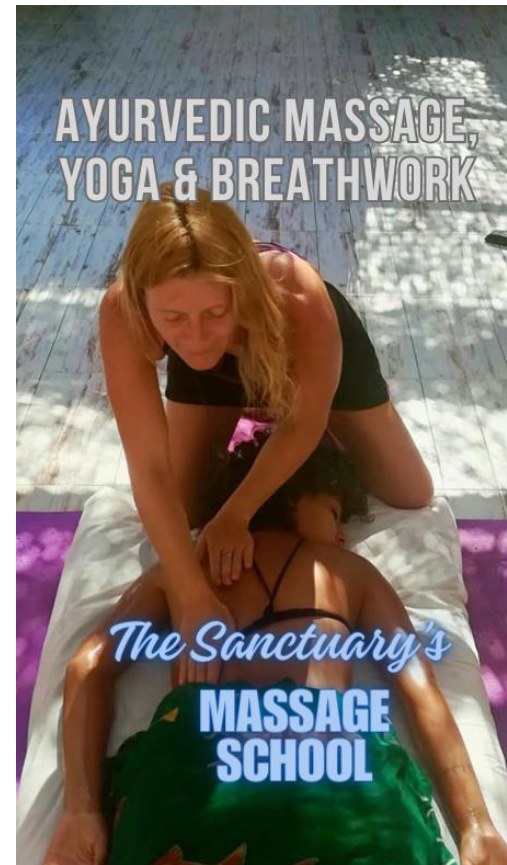


THE MARMAPOINTS OF THE FACE:

The main indian acupressure points of the face



What is traditional Ayurvedic massage?

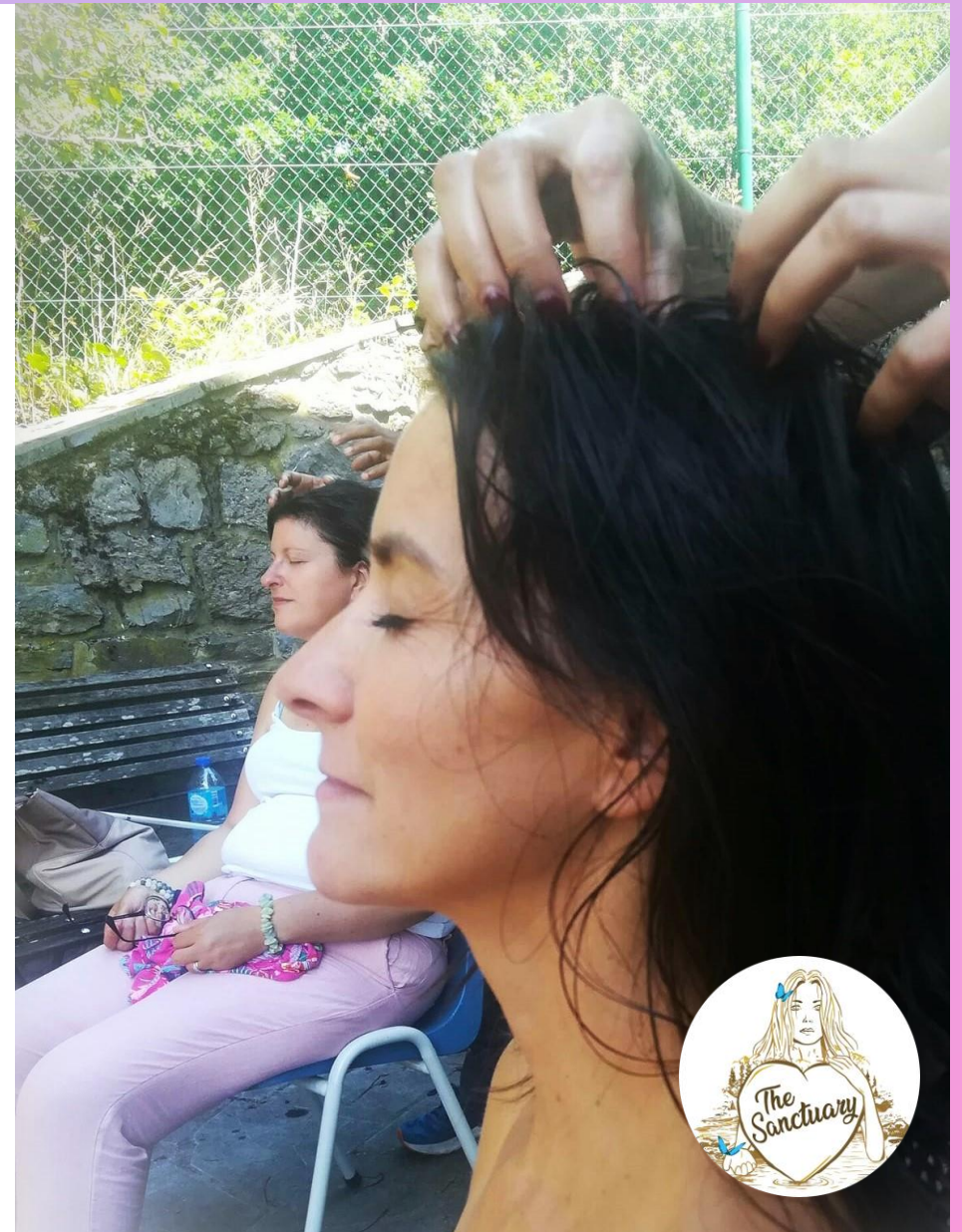
Traditional Ayurvedic massage dates back thousands of years and has its roots in Kerala, South India. It is in Kerala that the practical aspect has developed and retained its true natural essence.

