How to Use Pressure Points for a Foot Massage

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Press firmly on the tips of the toes to help relieve headache and sinus pain. Press firmly but do not cause pain. Hold the pressure on for several seconds at a time.

Press firmly on the small rounded area just below the smallest toe. This pressure point is associated with pain in the shoulder and neck area. Apply pressure on this point for up to 20 seconds.

Apply pressure to the area just below the ball of the foot to alleviate stomach problems. Firm pressure held for several seconds and then repeated could be beneficial to the digestive system.

Apply pressure to the area just in front of the ankle on the bottom of the foot to help relieve knee pain.

Source: [TheCybugle]
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