

Dr. Chang Facial Instructions “the Tune-up”

These are the instructions for the complete healing facial massage. It uses facial preparations composed with Taoist principles. Although these preparations were reserved for the Royal family of China during a long period of history, they are now used by Taoist cultivators. Their compositions include only precious and natural ingredients known since ancient times for their fabulous healing properties, such as gold, frankincense, myrrh, jade, pearl, queen bee royal jelly and ginseng.

It was a great honor to receive such a healing facial massage, which could be granted as an official “Royal Treat” to special guests. These preparations earned a great reputation for solving skin problems and promoting beauty. They were also sought for their health and life enhancing benefits. The Ancient Taoists analyzed in great detail how the face reflects one’s health and life circumstances as described under “Facial Reading” in Chapter 4, and “Personology” in Chapter 7 of *The Great Tao*, by: Dr. Stephen T. Chang. Since the whole body is interconnected, one can work on facial locations to relieve the related internal organs and improve life. This approach would not surprise the readers familiar with foot reflexology although this facial system is of course different.

Readers interested in more information about this healing facial massage can read more in my book. In addition, they can also refer to my manual, *The Complete Book of Acupuncture*, for acupressure points specialized for facial beauty.

To give someone this healing facial massage, follow the instructions below:

1. Assemble these items:
 - Washcloth (with a slit cut in the middle)
 - Facial Steaming Machine (if you have one)
 - Royal Vital Clean-Off
 - S.A.R. Gold Lotion
 - Royal Nutri-Mask
 - Essence of Pearl
 - Royal Jade Cream
2. Have the person who will receive the facial lie on his or her back. Roll up the washcloth and immerse it in hot water. Squeeze out the water and unroll the cloth on the face, positioning it so that the nose can breath through the slit. Then clean the face with Royal Vital Clean-Off mixed with a little water. Repeat the procedure described for the washcloth several times. This relaxes the tissues, gets rid of surface dirt and opens the pores.
3. Apply a very thin layer of S.A.R. Gold Lotion to penetrate deeply into the pores to loosen dirt deposits, nourish the skin cells and repair damaged or unhealthy cells.
4. Pat on the mask with fingertips (the mask should be made into a paste by mixing it with water first). Wait until the mask is dry and then wash it off. This removes dead skin particles and helps generate new cells.
5. Then reapply S.A.R. Gold Lotion to tighten the skin and prevent bacterial growth.
6. Next apply a thin layer of Essence of Pearl for long-term moisturizing of the skin.
7. Follow with Royal Jade Cream. The cream should be applied to the whole face. A greater amount of cream should be placed on the following points:

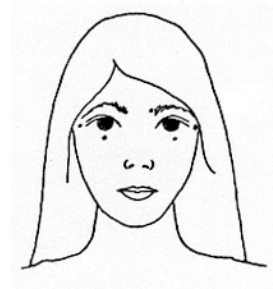
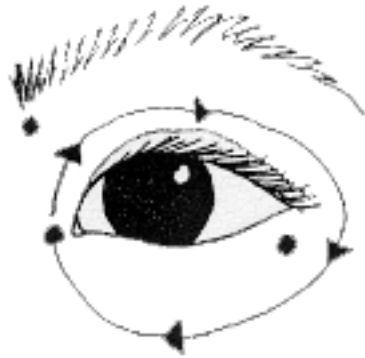


Figure 117

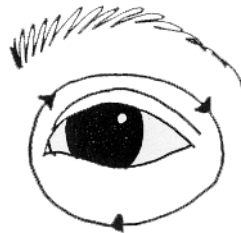


Figure 118

Massage the areas around the eyes gently by moving the fingertips lightly in a circle around the eyes. Follow the direction of the arrows. Then rub the palms together to generate heat. Place the palms on the eyes. This procedure prevents the formation of wrinkles and it gives the skin a natural tan. The cream also preserves the youth of the skin cells and makes the skin glow with life.

People with extra-oily skin should not be given this final treatment. They should be treated with Essence of Pearl, to correct their condition. When the condition is corrected, the final step can be included in their treatment.

So called "crows-feet" and wrinkles around the eyes can be eliminated by pressing the points illustrated in figure 117 and by massaging around the eyes as indicated in figure 118. Notice the direction of the massage in that it differs from the massage that people generally use upon awakening. Rather than causing the muscles to droop, as with prolonged use of the outward directional massage, the inward directional massage will tonify the entire area surrounding the eyes.

Tuei-Na is a healing art: the healer must design programs to suit individual needs. By knowing the meridian points, the techniques, the tools, the Five Elements Theory, and the basic theories of Tuei-Na, one can easily construct a healing program for any kind of physical problem. No two Tui-Na sessions are completely alike, with the exception of the Tune Up program. Everlasting health can be attained by applying the principles of Tuei-Na.