Ayurvedic massage increases the flow of energy (prana) in the body, allowing the client to feel themselves as they experience the connection through their body. They become peaceful and aware.



AYURVEDIC HEAD MASSAGE :

- Indian head massage with warm medicinal oil and massage of energy points (marma) are extremely beneficial for the body and mind.
- The indian head massage, or **shirobhyanga** is a massage of the head, face, ears and shoulders with pleasantly warm medicinal oil. Marma points or energy points are also massaged. These exert a calming and balancing effect on the entire body and nervous system.



OIL THERAPY:

- In Ayurveda, body oiling or oleation is very important. The **Charaka Samhita**, one of the founding Vedic texts of Ayurveda, defines oleation as the process by which the secretion, liquefaction, tenderness, and moistening of the body are completed.
- The secretive oily nature of the process likely refers to the principle of dilution or diffusion. Once the optimal concentration of "fat" or fatty substances is reached in the body, the excess will pass through the cells, tissues, and manifest outwardly.



MARMA = VITAL ENERGY POINT

- Marma is a **Sanskrit word** meaning hidden or secret.
- Marma is a juncture on the body where two or more types of tissue meet, such as muscles, veins, ligaments, bones or joints. Although Marma points are much more than a casual connection of tissue and fluids, they are **points of the vital life force**. They distribute "Prana" (vital energy) into the cells.
- **When imbalances block the movement of free-flowing energy** in the body, the resulting stagnation leads to physical and mental discomfort and disease.
- **When we touch Marma points** we stimulate the body's biochemistry to produce exactly what the body needs, including neurochemicals and hormones that heal the body, mind and consciousness.



ANCIENT TRADITIONAL INDIAN SYSTEM OF TREATMENT

- It is a powerful instrument of Ayurveda that originated 5,000 years ago. It is a process and a therapy that works with 108 subtle and sensitive energy points to open energy channels in the body called srotas.
- It is an important part of Ayurveda utilizing 107 points which helps maintain health by cleansing & vitalizing the blocked energy.
- 2/3 of marmani correlate to TCM acupoints



Marma is Microcosm





- Marma points are loci of energy, consciousness, awareness, where prana, the vital energy is most abundant
- Meeting points of body, mind & spirit
- Marma are the microcosm of the body, the same way the body is a microcosm of the universe. Each part reflects the whole.
- Any disturbance at level of marma can affect the whole body and any disturbance in body/mind can affect an individual marma



Marma points functions :



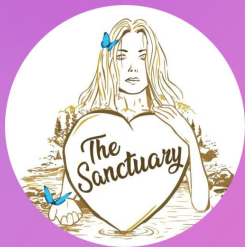
- 1. It removes blocks in energy channels => **REGULATES PRANIC FLOW**
- 2. It pacifies vata dosha, (air and space elements), bringing it to its normal path and the autonomic nervous system = > **PREVENTIVE CARE** (boosts immunity and enhance vitality)
- 3. It creates physical, mental and emotional flexibility. Because of ama (toxins) and because of vata, human beings after 35 or 40 years of age become rigid – and this happens to animals and plants too. As vata increases in our body, we experience degeneration. This rigidity can mean becoming fixed in ideas, emotions and physical movements => **REJUVENATION**
- 4. It creates an opportunity to experience powerful and dynamic transformation at the physical, mental, emotional and spiritual levels by building a positive link with the unconscious mind. Many times people are not able to go outside their 'comfort zones.' They think they have absolute limitations. After Marma is done, they can start taking positive => **CALMS MIND, BALANCES EMOTIONS, CLEARS MIND, ENHANCE AWARENESS, FACILITATES INTEGRATION** of body, mind, senses, and consciousness to work harmoniously together

