

Facial Massage Movements Diagrams

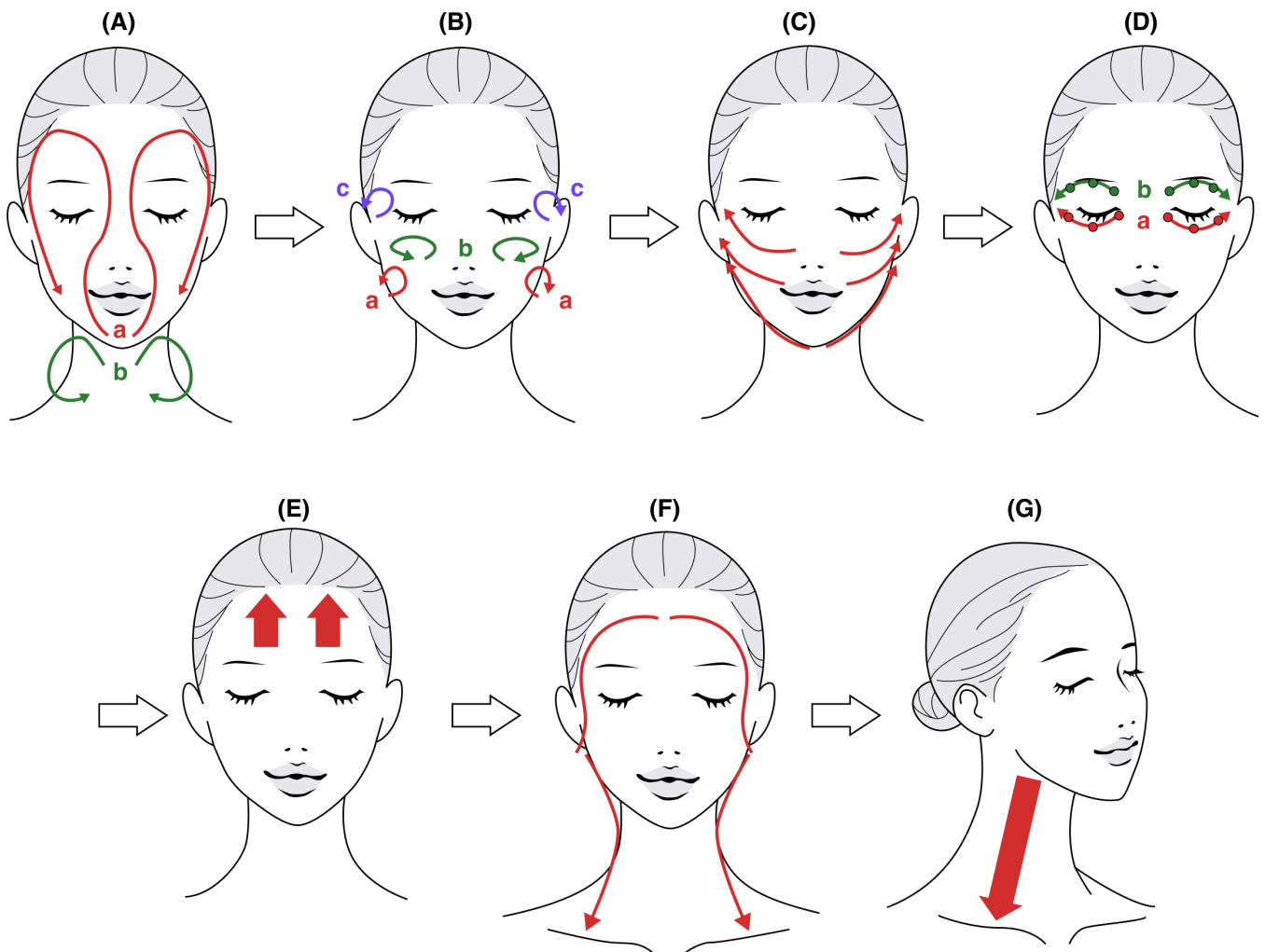
Date: _____

Patient's name: _____ Age: _____ Gender: _____

Medical history (if needed): _____

Patient's concerns (if needed): _____

Therapist's name: _____



Reference: Okuda, I., Takeda, M., Taira, M., Kobayashi, T., Inomata, K., & Yoshioka, N. (2022). Objective analysis of the effectiveness of facial massage using breakthrough computed tomographic technology: A preliminary pilot study. *Skin Research and Technology*, 28(3), 472–479. <https://doi.org/10.1111/srt.13152>

Face massage movements guide	
Face and neck	Start with long, downward strokes from the forehead, over the cheeks, to the neck. Include outward strokes on the neck.
Cheeks and eyes	Use circular motions on the cheeks. Make small, circular movements around the eyes. Gently press points at the temples.
Jawline and chin	Apply upward strokes along the jawline and under the chin.
Eye area	Use gentle tapping motions under the eyes. Apply light pressure in small circles around the eye sockets.
Forehead	Use upward strokes on the forehead.
Full face outline	Trace the face's contour with upward and outward strokes, including the forehead, cheeks, and neck.
Neck	Finish with long, downward strokes on the side of the neck.

Notes: