

30-SECOND LYMPHATIC RESET

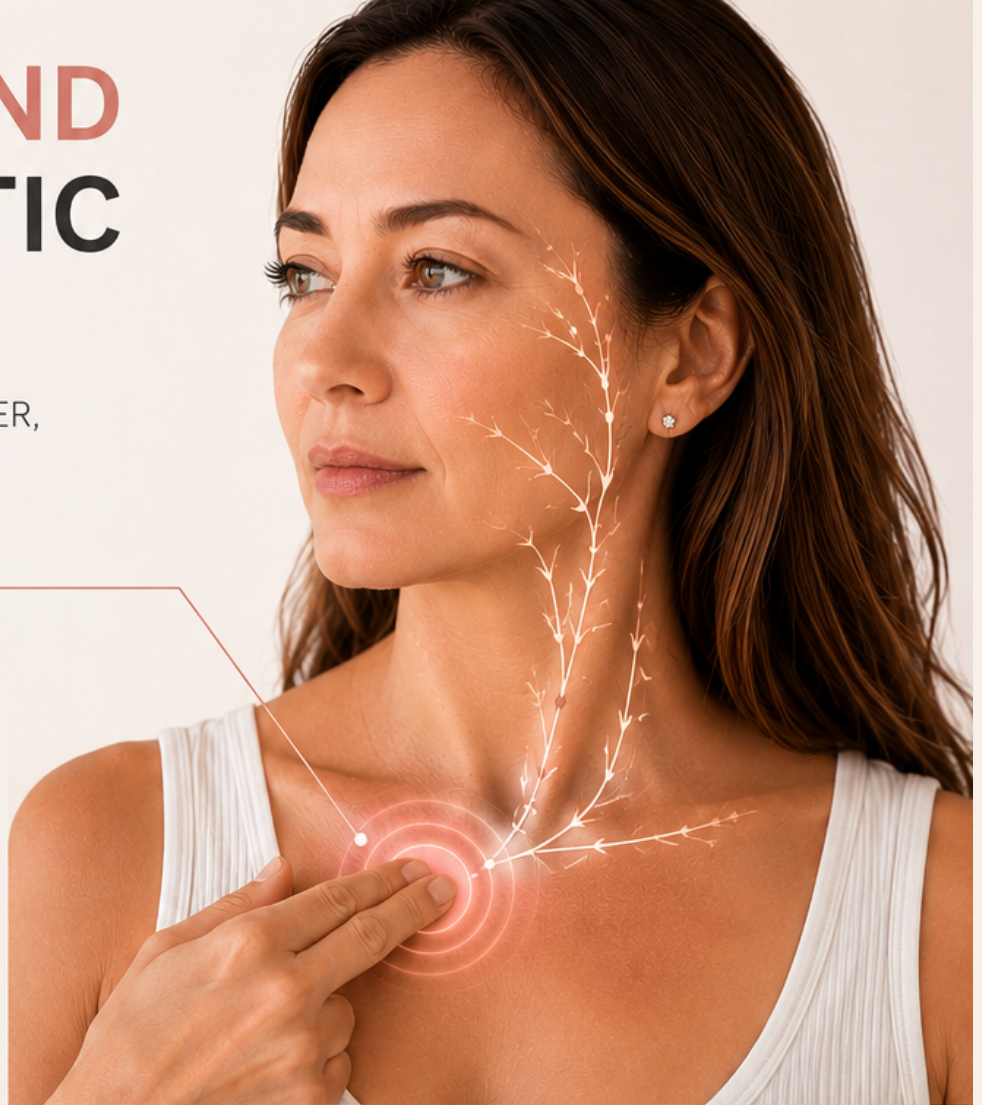
A SIMPLE TAP FOR A LIGHTER, MORE REFRESHED YOU

TAP HERE

Use 2 fingers to tap gently in this area for **30 seconds**.



Tap gently. Stay relaxed. **Breathe** through your nose.



WHY?

This area sits near the end of the lymphatic drainage pathway from the head and neck. Gentle tapping may help encourage fluid movement and reduce feelings of facial puffiness.



Reduce puffiness






Support circulation







Promote natural detox

3 COMMON MISTAKES

-  **Tapping too hard**
Be gentle. This is not about pressure.
-  **Holding your breath**
Keep breathing slowly and naturally.
-  **Expecting instant permanent results**
Consistency is the key. Small habits, big change.

BEST RESULTS

-  Practice once or twice daily.
-  Stay hydrated.
-  Breathe through your nose while tapping.
-  Combine with good posture and regular movement.

BONUS

Follow with 5 slow neck stretches for an even more refreshed feeling.