Marma points can bring radical healing to balance body, mind & spirit

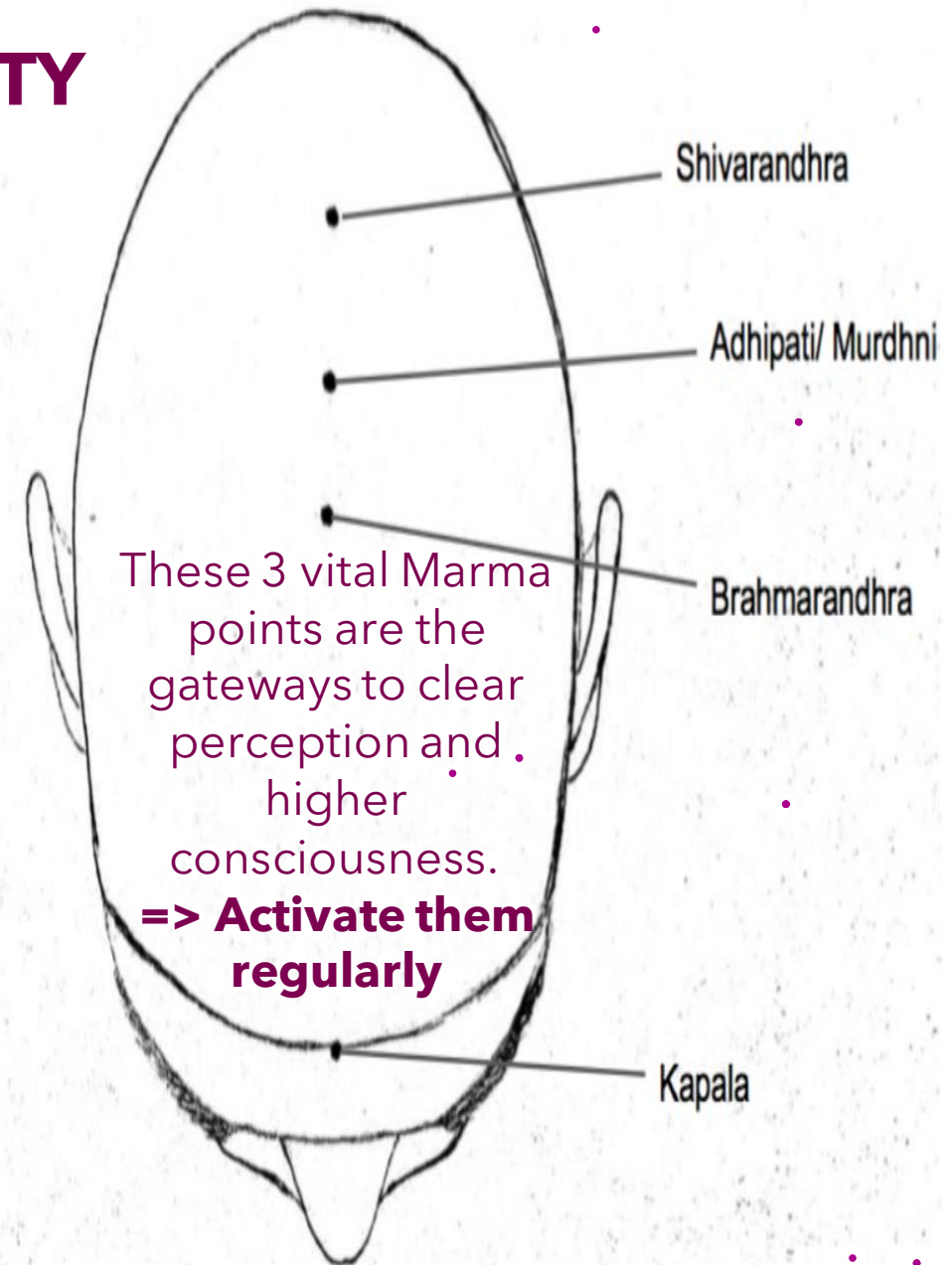


- **BODY** : A marma has the power to alter the pranic flow throughout the entire body and to metamorphose one's energetic, mental, or physical state.
- **MIND** : A marma soothes the mind, harmonizes emotions, and awakens the spirit. It facilitates the flow of innate intelligence and clears energetic blockages. It unlocks gates of perception, fostering profound insight, clarity, compassion, and love.
- **SPIRIT** : At these points, consciousness manifests itself, serving as multi-dimensional portals to access the inner world. They function as gateways of awareness, intelligence, and consciousness.

