SELF MASSAGE

TEMPORALIS MUSCLE SELF MASSAGE

- Place heel of hands on temporal area
- Gently clench teeth and feel muscle contract under the heel of your hands, then relax
- Massage using pressure to your tolerance for 2 to 3 minutes, several times a day

MASSETER MUSCLE SELF MASSAGE

- Using index and thumb finger gently massage the muscles used for chewing 2 to 3 minutes several times a day to your tolerance.