

acupressure for hay fever & seasonal allergies

Allergic rhinitis, commonly known as hay fever, can cause sneezing, itchy eyes, a blocked or runny nose, and fatigue.

In Chinese Medicine, it's seen as the body's Qi being disrupted by external allergens.

Acupressure is a drug-free alternative that can be utilised regularly to help open the nasal passages, reduce irritation, and calm the immune response.

With regular practice, these points may ease symptoms and support your body's natural defences during allergy season.

How to Use This Guide:

- wash your hands before touching your face
- apply gentle, steady pressure for 30–60 seconds per point
- use slow breathing while pressing each points
- repeat two to four times daily, especially during flare-ups or high pollen-count days
- combine with lifestyle care, stay hydrated and avoid triggers where possible

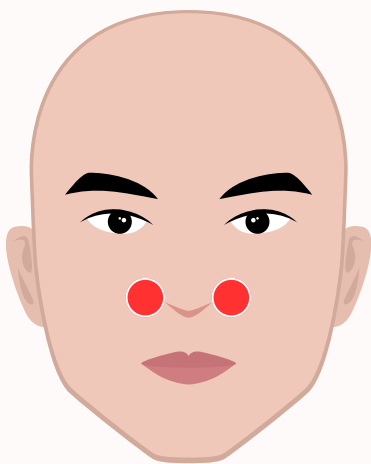
Disclaimer:

- this guide is for general wellness purposes only
- not a substitute for medical diagnosis or treatment
- avoid during pregnancy unless advised by a qualified practitioner
- if headaches are severe, sudden, or persistent, seek medical advice

PAC < HEALTH

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WELCOME
FRAGRANCE

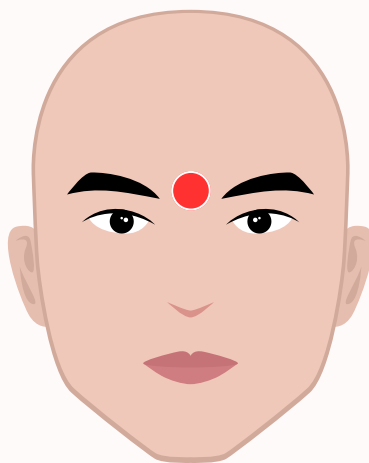


LI-20

Location: beside the nostrils, in the crease

Benefit: opens nasal passages, relieves congestion

HALL OF
IMPRESSION

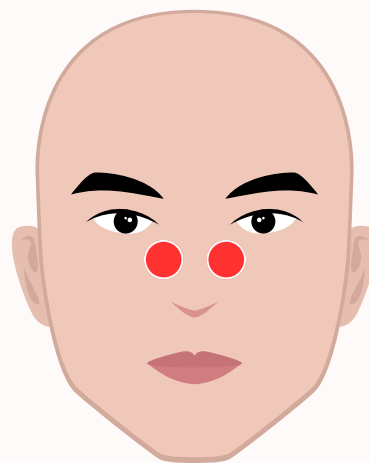


YIN TANG

Location: between the eyebrows

Benefit: calms irritation, eases sinus pressure, and eases frontal headaches

NOSE
PASSAGE



BI TONG

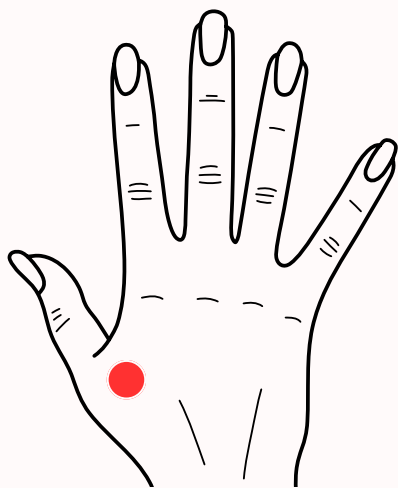
Location: at the highest point of the nasolabial groove, beside the nose

Benefit: relieves nasal blockage and sinus pain

PAC < HEALTH

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JOINING
VALLEY

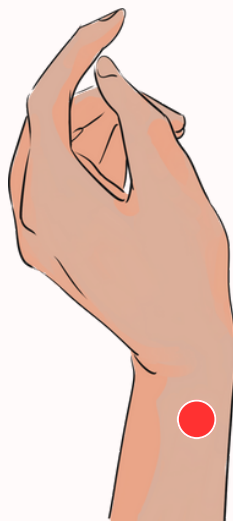


LI - 4

Location: in the fleshy web between the thumb and index finger

Benefit: clears the face, clears nasal congestion, reduces headaches

HALL OF
IMPRESSION

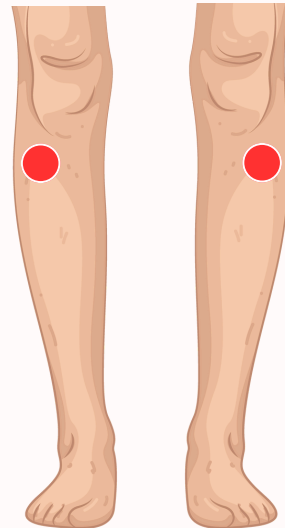


LU - 7

Location: thumb side, on the flat part of the bone above the anatomical snuffbox

Benefit: opens the lungs and chest, relieves cough and congestion

LEG THREE
MILES



ST - 36

Location: four finger-widths below the kneecap, one finger-width to the outside of shinbone

Benefit: boosts immunity, strengthens all Qi