Most important head's Marma points :



TRINITY



Marma Points	Actions in Ayurveda	Localisation & Acupoints TCM
1. ADHIPATI (Murdhni) = The first master	<u>Regulates Prana, restore consciousness</u>, improves the circulation of <u>cerebrospinal fluid</u>, enhances the functioning of the <u>pituitary & the pineal glands</u>, regulates hormonal secretions, stimulates memory, attention, and concentration, calms the mind and excessive emotions. Regulates the internal clock through <u>the secretion of melatonin</u>	Located on the vertex at the mid-line of the head. In between GV20 & GV21
2. BRAHMARANDHRA = The opening to the creator	Transforms <u>feelings and emotions into pure consciousness</u>, stimulates intelligence, memory, assists creativity, mental digestion, and enthusiasm, relieves headaches, <u>support pituitary functions</u>, improves brain functions, calms the mind, treats insomnia.	Located at the midline of the head 2 anguli (finger widths) anterior to Murdhni GV 22
3. SHIVARANDHRA = The opening to the transformer	Regulates the white matter of the brain, <u>cerebrospinal fluid, and fluids of the nervous system</u>, relieves headaches in the occipital region, promotes optimal functioning of the pituitary gland, stimulates memory, calms the mind, and balances emotions. Indicated for: neck pain, spinal arthritis, ringing in the ear, vertigo and insomnia.	Located at the back midline of the head 2 anguli (finger widths) posterior to Murdhni GV 19



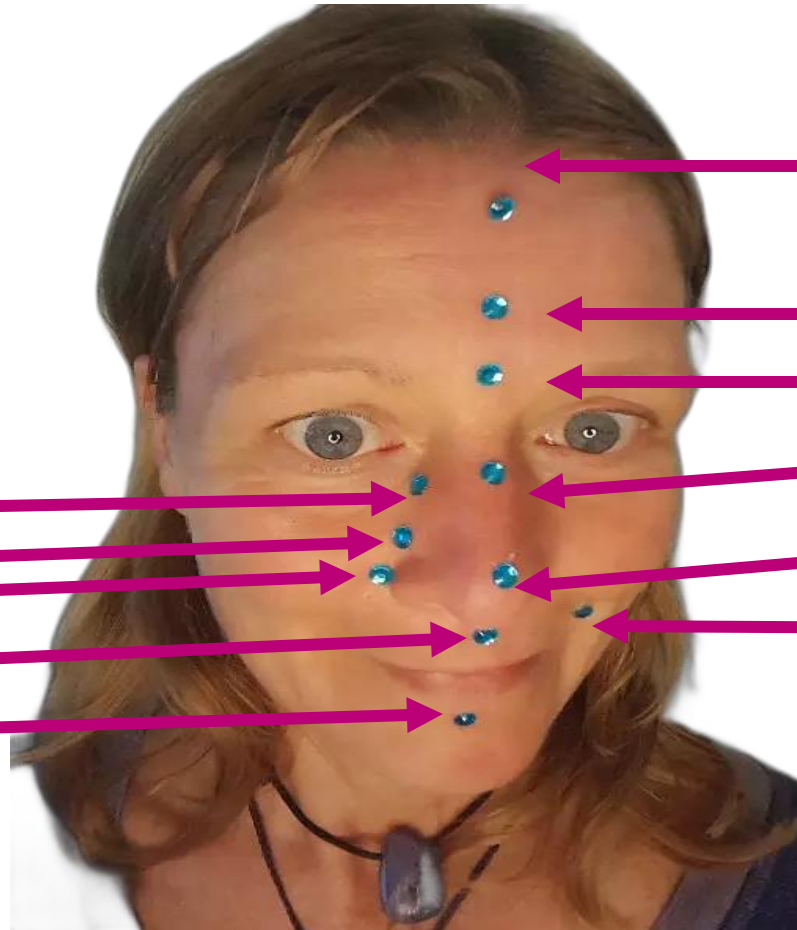
4. KAPALA
= The ruler of
time
= Forehead

Relieves frontal headaches, promotes optimal functioning of the pituitary gland and balances emotions. Used for eye irritation, itchy nose, insomnia, and time-related stress.

