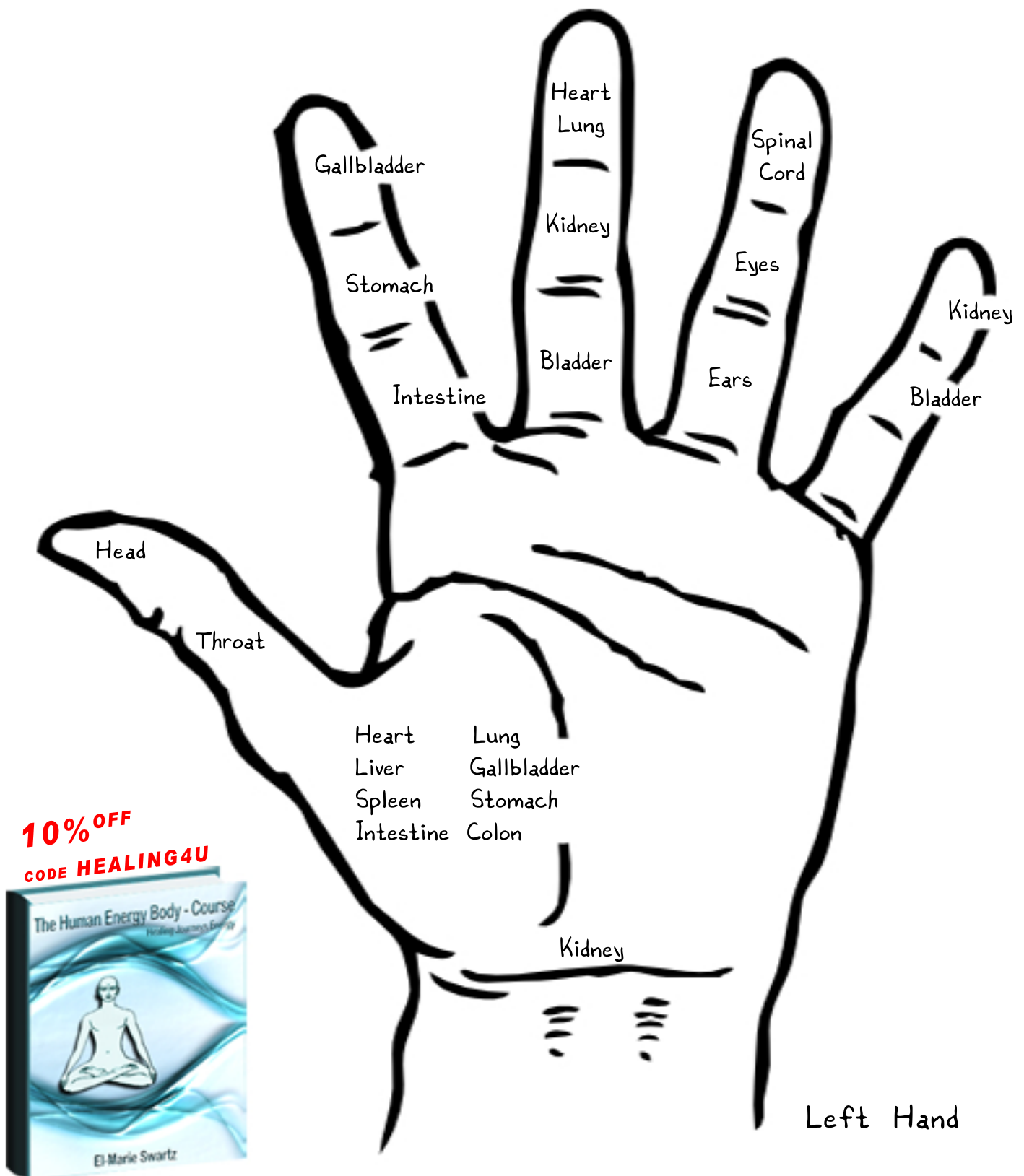


# Acupressure Points - Hand

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Acupressure points on the fingers and thumb can help in two ways for your healing. You can work with these for basic massage techniques to stimulate the energy flow patterns and you can also incorporate direct lines of healing for these areas on your fingers and thumb to correspond with the areas of your physical body!



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