

Face Time

Try these mini massages and you'll feel great from head to toe.

Your face is home to the most exquisitely sensitive network of nerves and muscles in your body. That's why a kiss feels so good and a frown leaves you feeling bummed. It only makes sense that a face massage can "vitalize you mentally, physically, and spiritually," says Victoria Mogilner, author of *Ancient Secrets of Facial Rejuvenation*. And the benefits don't stop there. Face massage can aid digestion, stimulate the immune system, and help the lymphatic system flush toxins from the body.—**AVERY HURT** 

RUBBING THE RIGHT WAY

Work on just one or two of the seven key facial areas for each massage session. Take a few deep breaths and focus your attention on those spots. Using the tips of your fingers, press and hold each point with steady gentle pressure for about one minute. Release and repeat a few times. Then rub in a circular pattern while applying gentle pressure to each of the spots you are working on. Repeat as often as you like.