At the midline of the forehead, right at the hairline

Close to GV24

22. Urdhva Gandha
23. Adha Gandha
24. Kapola Nasa
26. Oshtha
27. Hanu



4. Kapala

5. Ajna

18. Nasa Mula

19. Nasa Madhya

20. Nasa Agra

28. Chibuka



9. Bhruh Agra

8. Bhruh Madhya

7. Bhruh Antara

14. Ashru Madhya

10. Ashru Antara

12. Ashru Agra

13. Kaninaka

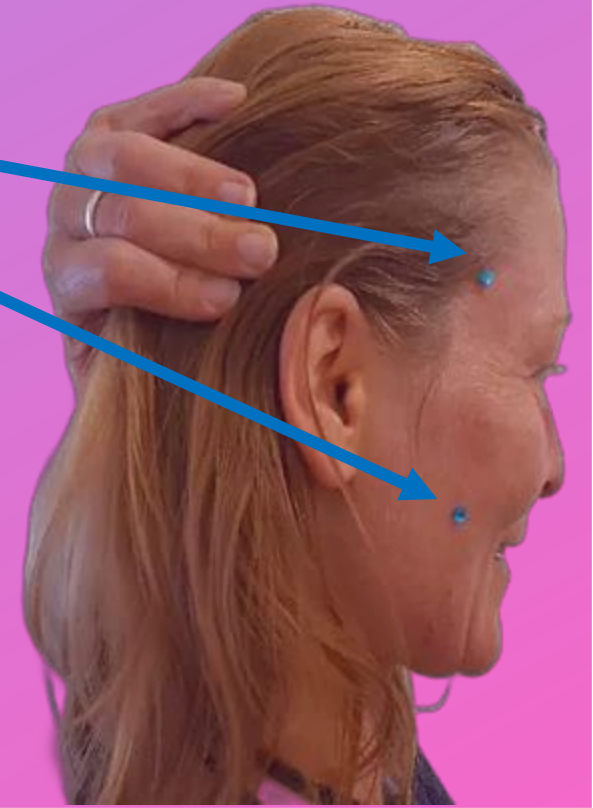
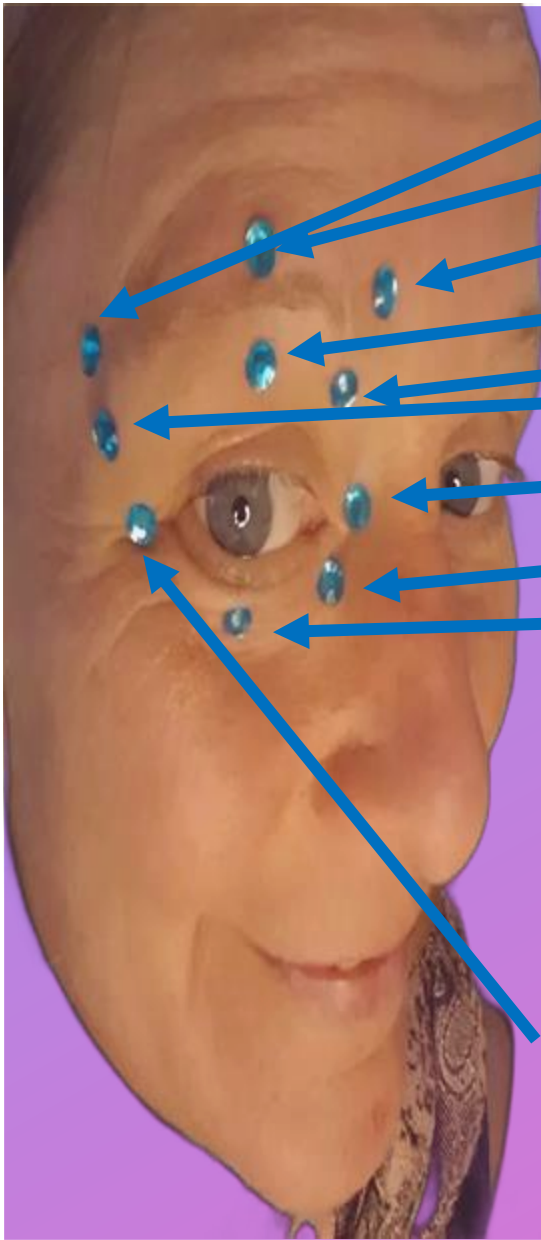
15. Antara Vartma

16. Madhya Vartma

6. Shanka

25. Kapola Madhya

17. Bahya Vartma



5. AJNA	Regulates the white matter of the brain, cerebrospinal fluid, and fluids of the nervous system, promotes cerebral circulation, facilitates optimal functioning of the pituitary and pineal glands, regulates hormonal secretions, improves concentration, stimulates memory, activates intuition and vision, calms the mind, balances emotions, releases stress, relieves sinus problems & soothes the eyes.	This is the point of the 3rd eye on the midline of the forehead. Near Yintang
6. SHANKA	Reduces all manifestations of fire in the body (inflammations, infections, heat) = <i>Pacify the heat</i> , regulates colon dysfunctions, acidity in the stomach. Beneficial for the eyes. <u>The best point for relieving migraines and emotional stress.</u> Point used in martial arts to <u>cause unconsciousness</u> if pressed forcefully!	This point is at the temple, in a depression 1-2 finger widths from the outer end of the eyebrows. Near Yaitang
7. BHRUH ANTARA (Vata emotion)	Beneficial for the eyes, promote circulation around the eyes, relieve headaches, improve circulation in the frontal lobe of the brain, release emotions in the form of tears, release stress, calm the mind.	Above the eyebrow, closest to the center of the face Near Yuyao
8. BHRUH MADHYA (Pita emotion)		Above the eyebrow, on the pupile line Near TR 23
9. BHRUH AGRA (Kapha emotion)		Above the eyebrow, immediately superior to the lateral border Near BL 2

