys. Repeat this meridian cycle three times to reinforce the energy flow of all 12 major meridians.

The following two meridians are located on the midline of the body and are used to enhance the other meridians.

1. The central meridian strengthens your energy. This may be used at the end of a treatment for clients as well. Trace slightly off the body from the pubic bone, up the center of the body to the indentation on the chin below the lower lip.

continues

Stimulating acupressure points on the face encourages blood flow, balances and nourishes a deficiency or opens a blockage.

Yin energy	Yang energy
Feminine	Masculine
Up	Down
In	Out
Dark	Light
Moon	Sun
Soft	Hard
Cold	Hot
Right brain	Left brain

Take time to clear your energy with acupressure and tracing the meridians.

2. The governing meridian gives you the backbone to assert yourself. Trace from your tailbone, up the center of your spine, over your head and down the center of your face to the indentation between the nose and upper lip. You will need both hands to trace this meridian on yourself, and only one hand with clients. Repeat this cycle three times.

We are multifaceted beings with physical, mental, emotional and spiritual bodies. Being

full of our own chi allows us to intuit information that provides clear vision and the ability to communicate that vision from the heart. Take time to clear your energy with acupressure. By tracing the meridians, you will bring more harmony and peace to your work and have the will and passion to walk your unique path. ■

Yin meridian	Yang meridian	Balanced emotion	Out of balance emotions
Lung	Large Intestine	Courage	Sadness/Grief
Spleen	Stomach	Trust	Worry/ Obsessive Thinking
Heart	Small Intestine	Joy/Peace	Anxiety
Kidney	Bladder	Wisdom	Fear/Shock
Liver	Gallbladder	Kindness	Anger/Rage
Pericardium	Triple Warmer	Happiness	Shock/ Depression



Author, esthetician, Reiki master teacher and award-winning inner- and outer-beauty expert, **Linda Bertaut** specializes in bringing inner beauty to the surface. Known as the Reiki master teacher of the beauty industry,

Bertaut founded Bertaut Beauty to help professionals add value to their services by training them in her signature wellness techniques and products. Contact her at Linda@BertautBeauty.com or call 626.405.0424.

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