



ACUPRESSURE AT HOME

Self-care for Common Everyday Conditions

AcuMedic Clinic

TABLE OF CONTENTS



1. [About This Guide](#)
3. [Headache & Head Tension — LI4](#)
4. [Migraine & Temple Headache — TaiYang](#)
5. [Head fog & Mental Heaviness — DU20](#)
6. [Overthinking & Mental Restlessness — YinTang](#)

7. [Anxiety & Emotional Tension — HT7](#)
8. [Irritability & Frustration — LV3](#)
9. [PMS & Hormonal Discomfort — SP6](#)
10. [Insomnia & Restlessness — KI](#)
11. [Cough & Chest Discomfort — LU7](#)



12. [Nasal Congestion & Sinus Pressure — LI20](#)
13. [Digestion & Gut Discomfort — ST36](#)
14. [Nausea & Digestive Upset — PC6](#)
15. [Constipation & Bloating — ST25](#)
16. [About AcuMedic](#)



ABOUT THIS GUIDE

Acupressure at Home is a practical self-care guide created by AcuMedic Clinic, bringing together a series of short videos designed to help you work with key Chinese medicine points safely and confidently at home.

Like acupuncture, acupressure works with specific points that have been identified and mapped within Chinese medicine over centuries of clinical practice.

Instead of needles, it uses steady, gentle hand pressure — making it a simple and accessible way to support wellbeing between treatments or whenever support is needed.

WHAT YOU'LL FIND INSIDE

Each page guide focuses on a common everyday condition and is designed to be easy to return to.

You'll find:

- The acupoint used and what it's traditionally known for
- A short video showing exactly where the point is
- Clear, written guidance so you can practise without relying on memory



HOW TO USE THIS GUIDE

- Find the condition that best matches what you're experiencing
- Watch the short video to help you better locate the point
- Use the written guidance as a simple reference if you return to it later

As you apply pressure, take a moment to slow down and notice how your body responds. There's no need to get it “right” — people experience acupressure in different ways.

If a point feels uncomfortable or painful, ease off or stop. Trust what your body is telling you, and take your time.

SAFETY NOTE

This guide is intended to support everyday wellbeing and self-care. It does not replace acupuncture treatment or medical advice.

If symptoms are persistent, worsening, or complex — or if you are pregnant or managing a health condition — we recommend seeking care from a qualified practitioner or healthcare professional.



Headache & Head Tension

LI4 - He Gu 合谷

ABOUT LI4 - He Gu

He Gu (LI4), often translated as “Joining Valley”, is a well-known point often used for headaches and head tension, particularly when discomfort feels tight, heavy, or gripping.

It’s useful at the early stages of a headache, when the head feels under pressure, or during periods of stress, mental strain, or overwhelm.

For some, tension eases quickly; for others, relief builds more steadily with regular use.

[WATCH THE VIDEO](#)

HOW TO FIND IT



He Gu is located in the soft space between the thumb and index finger.

To find it:

- Bring your thumb across your palm
- Line up the thumb crease with the ridge between the thumb and index finger
- When the thumb folds down, the point sits right where the thumb naturally touches

HOW TO USE IT

- Apply firm but comfortable pressure with your thumb
- Make small, slow circles
- Continue for about one minute
- Let your breath slow, and your shoulders soften
- Switch hands and repeat

A dull ache or tenderness is common and usually a good sign. Ease off if the sensation becomes sharp or uncomfortable.



Migraine & Temple Headache

Taiyang 太阳

ABOUT TAIYANG

Taiyang is an extra point located at the temples, often used for migraines, temple headaches, and tension around the eyes and sides of the head.

It can be helpful when pain feels one-sided, throbbing, or concentrated at the temples, especially if headaches are linked to stress, visual strain, or fatigue.

Taiyang is often used at the early stages of a migraine to help ease intensity and pressure.

[WATCH THE VIDEO](#)

HOW TO FIND IT



Taiyang is found at the temple, in a soft hollow on the side of the head, between the eyebrow and the hairline.

To find it:

- Place your fingers at the outer corner of your eye
- Move slightly outward and back toward the temple
- Feel for a small, tender dip — this is Taiyang

HOW TO USE IT

- Use your index or middle finger
- Apply gentle pressure
- Massage in slow, steady circles
- Continue for 1–2 minutes
- Closing your eyes may help you settle
- Work both temples or just the sore side

A dull ache or warmth is common and usually a good sign. Ease off if the sensation becomes uncomfortable.



Head Fog & Mental Heaviness

DU20 - Bai Hui 百会

ABOUT DU20

DU20, known as Bai Hui or “Crown Meeting,” is a central point located at the top of the head. It’s commonly used for head fog and mental heaviness.

It’s especially helpful when the mind feels cloudy, sluggish, or weighed down — when thinking feels effortful, or during periods of fatigue, stress, or overwhelm.