10. ASHRU ANTARA		Below eyebrow, near BL2
11. ASHRU MADHYA	Stimulating tear secretion, releasing pent-up emotions, relieving headaches, reducing stress, calming the mind, and balancing emotions. Very beneficial for the eyes.	Below eyebrow, near Yuyao
12. ASHRU AGRA		Below eyebrow, near TR 23
13. KANINAKA		Corner of the eye, frontal region, BL 1
14. APANGA	Improves vision, regulates tear production and fluids in the eyeballs, relieves headaches, alleviates nasal congestion, and relieves stress and tension.	Corner of the eye, temporal region, GB 1
15. ANTARA VARTMA	Stimulate the eyes and nose, improve the circulation of eye fluids, lubricate and decongest nasal passages, regulate tearing, release pent-up emotions, and improve kidney and adrenal functions.	Under the eye, near UB 1
16. MADHYA VARTMA		Under the eye, ST 1
17. BAHYA VARTMA		Under the eye, near GB 1

18. NASA MULA	Calm the mind, relieve headaches, regulate prana, pacify pitta dosha. Beneficial for the eyes and nose.	At the top of the nose, Yingtang
19. NASA MADHYA	Relieves congestion, calms the mind. Ideal for <u>allergies</u> , breathing difficulties, snoring, and anger.	Middle of the nose
20. NASA AGRA	Point to <u>open the respiratory channels, release nasal disorders</u> . Also used to <u>regain consciousness</u> in case of fainting. Other functions: hemorrhoids, prostate dysfunction, and cervical issues. Focusing on this point => a great sense of smell.	At the tip of the nose GB 25
21. URDHVA GANDA	Promotes the circulation of prana, relieves the respiratory system, alleviates congestion, relieves headaches, opens the sinuses, releases repressed emotions, and alleviates colon dysfunctions	Near Bitong
22. ADHAH GANDA	Same as 22, connected to the sinuses and the colon. Its specificity: treating toothaches and mucus congestion	At the highest point of the nasolabial groove, Bitong
23. KAPOLA NASA	Indications: Loss of smell, nasal and bronchial congestion, respiratory problems, low energy in the lungs, facial paralysis, Shortness of breath, unresolved pains and aches	At the outermost point of the nostril, along the nasolabial groove, LI 20
24. KAPOLA MADHYA	<u>Regulates saliva secretion, revives the digestive fire</u> , improves absorption in the colon, <u>stimulates the parotid gland</u> , relieves facial paralysis & toothaches	At the end of the jaw, between the two rows of teeth

25. OSHTHA	Syncope, dizziness, coma, inadequate blood supply to the brain, oxygen deficiency in the brain, convulsive disorders, headaches, concentration problems, facial paralysis, toothaches, and speech expression issues.	Midway between the upper lip and the nose, GV 26
26. HANU	Regulates saliva activity, relieves pain, alleviates facial paralysis, tones facial muscles (face's beauty), releases stress and unresolved emotions, regulates hormonal imbalances. Other uses: neck pain, testicular pain, sexual dysfunction, and hemorrhoids	At the center of the mentolabial groove directly below the lip, CV 24
27. CHIBUKA	Indications: Excessive salivation, low digestive energy, loss of appetite, toothaches, facial paralysis, and sexual dysfunction	Directly below the pupil, to the side of the corner of the mouth, ST 4
28. MANYAMULA	It regulates the flow of lymph, cerebrospinal fluid, and cerebral blood. It steadies the flow of prana, enhances stability, and promotes a relaxed neck and head. It also aids in sustaining emotional equilibrium across all doshas.	Below the place where the occipital bone protrudes at the root of the neck GV 16

Manyamula

Vidhuram

Krikatika

Griva (1)

Griva (2)

Griva (3)

Griva (4)

