

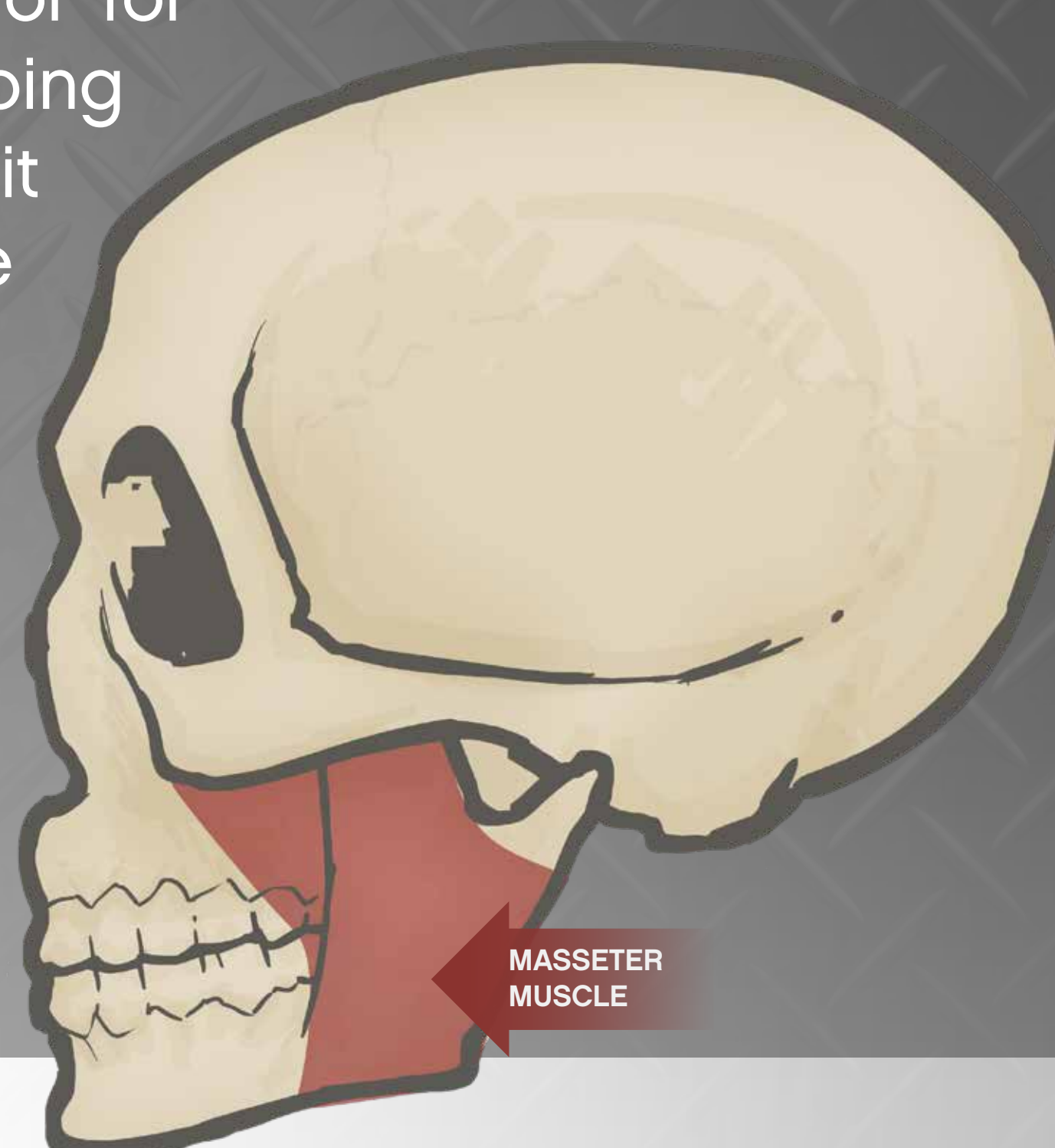
HEADACHE REMEDY

MASSETER MUSCLE

MASSAGE

One of the strongest muscle of the face is the masseter muscle. This muscle responsible for closing the jaw or for chewing food. It is located under the cheek bone going down the jaw and whenever this muscle is stressed, it causes other muscles to contract such as the neighboring neck and shoulder muscles.

For people who are in a habit of gritting their teeth when they are angry or stressed, they tend to tighten this muscle and in turn causes other muscles to react as well causing headaches or sometimes even upper back pain.



This massage releases tension and tightening on the masseter muscles and will help you feel refreshed and avoid headaches and upper back pains.



Place your fingers below your cheek bones above your jaw. Gently apply pressure as you press the cheeks in a circular motion.



Work your fingers around the area in rotation as you open and close your mouth. You should be able to feel the muscles on your jaw and your neck relaxing. Continue doing this through out your day as often as necessary.

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