

The magic thing will happen if you massage this point on the forehead

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In fact, massage at this point can increase **concentration** , **reduce stress**, **get rid of headaches** and help with **eye relaxation** , especially for those who often work with computers. According to traditional medicine, such massage also helps to improve intuition.

So how to make sure that massage in the position between the eyebrow area will have a positive impact on pain relief, health as well as other areas within the body?



Scientists have used magnetic resonance scans (MRI) to find the activity of the rest of the body while another part is under pressure or massage. This MRI technology can be applied to understand the benefits of foot reflexology and acupuncture for certain positions on the human body. Accordingly, some researchers in Japan have found that when doing foot reflexology, at the same time, eyes, shoulders and slipping are also affected.

Based on these studies, they have confirmed that if a slight force is applied to the face, hands and body, the same effects will be expected.

In addition to the above benefits, when reflexology on the spot of the two eyebrows intersects, it also activates the amygdala - one of the brain centers that affects the human lymphatic system, eliminating nerve stress. , resist the formation of new wrinkles, facilitate blood circulation and help firm skin.

From now on, when you're tired or after a certain amount of time, massage this position for about 45 - 60 seconds and feel the positive changes in your body.

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