Vidhuram

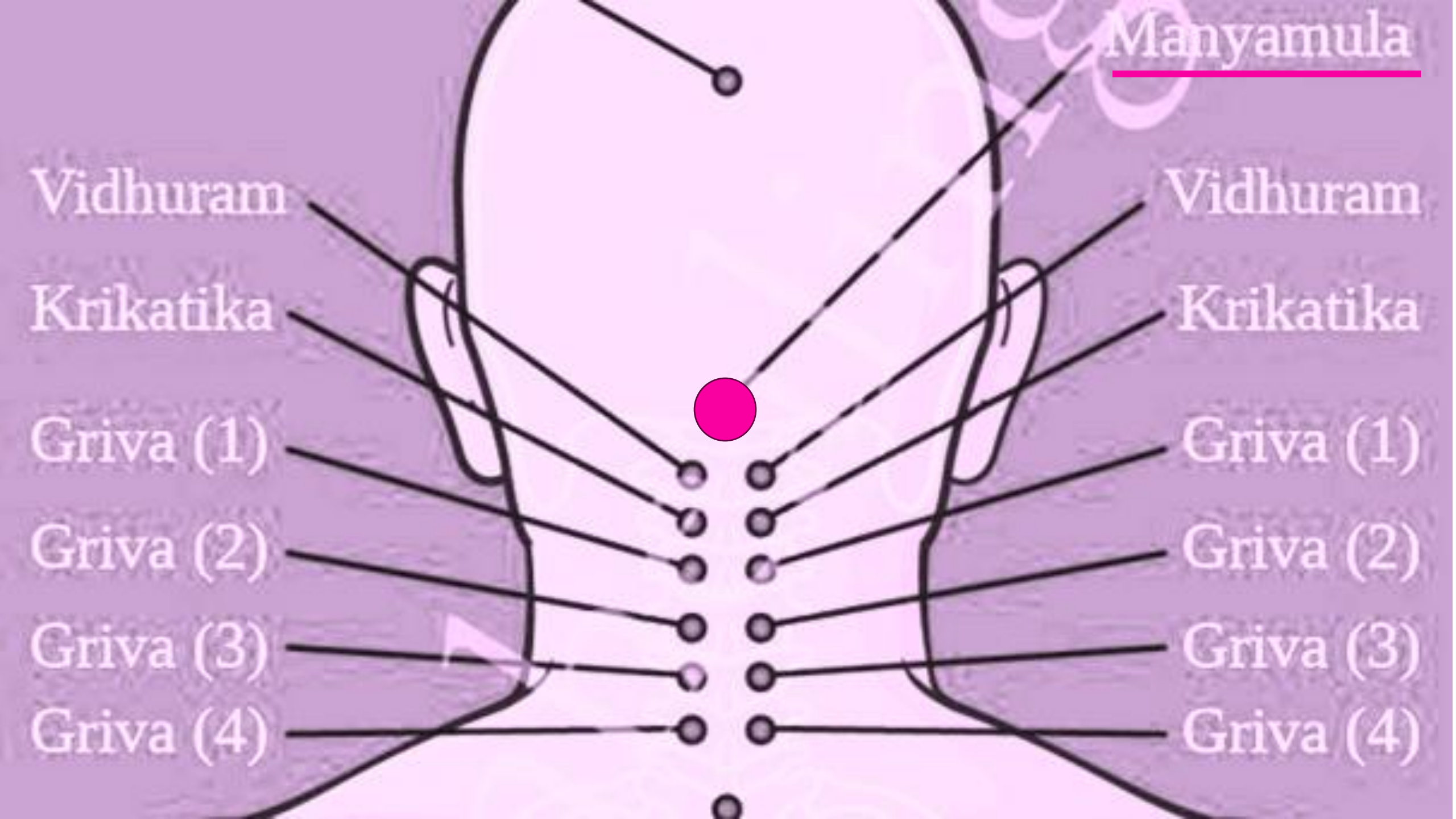
Krikatika

Griva (1)

Griva (2)

Griva (3)

Griva (4)



Integration of the Marma Therapy in the massages:

What you need to focus on:

1. Practical Knowledge and Skill
2. Appropriate touch and pressure
3. Breath awareness and meditation
4. Create and maintain and a healing and safe space



About the power of touch...



- Touch begins at the physical level, but it can delve much deeper, penetrating thoughts, feelings, and emotions. The skillful touch of a sincere practitioner of healing arts can convey its message of love through prana (qi, pneuma, ka,...) into the mind, the intellect and the memory. It can transmit its silent message to the soul.
- It is this unity of the individual mind and the universal mind that brings about radical transformation and total healing in the individual's life.

THE 5 MIN DAILY ROUTINE SELF-CARE :

Nurture and nourish your inner & outer beauty

Incorporate this into your daily routine when you wake up, when you need a break or before to sleep to REJUVENATE YOURSELF !

