

# Chi Vitaliser

Acupoint Manual

Chi Vitaliser is recommended for use at the below areas:

## 1. Cervical Lymphatic Region

boost the lymphatic system, improve facial puffiness, leaving a healthy rosy glow on the face

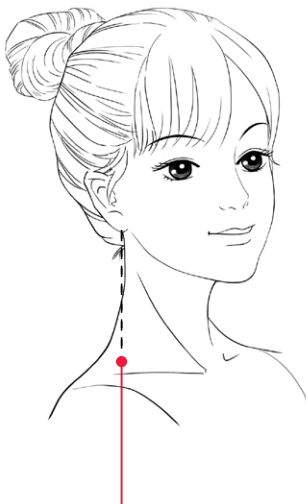


### **Cervical Lymphatic Region**

1 finger's width above the collarbone

## 2. Cervical Aortic Region

promote blood circulation to the brain, refresh the mind, gradually improve eyesight and vision

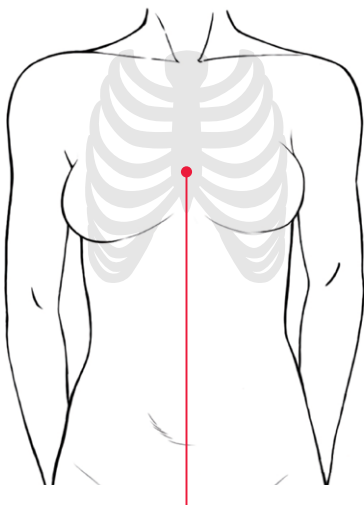


### **Cervical Aortic Region**

from left and right earlobes straight  
down the neck and shoulder

### 3. Danzhong

strengthen the respiratory system, relieve shortness of breath, alleviate cough and asthma symptoms

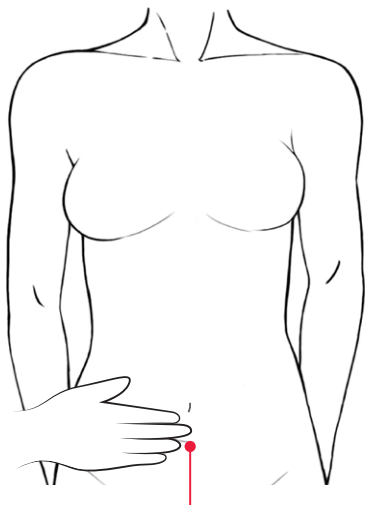


#### **Danzhong**

also known as Zhong Dantian, situated along the centre line of the front body, in the middle of the line connecting the nipples

## 4. Dantian

regulate gastrointestinal motility, maintain the health of digestive system, strengthen the immune system

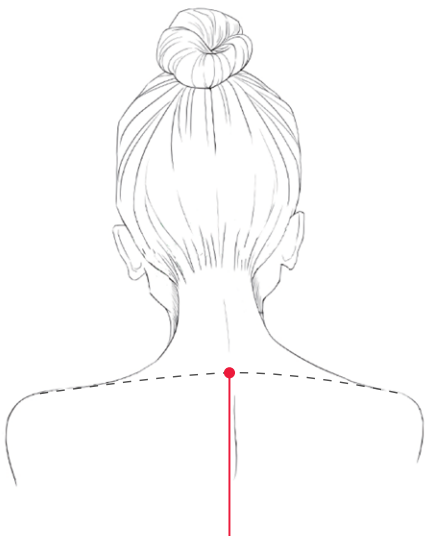


### **Dantian**

3 fingers' width below the bellybutton

## 5. Dazhui

treat and prevent colds, alleviate cough and asthma symptoms, relax shoulder and neck muscles, improve sleep quality

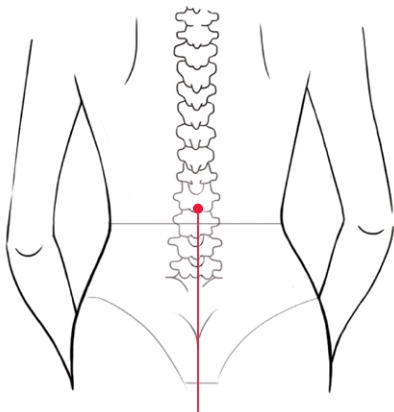


### **Dazhui**

sit down and lower your head, locate the lower edge of the highest point of the neck bone, which is parallel to your shoulders

## 6. Mingmen

relieve muscle tension caused by prolonged sedentary position, alleviate lumbar muscle strain, restore lower limb vitality, boost immune system



### Mingmen

right behind the navel

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### Integrating the energies in our body and the environment

The longer you use the Chi Vitaliser daily, the better your body's restorative power will be. A step-by-step conditioning process helps you to sustain good health.