

Activate your brain and beautify both your  
face and mind!

**Boost your eye power!**

Free version



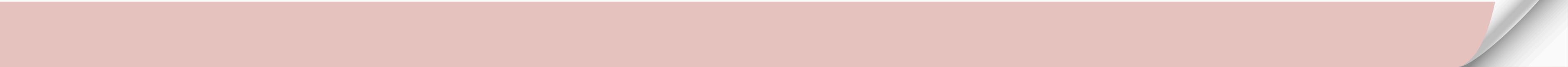
FEELING A BIT SLUGGISH LATELY?" "I  
WONDER IF I COULD LIFT MY EYES?"  
HOLD ON, YOU CAN ACTUALLY SOLVE  
THIS BY DOING A LITTLE BIT EVERY DAY.

In the free version, we explain a super simple way to  
lift your eyes. It also helps activate your brain!

All you need is  
your fingers!

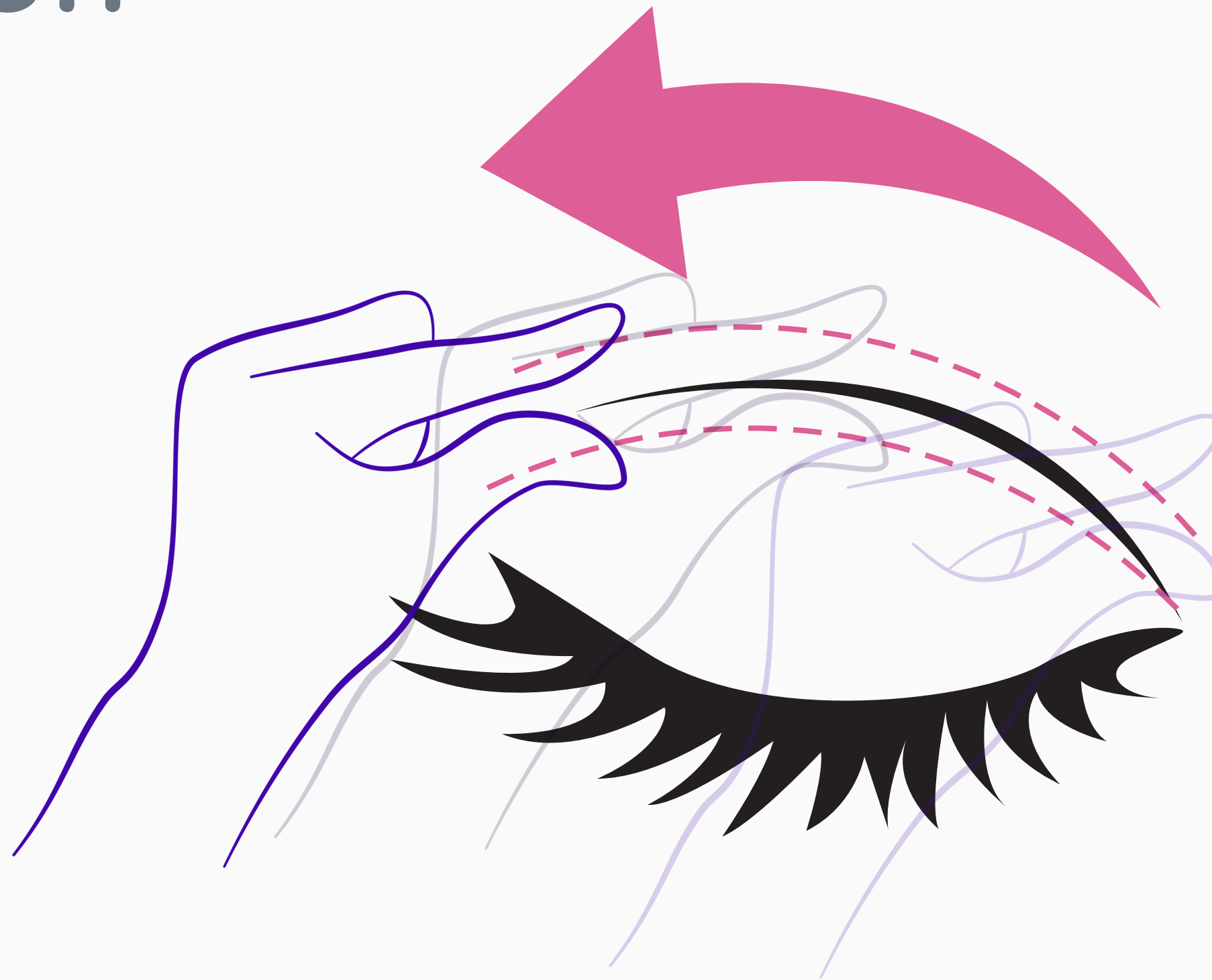


Boost your impression with a  
clear mind and refreshed eyes!



