



Acupressure For Headaches

指压穴位以缓解头痛

1 For adults: Massage each acupoint for 1-2 minutes. For children aged 12 years old & below including babies: Massage each acupoint for not more than 30 seconds.
成人：按摩每个穴位1-2分钟。12岁以下的儿童，包括婴儿：按摩每个穴位不超过30秒钟。

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Caution: This acupoint is forbidden for pregnant women because its stimulation can cause premature contractions in the uterus.
谨慎事项：孕妇禁止按摩此穴位，因为它会刺激子宫提前收缩。

Note: It is important to drink plenty of warm water after the massage, to help clear away toxic substances in our body.

Caution: If you have a serious illness, or life-threatening illness such as heart disease, or cancer, please consult with your doctor or Chinese physician before practicing Acupressure.

Reference: [Headaches Facts](#)