

## Beauty with Deborah – Face Massage



**New Directions: Health and Wellbeing and Personal and Social Development.**



Name:



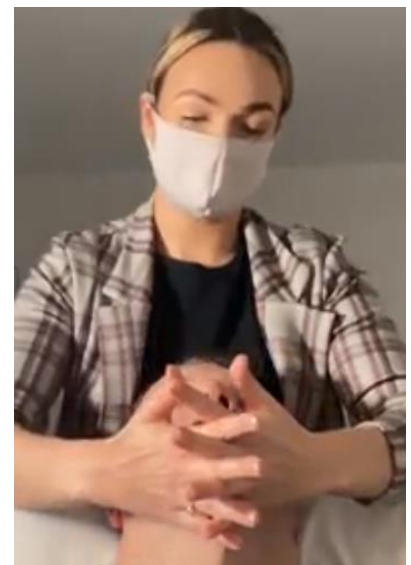
Date:

1. Sanitise your hands



2. Put the hand massage oil or cream on your hands

3. Start by crossing your hands under the persons chin and swipe backwards 3 times



4. Starting on the forehead  
move hands in a sweeping  
motion towards the chin

5. Hands together down the  
side of the nose and the  
cheeks

6. Rub the thumbs around the  
chin and up the side of the  
cheeks

7. With ring finger.  
Circular motions around nose  
Around the eyes  
Forehead  
Do 5 times each

Enjoy