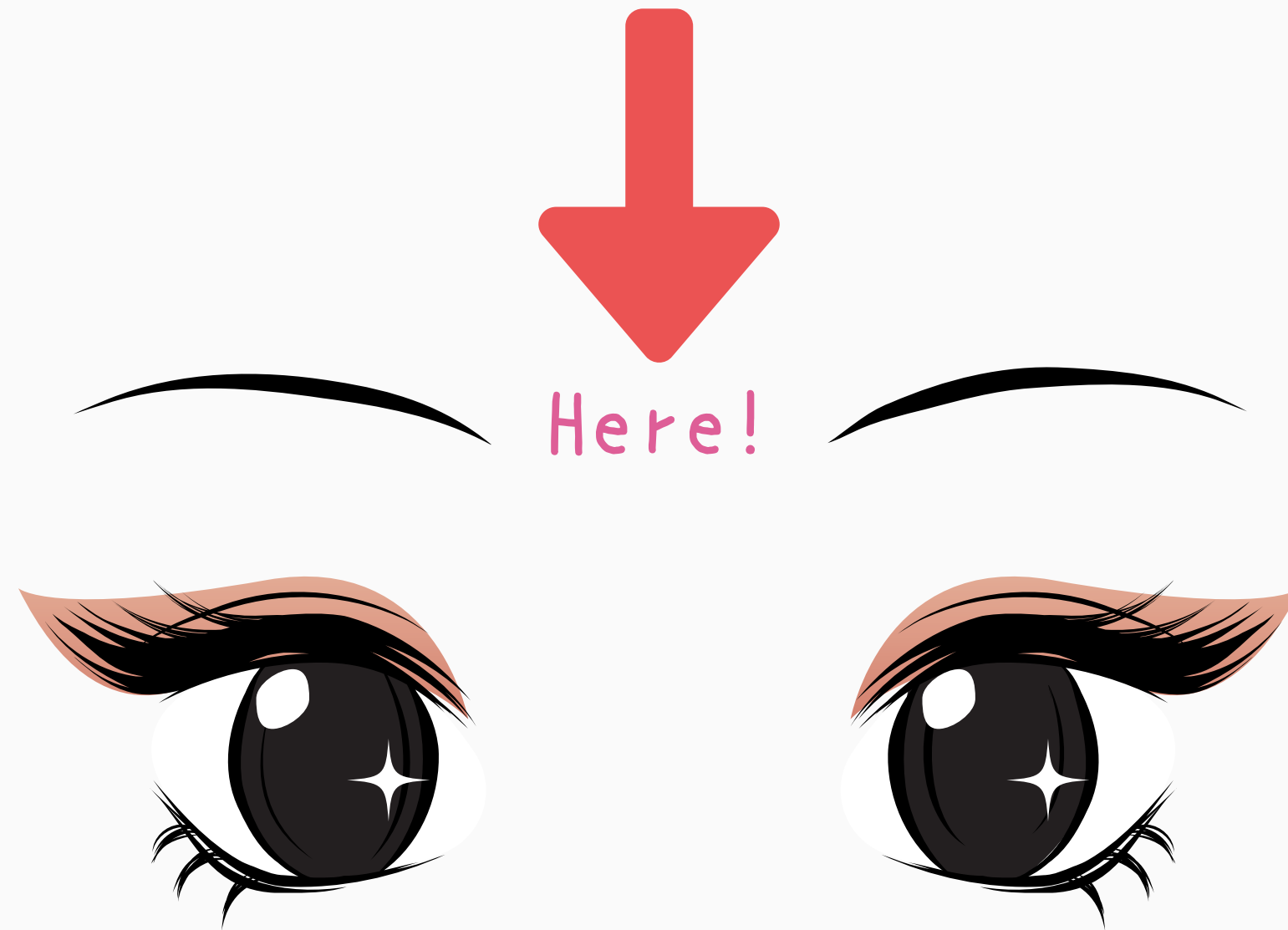
Exercise 1

# Pinch



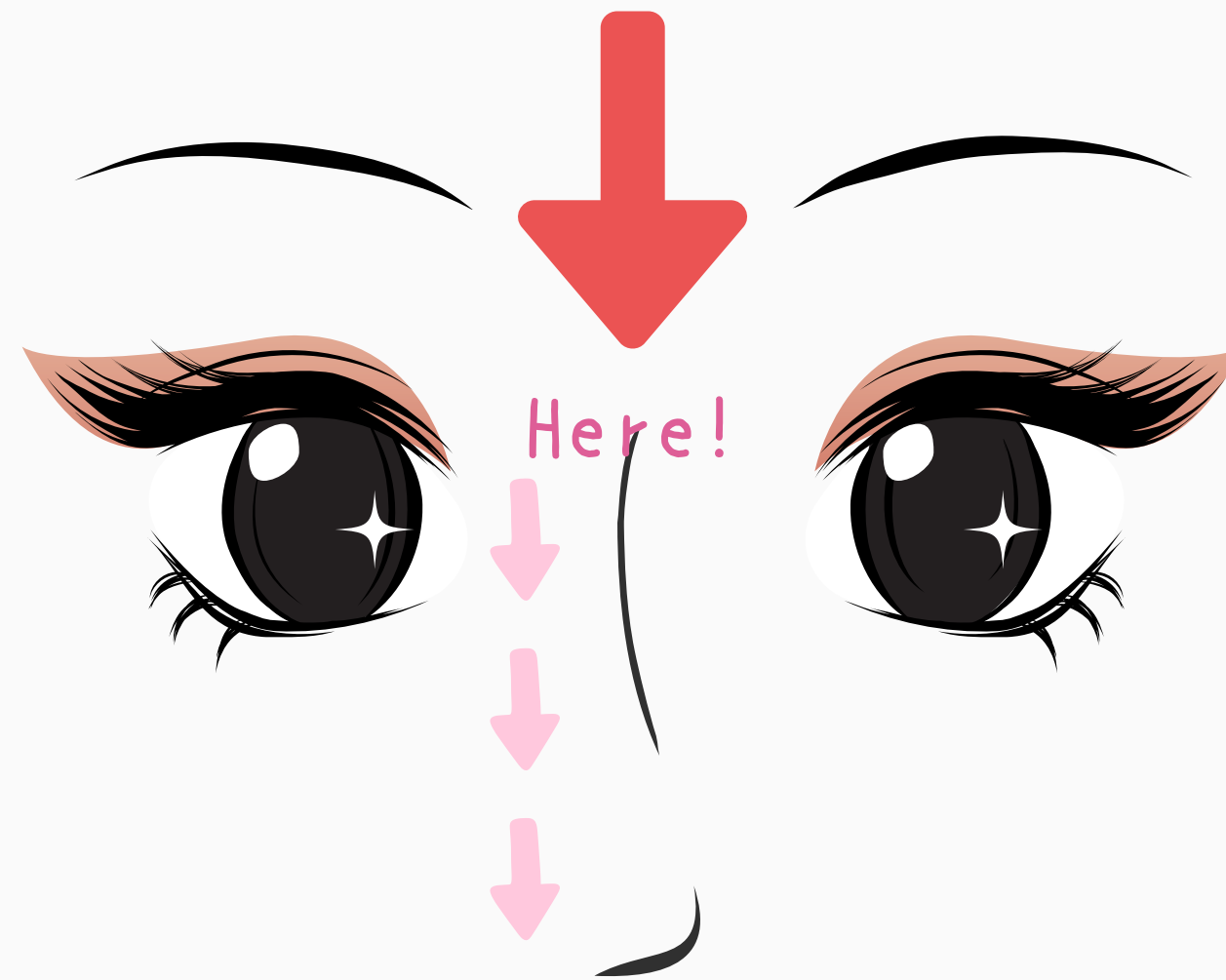
Pinch the upper and lower parts of your eyebrow with your index finger and thumb. Start from the outer corner of the eye and pinch three points in the order of inner, middle, and outer. Do this for 5 rounds.

