

Lotus Technique

The Lotus 蓮華 technique is used in 2 ways: to tonify the tissues of the cheek area, and secondly, to lift up the tissues of the cheek. It is truly re-educative.

Gestures:

1. Open your hands in the shape of a butterfly
2. Turn your hands slightly sideways to massage with the sides of your fingers.
3. The tip of your thumbs are in contact
4. Your index finger and middle finger are stroking the skin
5. Use the as much as possible the sides of the index and middle phalanges to stroke the skin
6. With your index and middle finger bring up the cheekbone tissue towards the thumbs
7. Then, let go of the index and middle finger and start again