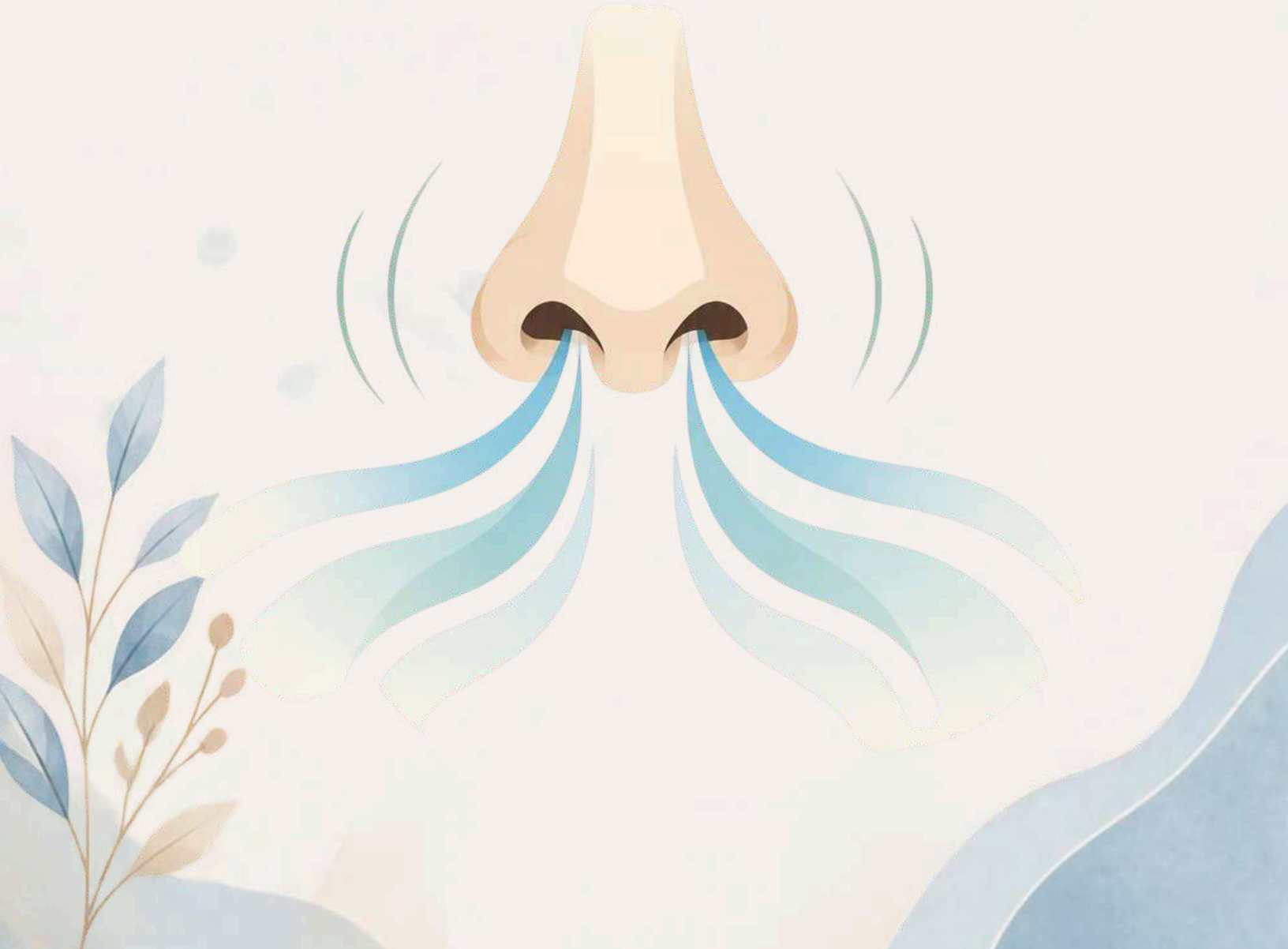
The BeachHOUSE Goa

FEELING BLOCKED UP?

Try These Gentle Sinus Massage Techniques



When your nose feels **blocked** and your head feels **heavy**,even an ordinary day can feel a little more tiring.

You may notice **pressure around your forehead, cheeks or eyes**, find it harder to **concentrate**, or simply wish you could **breathe a little more freely**.

This feeling can sometimes accompany **seasonal changes, allergies, a common cold, dry air** or exposure to **dust and pollution**, in dry weather, or when you are dealing with allergies or a common cold.

When your **sinuses feel uncomfortable**, your body may benefit from a little extra **care and gentleness**.

While massage cannot treat the underlying cause of congestion, a few minutes of **gentle facial massage** may help **relax tense areas** around the nose, cheeks and forehead and provide a **soothing moment of self-care.**

WHAT MAY BE MAKING YOU FEEL BLOCKED?

Nasal and sinus discomfort can have many everyday triggers.

- Seasonal & weather changes
- Dust & allergens
- Common colds
- Allergies
- Dry air & air-conditioning
- Smoke & strong fragrances
- Dehydration
- Nasal irritation

YOU MAY NOTICE:

A stuffy nose, facial pressure or heaviness, discomfort around the forehead and cheeks, a mild headache or reduced sense of smell.

TRY THIS GENTLE 5-STEP MASSAGE

Find somewhere comfortable to sit and allow your shoulders and jaw to relax. Take two or three slow breaths before you begin.

