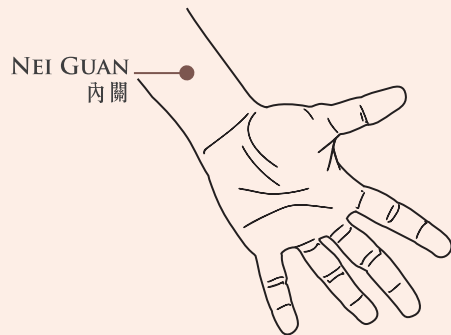


NEI GUAN



Location:

Three fingers below the wrist in the inner forearm, press between the two tendons.

Indications:

Opens the chest area, harmonises digestion and calms the mind

YIN TANG



Location:

Located on the forehead between the eyebrows or known as the "Third Eye".

Indications:

Thought to alleviate anxiety, insomnia and generally calm the mind.

Mandarin Oriental is proud to work with Clair Beardson, one of Hong Kong's best loved Traditional Chinese Medicine (TCM) practitioners, to provide guests with health and wellness tips.

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pressure POINTS

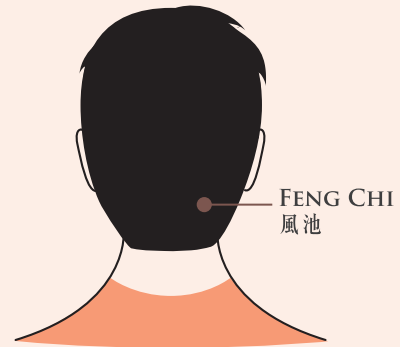


THE SPA
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MANDARIN ORIENTAL

Acupressure points have been used for thousands of years in Traditional Chinese Medicine to alleviate stress, calm the mind and increase physical vitality.

Simply apply firm pressure to each point for a few seconds (or longer) and then release and reapply two to three more times. Continue breathing and observe any responses in the body or mind.

FENG CHI



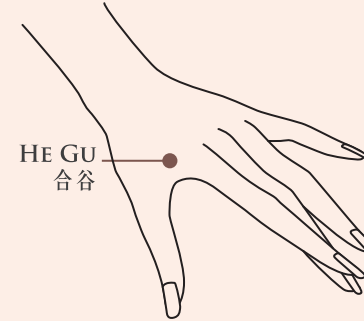
Location:

Place thumb behind ears at the base of the skull, follow the groove back until you reach where the neck muscles connect with the skull.

Indications:

This point is believed to alleviate headaches, sharpen focus and relieve fatigue.

HE GU



Location:

Using your thumb and fore finger together, apply pressure to the highest point of the muscles.

Indications:

This point is considered a natural pain reliever for head and body aches.

ZU SAN LI



Location:

Four fingers from the bottom of your knee cap, the point is on the outer side of the shin bone.

Indications:

This is an energizing point, thought to assist with digestion problems and strengthen immunity.