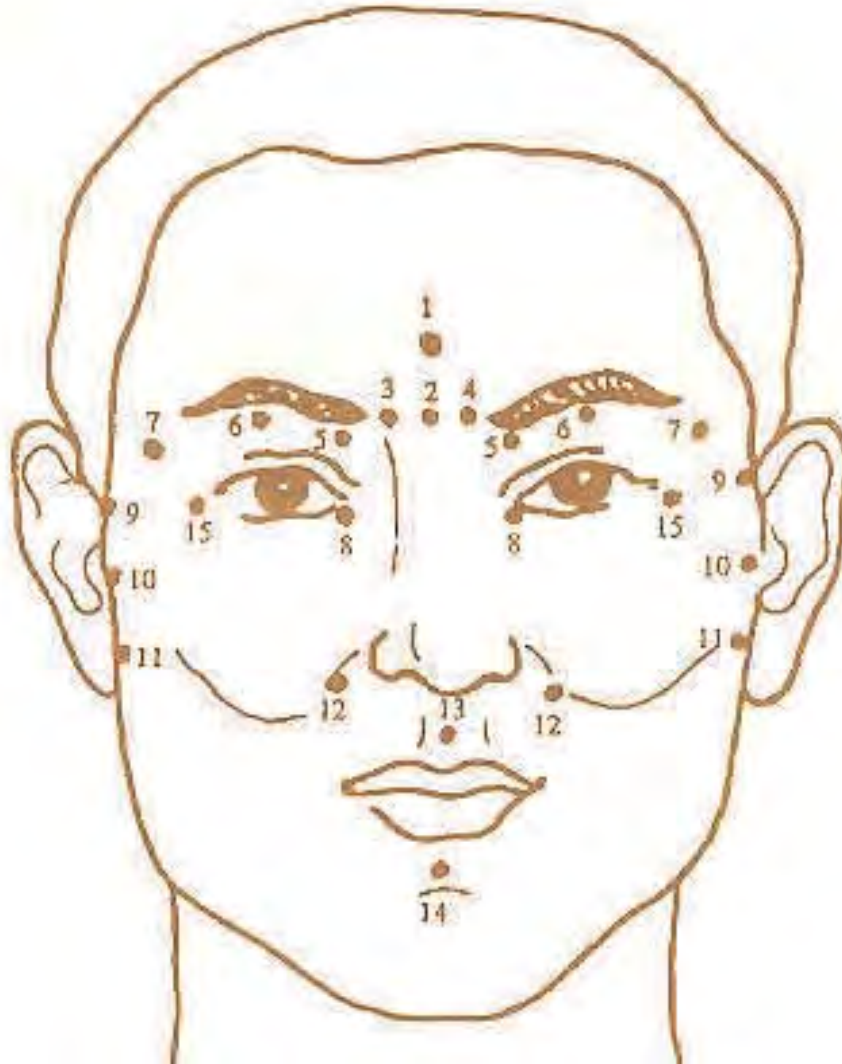


Some Thai therapy points for relaxation, headache and migraine



Point 1: The third eye - a point to induce general relaxation.

Point 2: Headache, insomnia, lower sinus problems and dizziness.

Points 3 & 4: Points for headache and facial paralysis.

Point 5: General headache, and with **Point 6**, for eye-based headache.

Point 7: The temples - headache and facial paralysis.

Point 8: The tear ducts. Points for insomnia, headache, and general relaxation. Apply soft pressure (one minute or more, release slowly). It requires only soft pressure with thumbs or index fingers.

Points 9, 10 & 11 are ear and jaw points, useful to work for a headache.

Point 12: For lower sinus relief

Point 13: Thai therapy point for fainting, shock, sunstroke, and shortness of breath.

Point 14: Therapy point used to treat facial paralysis

Point 15: Migraine therapy point