

TOUCH+GLOW™

INSTRUCTIONS FOR THE DO-IT-YOURSELF ACUPRESSURE FACE LIFT SYSTEM

Created by Shellie Goldstein, M.S., L.Ac., A.P.

The Touch+Glow™ system combines the power of gentle vibration of the Touch+Glow™ Wand applied to a specific acupressure point sequence to encourage a tighter, brighter, younger look and feel. For maximum results use daily for 20 days. Follow with maintenance 2-3 times per week.

Eyes

With the wand pointing slightly upward, massage each of the points indicated for 10 seconds. Use medium pressure around the eyes and light pressure under the eyes. Finish by connecting the points from steps 2-12 in one continuous sweeping stroke, starting at the inner eye, moving up around the entire eye area, and ending in the hairline. Apply this sequence to both sides of the face.



1. Between the eyebrows



2. Inner corners of the eyes



3. Inner corners of the eyebrows



4. Middle of the eyebrows



5. Outer corners of the eyes



6. Below the center of the eyes, under the bone surrounding the eye



7. Inner corners of the eyes



8. Inner corners of the eyebrows



9. On the forehead, one inch above the brow center



10. In the hairline, directly above the inner corners of the eyebrows



11. In the hairline, 1.5 inches from the center



12. In the hairline, 2 inches from the center

Cheeks

With the wand pointing slightly upward, massage each of the points indicated for 10 seconds. Use medium pressure on the face and light pressure under the eyes. Finish by connecting the points from steps 1-7 in one continuous sweeping stroke. Start under the eyes, move down through the corners of the mouth, increasing to medium pressure and continuing upward through the jawline and cheeks to end at the hairline. Apply this sequence to both sides of the face.



1. Below the center of the eyes, under the bone surrounding the eye



2. Directly below the center of the eyes in line with the nostrils



3. Below the center of the eyes, in line with the outer corners of the mouth



4. Below the mouth, between the center and corner of the mouth



5. On the cheek, directly above the angle of the jaw.



6. Directly below the cheekbone, in line with the outer corner of the eyes



7. In the depression, directly in front of the center of the ear



8. In the hairline, 2 inches from the center

Neck

Applying medium pressure with the wand, sweep up the neck 10 times (see step 1); begin at the top of the collarbone and end at the bottom of the jaw. Using the wand, massage points 2-8 for 10 seconds each. Finish by connecting the points from steps 2-8 in one continuous sweeping stroke, moving down the jawline and up through the chin and cheeks in order to end at the hairline. Apply this sequence to both sides of the face.



1. Follow as pictured



2. At the jawline, below the ear



3. On the neck at the corner of the jawline.



4. Between the Adam's apple and chin



5. In the indentation in the center of the chin



6. Below the mouth, between the center and corner of the mouth



7. Below the center of the eyes, in line with the outer corners of the mouth



8. On the cheek, directly above the angle of the jaw.

Product Disclaimer: FDA evaluation does not apply to this product. The information presented is not intended to diagnose, treat, cure, or prevent illness or other conditions. TGI is not responsible for treatment results. Consult your physician before undertaking the suggestions in this system. Results will vary depending on the individual.