



**Apply herbs to hands and 3 fingers length past wrist:**

1. Point 1 - 2 Fingers on either side of thumb – starting from the palm outwards - 3 times
2. Point 2 - 1 Finger on top of thumb and 1 Finger on the bottom of thumb – starting from the palm and moving outwards – 3 times
3. Point 3 – Pressure in circular motion on the top knuckle of each finger - 3 times
4. Point 4 – Take opposite thumb press nail into thumb release and exhale – 3 times
5. Point 5 – Pressure in circular motion on the middle knuckle of each finger – 15 times