1. Activate the 3 marma points on the top of your skull, Marma 1, 2 and 3 by applying gentle pressure on them.
2. Use the guidelines below, employ your middle fingers to gently apply pressure to each point for about 30 to 60 seconds:

1. The central area of the **chin** (related to reproductive function)
2. The outer corners of the **mouth** (associated with metabolism)
3. **Between the nose and upper lip** (connected to cerebral circulation)



4. The outer edges of the **nose** (targeting sinus health)

5. The **central** region of the **cheekbones** (linked to lung function)

6. Just above the cheekbones, below the lower lids (targeting adrenal glands)

7. The intersection **between the eyebrows and nose**, on the lower part of the eyebrow ridge (associated with liver and spleen health)

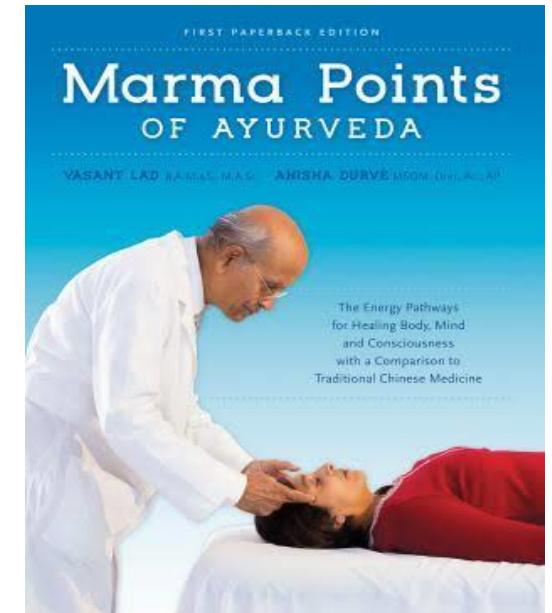
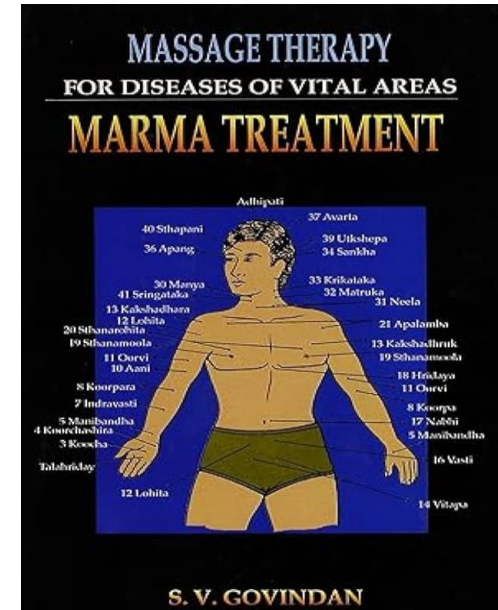
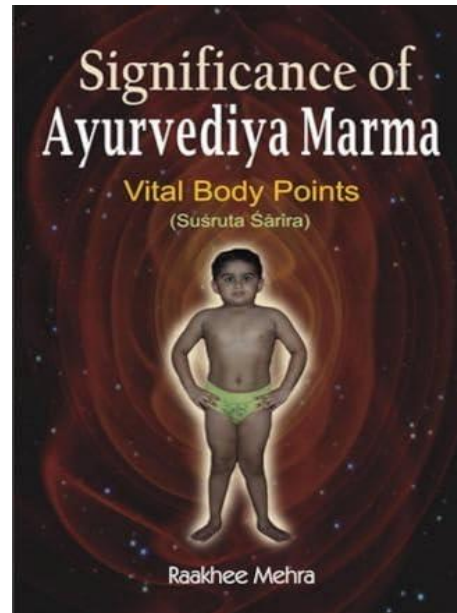
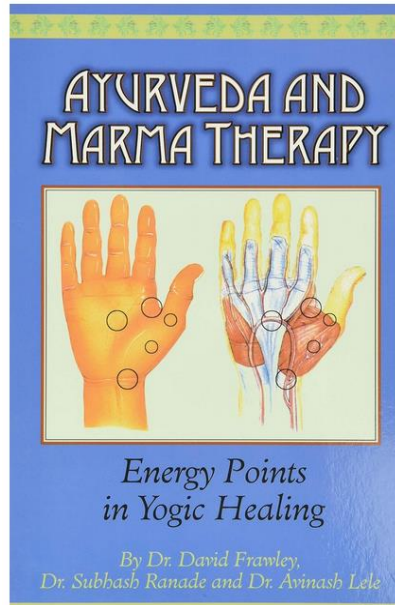
8. **The temples** (addressing stress-related headaches and supporting colon health)

9. **The third eye** (located in the middle of the forehead, slightly above the meeting point of the eyebrows)

10. **The crown of the head** one more time (place hands on top of the head and massage using your fingertips)



Marma Reference Works :



Ayurvedic Massages courses :





Consults and
Individual
treatments:





To schedule an online consult and an individual treatment please email me at :
wilverslaurence@gmail.com



A close-up photograph of a branch with several pink cherry blossoms. The flowers are in various stages of bloom, with some showing distinct yellow stamens. The background is a soft, out-of-focus mix of pink and blue hues, suggesting a bright, sunny day. The overall mood is peaceful and spring-like.

Namasté