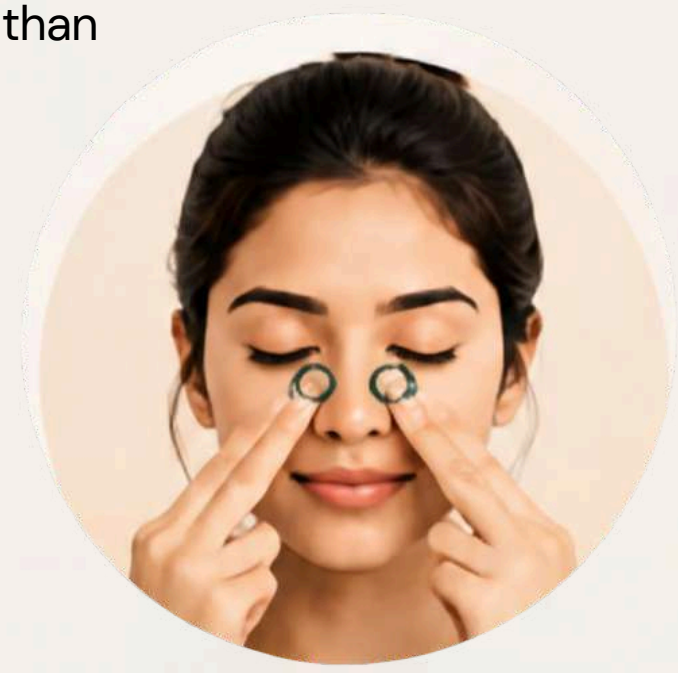
Keep your touch light throughout. Massage should feel soothing, not painful.

1) Start Beside The Nose

Place your fingertips gently on either side of your nose, close to the nostrils.

Using light pressure, make small, slow circles for around **20–30 seconds**.

Focus on relaxing the area rather than applying firm pressure.

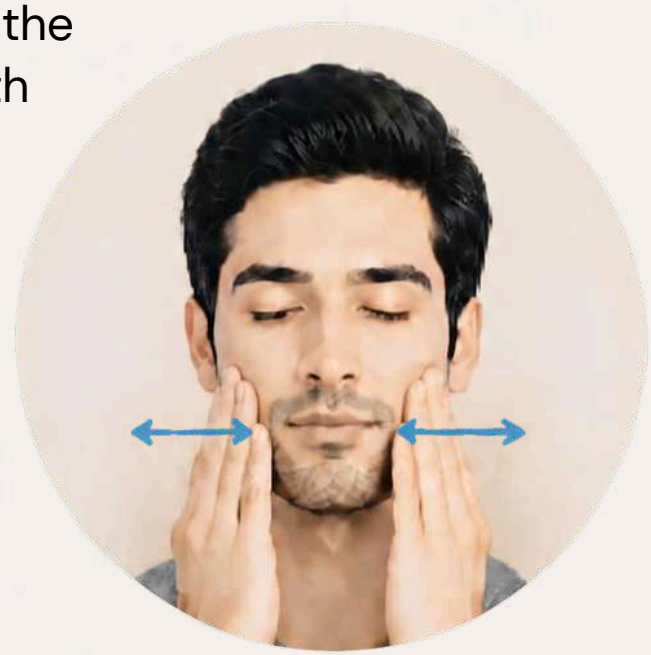


2) Massage Across the Cheeks

Place your fingertips beside your nose and gently move outward across the cheeks, following the area beneath your cheekbones.

Repeat this movement slowly **5–8 times**, moving towards the ears.

Keep the pressure soft and comfortable.



3) Move to the Inner Eyebrows

Place your fingertips where your eyebrows begin, close to the bridge of your nose.

Massage gently in small circles for a few seconds before slowly moving outward along the bridge.

This may help ease the feeling of tension in the forehead and eye area.

4) Relax Your Forehead

Place your fingertips in the centre of your forehead.

Gently sweep them outward towards your temples several times.

Allow your forehead and eyes to soften as you move.

5) Move to the Inner Eyebrows

Place your fingertips where your eyebrows begin, close to the bridge of your nose.

Massage gently in small circles for a few seconds before slowly moving outward along the bridge.

This may help ease the feeling of tension in the forehead and eye area.

WHY CAN FACIAL MASSAGE FEEL SOOTHING?

When you are congested, the areas around your nose, cheeks and forehead may feel uncomfortable or tense. Gentle massage may help:

It May Help To:

Relax tight muscles around the forehead, cheeks and temples

Ease the feeling of facial heaviness or pressure

Reduce tension that may contribute to a mild headache

Encourage a sense of comfort around the nose and sinus areas

Support relaxation when congestion leaves you feeling tired or restless

Help you slow down and breathe more calmly

Create a soothing self-care routine during seasonal changes or mild congestion

The aim is not to force the sinuses to “clear,” but to gently relax the surrounding areas and make you feel more comfortable.

A LITTLE EXTRA COMFORT

Alongside gentle massage, simple everyday habits can also support comfort when you are feeling blocked:

- Drink enough water throughout the day.
- Sip warm fluids if they feel soothing.
- Rest when your body is recovering from a cold.
- Limit exposure to smoke, dust and strong fragrances.
- Keep your surroundings clean if dust or pollen triggers your symptoms.
- Avoid forcefully blowing your nose.
- Give yourself short breaks from screens if facial or eye tension is adding to your discomfort.

A GENTLE REMINDER

When To Leave The Massage Alone:

Massage should always feel comfortable. Avoid massaging areas that are swollen, particularly tender or painful, and stop if the massage makes your symptoms feel worse.

Seek medical advice if you experience severe or worsening facial pain, swelling around the eyes or face, difficulty breathing, frequent nosebleeds, a high fever, or symptoms that are persistent or concerning.

Take A Moment For Yourself:

Sometimes a small pause can make an uncomfortable day feel a little easier.

A few minutes spent relaxing your forehead, softening your jaw and gently massaging your face can become a simple moment of care — helping you slow down, settle and feel a little more comfortable.

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