# Press and shake



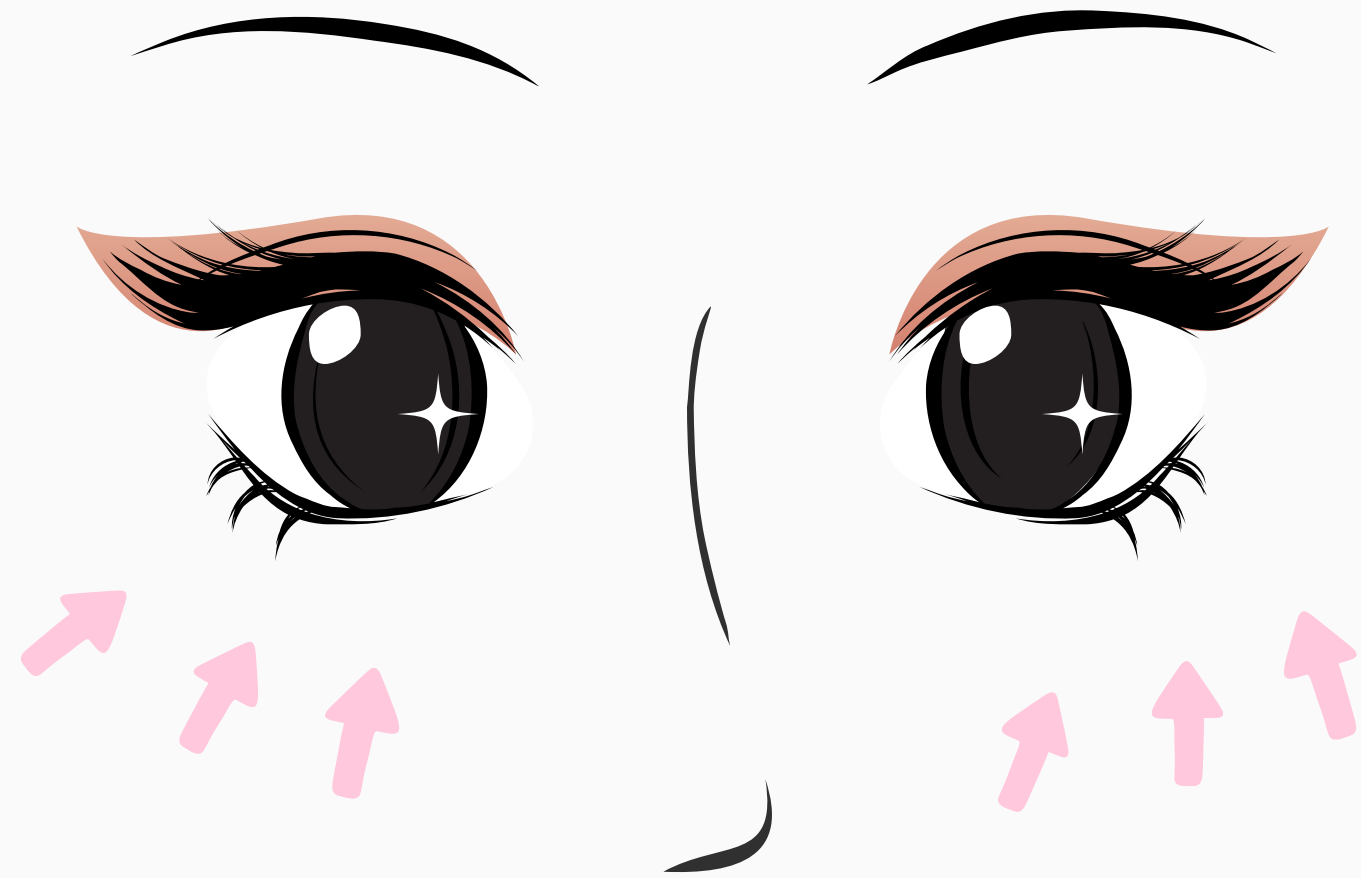
Place your fingers on the area between your eyebrows (the glabella), gently press, and shake up and down. Repeat this 10 times.

