

CHEEK DRAINAGE SCRIPT

Cheek Drainage is a lymphatic exercise that involves gentle massage techniques to stimulate lymph flow in the cheek area.

Here are the steps of the Energy Flow® Cheek Drainage exercise:

1. Make the 'thumbs up' gesture with both hands.
2. Take a deep breath in and then place your thumbs under each of your cheekbones and push in as you breathe out. This stimulates the parotid gland and helps bring down the puffiness in your face.
3. Now, put your thumbs on either side of your chin, and push up till your temples as you take a breath out. This helps clear the flow once you've done the hard push in under the cheekbones.

Reflection questions:

1. As you pressed under the cheekbones, what sensations did you notice in your face?
2. How did your face feel as you moved the thumbs upward toward the temples?
3. After completing the exercise, did you notice any change in facial heaviness or ease?