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**9398 Viscount Bld. 1 Ste C**

 **El Paso Tx,79925**

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**The following a muscle releasing massages that we recommend**

**Superficial Masseter Massage:**

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Take your middle knuckles

Place underneath cheekbones

Run fingers with inward pressure all the way down to the angle of the mandible

Use as much pressure as you can handle

Repeat this as many times as you need

**Internal Masseter Massage:**

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You will need your pointer finger and your thumb

Run your pointer finger inside your cheek until you hit bone

Then use your thumb on the outside and give it a little pinch

Sustaining that pinch slowly move forward

Then you go back in and this time go a little lower, give it a little pinch and slowly move forward

From cheekbone all the way down to the angle of the mandible

Repeat this as many times as you need

**Posterior Temporalis Massage:**

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You can use your mid knuckles, your fingers or a jade roller

Start on each side where the muscle begins and move all the way up and back with pressure inwards

Repeat this as many times as you need

**Anterior Temporalis Massage:**

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Use two fingers and apply pressure on each side right on your temples for 10 seconds

**Lateral Pterygoid Massage:**

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Open wide

Take your pinky and place it inside your cheek on the opposite side so that your nail is facing the teeth

Go as far back and up as you can

Then close about halfway to increase access

Apply pressure with your pinky

You can change the angle of your pinky direction