# Press and shake



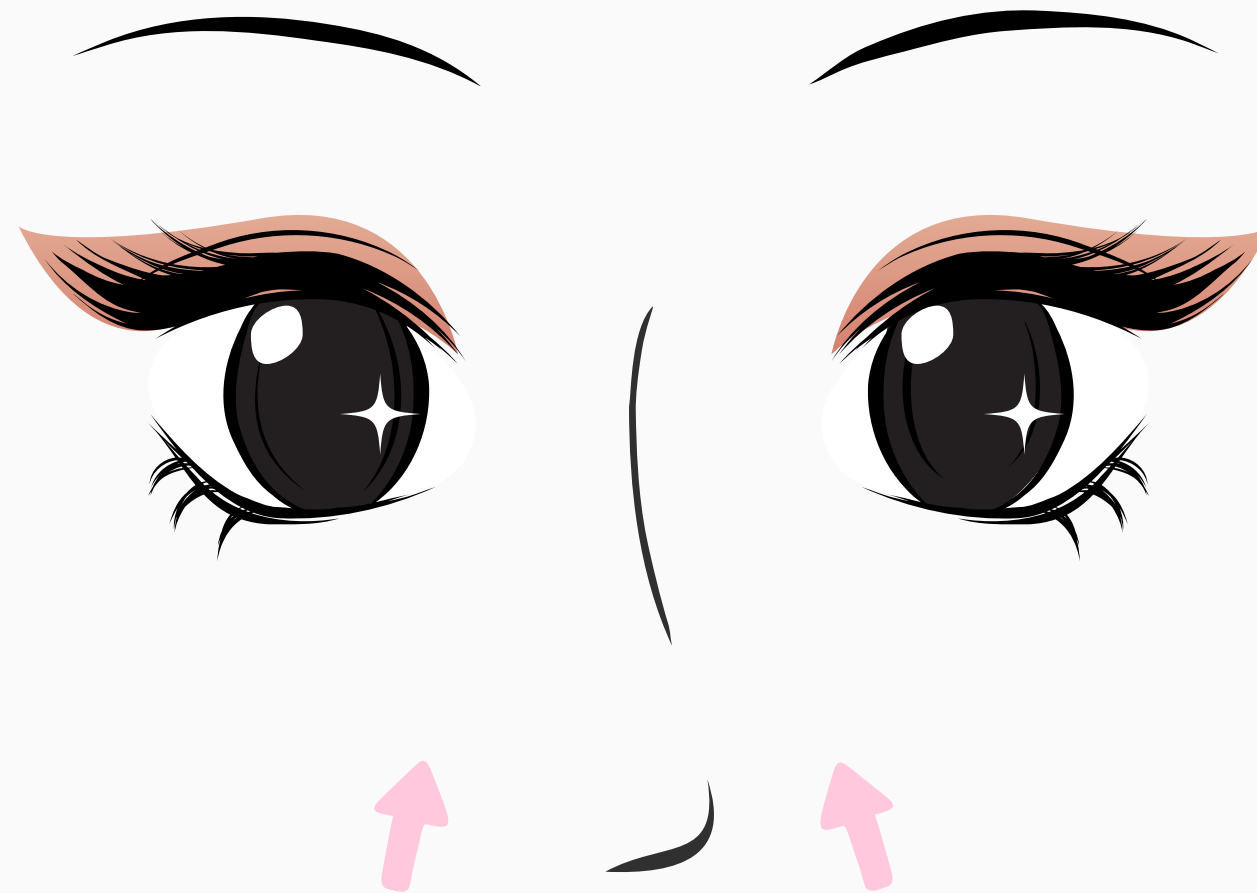
Using the index fingers of both hands, gently press and massage the area next to the inner corners of your eyes, at the base of your nose. Massage from the top to the side of the nose. Do this 10 times.

# Press and shake



Using your index, middle, and ring fingers, gently press on the bone around your eyes, known as the "eye socket", and shake up and down. Do this 10 times.

# Press and shake



Using your index finger, gently press on the area just below the inner corner of your eye, along the bone next to the side of your nose, and shake up and down. Since this area is connected to the brain, treat it gently and carefully.

Do this 10 times.



# Eye area massage is good for the brain!

## Reason 1

When you massage the area around your eyes, it promotes blood circulation. Improved blood flow allows oxygen and nutrients to reach the brain more easily, activating brain function. Additionally, it helps eliminate waste products, giving the brain a refreshing boost.

# Eye area massage is good for the brain!

## Reason 2

The area around the eyes is rich in acupressure points and nerves, and massaging this area induces a relaxing effect. By relaxing, the secretion of stress hormones (like cortisol) decreases, which helps reduce stress in the brain.

# Eye area massage is good for the brain!

## Reason 3

Massaging the area around the eyes stimulates the parasympathetic nervous system, promoting a state of relaxation in both the body and mind. As a result, brain function becomes more stable, which can lead to improved concentration and memory.

# Eye area massage is good for the brain!

## Reason 4

By relaxing the muscles around the eyes, eye strain and shoulder tension are relieved. This reduces visual stress and lightens the load on the brain, helping to improve overall well-being.

# Eye area massage is good for the brain!

## Reason 5

The area around the eyes is rich in sensory nerves, and when massaged, these nerves are stimulated. This stimulation is transmitted to the brain, activating neural activity, which is believed to have a positive effect on brain health.

# When you refresh both your mind and eyes, the world around you changes.

When your mind feels refreshed, the entire day seems much more fulfilling. By massaging the area around your eyes, not only can you experience a lifting effect, but it also helps activate your brain, allowing you to enjoy a refreshing day. Try sticking with it for a week and see the results!

## Contact Information

<https://www.healingstone.ch/contact>



Thank you!