Some people notice a gentle sense of lifting or clarity; for others, the effects build gradually with regular use.

[WATCH THE VIDEO](#)

HOW TO FIND IT



DU20 is located at the very top of the head.

To find it:

- Imagine a line drawn from the tops of both ears straight up
- Where that line meets the centre of the head is DU20
- You may feel a slight dip or a tender spot

HOW TO USE IT

- Use your fingertips
- Apply gentle, steady pressure
- Massage with small, slow circles, or hold the point
- Continue for about 1–2 minutes
- Stay seated as you do this
- Let your breath slow and your posture soften

Ease off if the sensation feels uncomfortable.



Overthinking & Mental Restlessness

Yintang 印堂

ABOUT YINTANG

Yintang, the “*Calm Point*,” is located between the eyebrows, often used for overthinking, mental restlessness, anxiety, and difficulty settling the mind.

It’s often turned to when thoughts feel busy, repetitive, or hard to switch off, particularly during periods of emotional stress, worry, or overwhelm.

It can also be useful when rest or sleep feels elusive because the mind won’t slow down.

[WATCH THE VIDEO](#)

HOW TO FIND IT



Yintang is located between the eyebrows, in the centre of the forehead.

To find it:

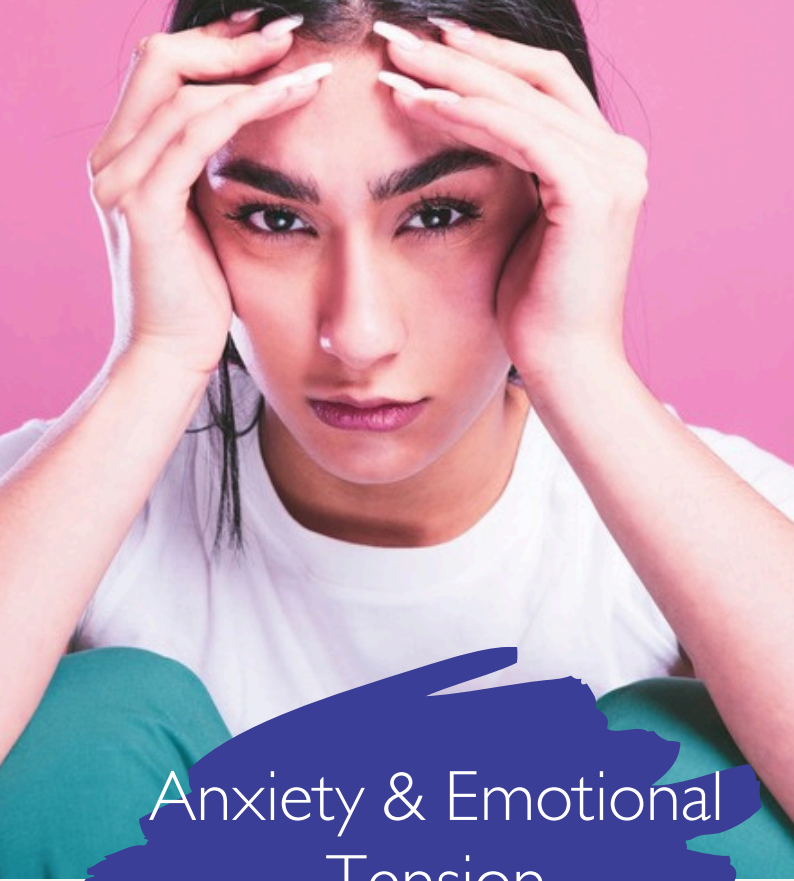
- Look for the space midway between the inner ends of the eyebrows
- Gently feel for a soft or slightly tender area

This area is often naturally sensitive — that’s normal.

HOW TO USE IT

- Use your fingertip
- Apply light, comfortable pressure
- Massage gently in slow, small circles, or hold the point
- Continue for about 1–2 minutes
- Allow your breath to slow and your forehead to soften

Some people notice a quieting of mental chatter quite quickly; for others, the effect builds gradually with regular use. Ease off if the sensation feels uncomfortable.



Anxiety & Emotional Tension

HT7 - Shen Men 神门

ABOUT HT7

HT7, known as Shen Men or “*Gate of Calm*,” is a key point on the Heart channel, often used for anxiety, emotional tension, restlessness, and difficulty settling the mind.

It's frequently turned to when anxiety shows up as inner agitation, nervousness, or emotional unease, particularly during periods of stress or emotional overload, when it's hard to feel calm or grounded.

[WATCH THE VIDEO](#)

HOW TO FIND IT



HT7 is located on the inner wrist, on the palm side of the hand.

