

PRESSURE POINT SELFCARE RITUAL

PREPARATION

Connect your mind and body

Find somewhere to sit comfortably with a straight back and with both feet on the floor. Close your eyes and take a few minutes to breathe deeply, in through your nose and out through your mouth. This is to encourage the blood to pump through to the surface of the skin and aid the absorption of the CBD during your ritual. Remember to continue to breath this way through the process and count slowly, this helps you to relax and connect the body and mind.

THE EARS

This point promotes sleep & relaxation
Find the hollow inside the upper shell of the ear with your thumb and forefinger. Apply a pressure pinch and circular movements for the count of 20 seconds.

THE BASE OF THE SKULL

This can alleviate aches at back of head, neck pain & stiffness, and insomnia.

Measure a 2-finger width below base of skull, and you will find vertical muscles either side of the top of the spine. Using pressure with your fingers, apply circular pressure to both sides on these muscles avoiding the spine and just manipulate them lightly until you feel the tension start to evaporate. Let your body guide you for desired pressure.

This is a great one for any aches and you can take your time on this section. It could be a count of 20 but if you feel exceptionally stiff, just take your time and count to

SHOULDER WELL

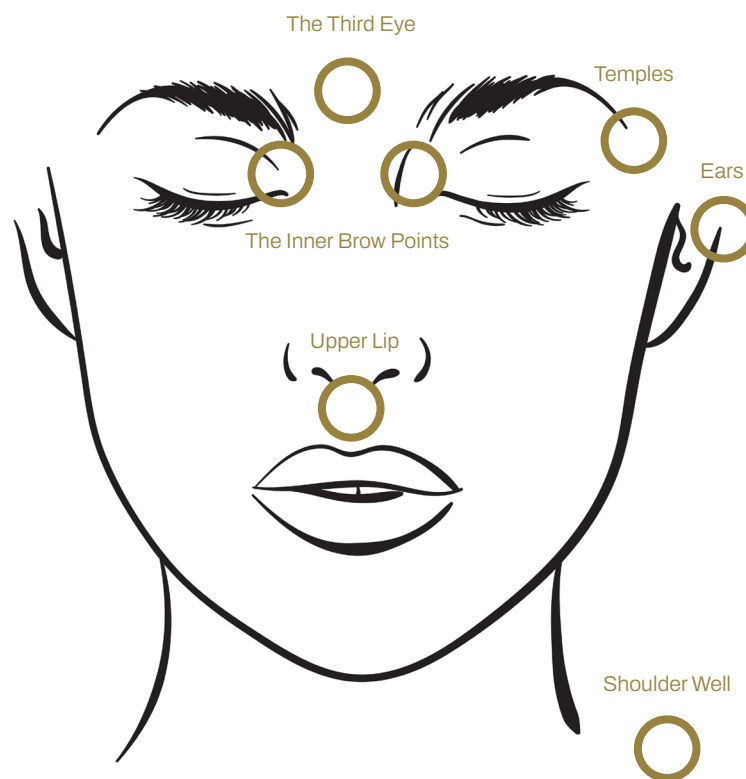
Releases muscle tension

DO NOT USE IF PREGNANT

can induce labour

Find shoulder point muscles just where your neck meets your shoulders. (We call it your HUNCH spot). Pinch and release with thumb and middle finger and massage them for the count of 20 slow seconds. Again, this is where you tend to hold most of your tension so working on this spot for a good amount of time really helps you to relax.

Apply a few pumps of JOMO to your fingertips. (Apply when needed throughout the ritual).



Head and shoulder Pressure Points

THE THIRD EYE

For easing stress and anxiety

Touch the spot between your eyebrows with your index finger or thumb. Take slow, deep breaths and apply gentle, firm pressure in a circular motion counting slowly to 10 clockwise and then 10 anti-clockwise.

THE INNER BROW POINTS

For relieving eye strain, headaches & fatigue

Using thumb and index or index and third finger follow inner brow to just below brow bone above inner corner of eyes. With gentle circular massage motions on both simultaneously for up 20 seconds.

UPPER LIP

For relieving cramps and boosting mental alertness

In slow motions, with your right middle finger slowly circle 10 counts clockwise and 10 counts anticlockwise in tight small circles.

THE TEMPLES

This pressure point is connected to the brain and helps concentration while relieving stress & relaxes the eyes.

Locate the point ½ inch back from eyebrows at the depression of temples. Using each index finger on each side of the temples, apply gentle circular pressure for the slow count of 10 clockwise and 10 anticlockwise.

