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## www.cilabo-studio.com's Relaxation Zone

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### Relaxation Zone

Welcome to www.cilabo-studio.com's Relaxation Zone where you can take a break from your stressful day and your busy week!

A facial massage once a week is necessary to maintain your skin radiant and healthy. We recommend you massage on the day when you are more relaxed. Massage techniques recommend here is easy to remember and it takes only less than five minutes. Massage should become a routine for your skin exercise in order to bring your skin condition to the best possible one.

Self Indulging Facial Massage is to promote your skin metabolism and to deep clean your skin. Most important, Self Indulging Facial Massage is to relax you. The massage techniques recommended here are well practiced throughout Japan, China and Korea.

### Before Massage

- Play your favorite music softly if you can
- Sit in front of a mirror comfortably
- Think over five good things that make you smile
- Think it over until you smile
- Start Self Indulging Facial Massage

### Massage Steps

- Gently apply massage oil or massage cream once all over your face and wait a minute
- Using soft and outwards motions, apply massage oil or massage cream one more time till you feel the greasy smoothness on your face and on your hands
- Press and uplift your forehead with your left hand, and then with your right hand; repeat 3 times for each hand
- Using your fingers uplift both cheeks from chin to ears, then repeat the step three times
- Using right hand fingers do circle motions on your chin 8 times
- Using fingers to massage area around mouth
- Using both hand fingers to press sides of the nose, then ridge of nose
- Using the tips of fingers to massage eyes areas
- Press your temples softly
- Do every motion one more time
- Remove all massage cream or oil using tissue or cotton pads, then warm towel