To find it:

- Turn your palm to face upwards
- Look for the wrist crease at the base of the palm
- On the little-finger side, feel for a small hollow just next to the tendon

HOW TO USE IT

- Use your thumb or fingertip
- Apply gentle, steady pressure
- Massage slowly in small circles — clockwise on the right hand, anticlockwise on the left
- Continue for about 1 minute
- Breathe slowly and allow your shoulders and chest to soften

Some people notice mental noise begin to quieten; for others, calm builds gradually with regular use.



Irritability & Frustration

LV3 - Taichong 太冲

ABOUT LV3

LV3, known as Tàichōng or “Great Release,” is a key point on the Liver channel, often used for irritability, frustration, mood tension, and feeling emotionally stuck or on edge.

It’s especially helpful when emotions feel pent-up, reactive, or quick to flare, when small things feel disproportionately irritating or overwhelming, or when emotional tension shows up alongside physical tightness, frequent sighing, or a sense of pressure in the body.

[WATCH THE VIDEO](#)

HOW TO FIND IT



LV3 is located on the top of the foot, in the soft space between the big toe and second toe.

To find it:

- Slide your finger up the space between the big toe and second toe
- Move back toward the foot until you feel a slight hollow

HOW TO USE IT

- Use your thumb, fingertip, or knuckle
- Apply firm but comfortable pressure
- Massage slowly in small, steady circles, or hold the point
- Continue for about 1–2 minutes
- Work both feet, or focus on the side that feels more sensitive

Irritability may soften quickly, and a steadier sense of ease may build with regular use.



PMS & Hormonal Discomfort

SP6 - Sanyinjiao 三阴交

ABOUT SP6

SP6, known as Sanyinjiao or “Meeting of the Three Yin,” is a key point on the Spleen channel along the lower leg, commonly used for PMS, menstrual discomfort, hormonal imbalance, and emotional sensitivity.

It can be helpful when PMS brings low mood, irritability, bloating, fatigue, or a sense of heaviness, and is typically used in the days leading up to a period or when the body feels out of rhythm.

Skip this point if you're pregnant.

[WATCH THE VIDEO](#)

HOW TO FIND IT



SP6 is located on the inner lower leg, just above the ankle.

To find it:

- Place four fingers above the inner ankle bone
- The point sits just behind the shin bone

HOW TO USE IT

- Use your thumb
- Apply firm but comfortable pressure
- Massage slowly in small, steady circles, or hold the point
- Continue for about 1–2 minutes
- You can work both legs, or focus on the side that feels more sensitive

Symptoms may ease gradually, or a sense of balance may build with regular use.



Insomnia & Restlessness

KI - Yongquan 涌泉

ABOUT KI

KI, Yongquan or “*Bubbling Spring*,” is the first point on the Kidney channel and is traditionally used for restlessness, mental overactivity, and difficulty settling at night.

It can be useful when sleep is disrupted by a busy or unsettled mind, feelings of agitation or anxiety, or a sense of being ungrounded — particularly during periods of stress or exhaustion.

[WATCH THE VIDEO](#)

HOW TO FIND IT



KI is located on the sole of the foot.

To find it:

- Follow a line straight down from between the second and third toes
- Look for the soft hollow in the middle of the foot
- The point sits just below the ball of the foot

HOW TO USE IT

- Use your thumb
- Apply firm but comfortable pressure
- Massage slowly in small circles, or hold the point
- Continue for about 1–2 minutes
- You can work both feet, or focus on the side that feels more responsive

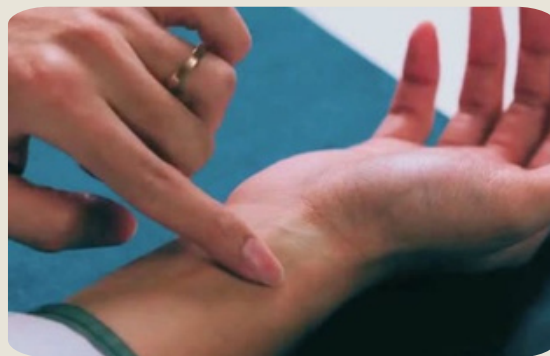
Many people notice a grounding or settling effect, making it easier to unwind before sleep.



Cough & Chest Discomfort

LU7 - Lieque 列缺

HOW TO FIND IT



LU7 is located on the inner wrist, on the thumb side.

To find it:

- Turn your palm inward
- Slide up about one-and-a-half finger-widths from the wrist crease
- Look for a small groove just beside the bone, between two tendons

ABOUT LU7

LU7, or Lieque, is a “*Chest-Opening Point*” and a key point on the Lung channel, used for coughs, sore throat, and respiratory discomfort.

It's commonly chosen when coughs feel dry, irritating, or slow to clear, or when discomfort is accompanied by tension through the throat, neck, or shoulders.