Remember to keep breathing deeply in through the nose and out through mouth

JOMO

L O N D O N

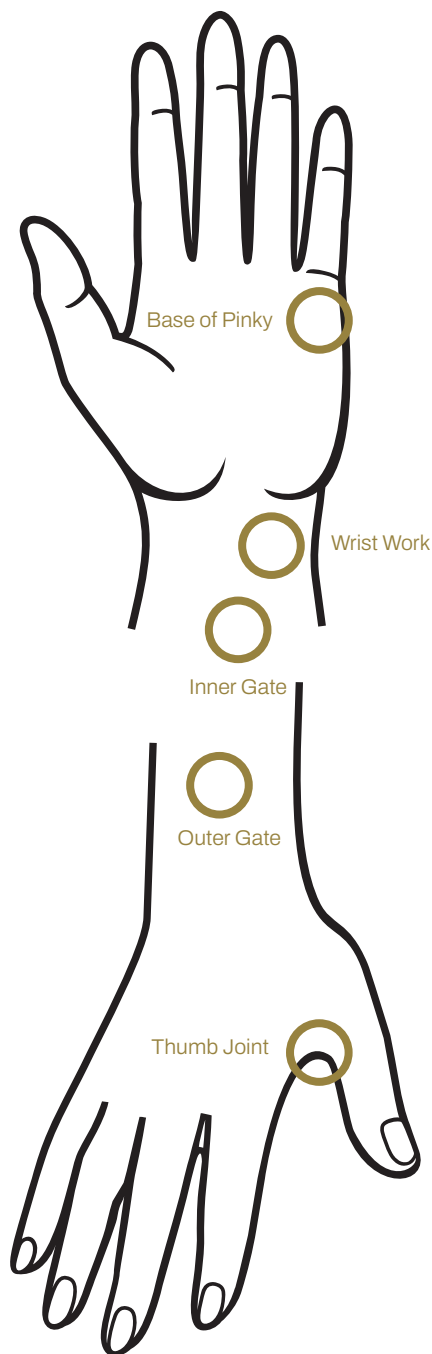
The human body produces its own natural cannabis like molecules within a cell signalling system called the Endocannabinoid system (ECS). This system regulates our body's functions when we need it. When the body detects an imbalance with a process regulated by the ECS, it produces cannabinoids that interact with our receptors. This generates a chemical process that targets and resolves the imbalance returning the body to a state of balance.

It is widely reported from those who swear by CBD, that when applied topically, the CBD can mimic the body's own natural ECS and help to calm, ease symptoms of discomfort and instil a feeling of wellbeing and promote relaxation.

Jomo London Selfcare reset and rebalance ritual – The Joy of Missing Out...

We have created our own pressure point massage ritual designed to support the absorption of our unique blend of CBD and botanical ingredients, for those moments you just need to take a little time out for yourself.

Applying JOMO to key pressure points on your head, neck, shoulders and hands, can elevate the benefits of the CBD. These pressure pulse points are extremely receptive and the CBD is absorbed more effectively through the blood vessels that sit closer to the skin's surface.



Hands and Wrists Pressure Points

THUMB JOINT

These are the “Master point” of the head and the pressure healing point for headaches, irritated eyes and jaw pain. DO NOT USE IF PREGNANT- can induce labour. Relax your hands. Shake lose any tension.

Find the webbed soft muscular point between thumb and index. Gently apply pressure with thumb and index finger circular movements for the count of 10 seconds on each side. Follow by running thumb and index along either side of each finger massaging tips of each – easing head pain. Count one second for each little squeeze and repeat for half a minute.

BASE OF PINKY FINGER

Promotes relaxation and induces sleep

Turn palm over and find softer point below bone at base of pinkie. Gently apply pressure with thumb and index finger circular movements. Squeeze and press and circle for 20 seconds.

WRIST WORK

Our happiness point, can aid heart palpitations, anxiety & depression

Follow from pinkie point (palm still up) to wrist crease. Firmly press wrist point to help regulate emotions Hold on a 5 second count and repeat twice – then repeat on the other wrist.

INNER GATE

This point can aid digestion which is affected by stress

Measure 3 fingers below wrist, find the centre point hollow between tendons. Apply pressure and circular massage movements for 10 seconds clockwise and 10 seconds anticlockwise. Repeat for the second wrist.

OUTER GATE

Finish your ritual with an awakening energy surge and help to boost immunity.

Flip your palm and find the same point but on top side of the wrist. 3 finger lengths below the bone. Use fingers to apply firm pressure to finish with a boost. Hold and press for 5 seconds and repeat twice. Then work on the other wrist.