

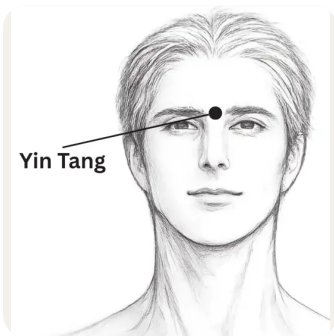


WHITE WILLOW ACUPUNCTURE  
*five element acupuncture & holistic healing*

FREE GUIDE

# Five acupressure points for everyday calm

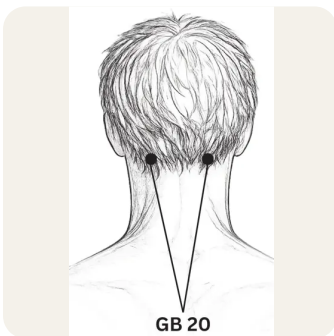
A few quiet minutes, anywhere. Press firmly but comfortably: it should feel like a pleasant ache, never pain.



## Hall of Impression **Yintang**

**Where:** The point between your eyebrows, at the centre of your forehead.

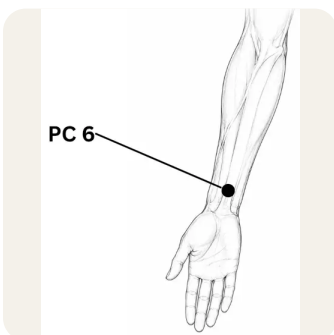
**How:** Rest one fingertip there with light pressure. Close your eyes. Hold for about a minute with slow, easy breaths.



## Wind Pool **GB20**

**Where:** The two hollows at the base of your skull, either side of the large neck muscles, where the skull meets the neck.

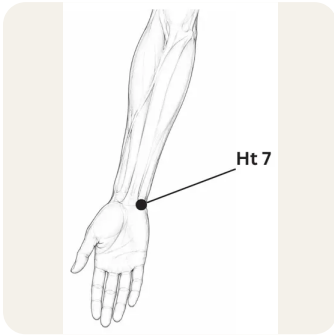
**How:** Use both thumbs, angled gently upwards towards the centre of your head. Hold for about a minute with slow, easy breaths.



## Inner Gate **PC6**

**Where:** Your inner forearm, three finger-widths above the wrist crease, between the two tendons.

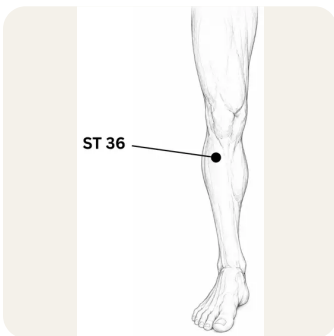
**How:** Press with the thumb of your other hand. Hold for about a minute with slow, easy breaths.



### Spirit Gate **HT7**

**Where:** Your inner wrist crease on the little-finger side, in the small hollow just inside the tendon.

**How:** Turn your palm up and press with the thumb of your other hand. Hold for about a minute with slow, easy breaths.



### Leg Three Miles **ST36**

**Where:** Four finger-widths below the bottom of your kneecap, one finger-width outside the shinbone, in the dip beside the bone.

**How:** Sit down and press with your thumb. Hold for about a minute with slow, easy breaths.

## How to press

- 1 **Get comfortable.** Sit or lie down, drop your shoulders and let your breathing slow.
- 2 **Find the point.** Use the description and drawing. Points often sit in a small dip or hollow.
- 3 **Press and hold.** Use a thumb or fingertip with steady, comfortable pressure for about a minute. Small circles are fine too.
- 4 **Breathe.** Slow breaths in through the nose, and longer breaths out. Do both sides for points on the arms, legs and neck.



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GOOD TO KNOW

## Staying safe

Acupressure is gentle and generally safe, but it isn't a substitute for medical care. Avoid broken, bruised or swollen skin, varicose veins and recent injuries. If you're pregnant, check with your midwife or a qualified practitioner before using acupressure. The points in this guide were chosen because they aren't among those usually avoided in pregnancy, but please ask first. If you're worried about your health, speak to your GP or call NHS 111.

### Want more?

Our free Guided Acupressure tool has 20 routines with drawings, a timer and calming sound:  
**[whitewillowacupuncture.co.uk/acupressure](http://whitewillowacupuncture.co.uk/acupressure)**

### Book a treatment with Nathan

Calm, unhurried Five Element acupuncture in Coventry. Call or WhatsApp **07799 904918**. Daytime, evening and weekend appointments, by appointment only.