[WATCH THE VIDEO](#)

HOW TO USE IT

- Use your thumb or fingertip
- Apply gentle to moderate pressure
- Massage slowly in small circles, or hold the point
- Continue for about 1–2 minutes
- Work both wrists, in any direction

LU7 is often used at the first sign of a cough. Some people notice breathing feels easier or the urge to cough softens; for others, relief builds gradually with regular use.



Nasal Congestion & Sinus Pressure

LI20 - Ying Xiang 迎香

ABOUT LI20

LI20, known as Ying Xiang or “Fragrance Gate,” is a key point on the Large Intestine channel used for nasal congestion, blocked sinuses, runny nose, and changes in the sense of smell.

It’s especially helpful when the nose feels stuffy, blocked, or swollen, whether from colds, allergies, or sinus pressure, and when breathing through the nose feels restricted or uncomfortable.

[WATCH THE VIDEO](#)

HOW TO FIND IT



LI20 is located beside the nostrils, at the base of the nose.

To find it:

- Place your fingers at the outer edge of each nostril
- Slide slightly outward into the small groove where the nostrils meet the cheeks

HOW TO USE IT

- Use your index fingers or thumbs
- Apply firm but comfortable pressure
- Massage slowly in small circles, or hold the point
- Continue for about 1–2 minutes
- You can work both sides at the same time
- Breathe slowly through your nose if comfortable

Many people notice the nose begin to open or pressure ease; for others, relief builds gradually with regular use.



Digestion & Gut Discomfort

ST36 - Zusanli 足三里

ABOUT ST36

ST36, known as Zusanli or “*Three Mile Point*,” is commonly used for digestive discomfort, bloating, sluggish digestion, and gut imbalance.

It's helpful when digestion feels heavy, slow, or unsettled, and when symptoms are accompanied by fatigue, low energy, or a general sense of weakness.

ST36 is also used to support digestive function during periods of stress, irregular eating, or recovery.

[WATCH THE VIDEO](#)

HOW TO FIND IT



ST36 is located on the front of the lower leg, just below the knee.

To find it:

- Place four fingers below the kneecap
- Move one thumb-width to the outside of the shin bone
- Look for a slightly tender spot in the muscle

HOW TO USE IT

- Use your thumb
- Apply firm but comfortable pressure
- Massage slowly in small, steady circles, or hold the point
- Continue for about 1–2 minutes
- You can work both legs, or focus on the side that feels more responsive

Many people notice digestion begins to settle; with regular use, energy and comfort may improve.



Nausea & Digestive Upset

PC6 - Nei Guan 内关

ABOUT PC6

PC6, known as Nei Guan or “*Inner Gate*,” is a well-known point used to help ease nausea and digestive upset.

It’s often used when nausea is linked to motion, stress, nervous tension, or digestion, whether that’s travel sickness, morning sickness, or a sudden wave of queasiness.

[WATCH THE VIDEO](#)

HOW TO FIND IT



PC6 is located on the inner forearm, between two tendons.

To find it:

- Turn your palm upward
- Measure three finger-widths down from the wrist crease
- Feel for the soft space between the two central tendons

HOW TO USE IT

- Use your thumb or fingertip
- Apply steady, comfortable pressure
- Massage slowly in small circles, or hold the point
- Continue for about 1–3 minutes
- You can work both arms, or focus on the side that feels more responsive

Many people notice nausea begins to ease fairly quickly; for others, relief builds with regular use.



Constipation & Bloating

ST25 - Tianshu 天枢

HOW TO FIND IT



ST25 is located on the abdomen, level with the navel.

To find it:

- Place your fingers on either side of the belly button
- Measure about two finger-widths outward
- These points on both sides are ST25

ABOUT ST25

ST25 or Tianshu, “*Heavenly Pivot*,” is an important point on the Stomach channel and a key abdominal point used for constipation, sluggish bowels, and digestive imbalance.

It’s especially helpful when constipation is accompanied by bloating, fullness, or a sense of blockage in the abdomen, and when digestion feels stuck or slow.

HOW TO USE IT

- Use your fingertips or palms
- Apply firm but comfortable pressure
- Massage gently in slow, circular movements
- Continue for about 1–2 minutes
- Work both sides at the same time, in any direction

Some people notice abdominal tension begin to soften; for others, regular use supports more consistent bowel movements.

[WATCH THE VIDEO](#)



ABOUT ACUMEDIC

Nestled in the heart of London, AcuMedic is one of Europe's oldest acupuncture and Chinese medicine clinics, and one of the world's leading Chinese medicine organisations — as well as the largest outside Asia.

Founded in 1972, AcuMedic has been pioneering the practice of authentic acupuncture and Chinese herbal medicine in the UK and beyond ever since.

The clinic is known for its thoughtful, comprehensive, and patient-centred approach, supporting people through a wide range of common and ongoing health concerns — from short-term issues to longer-term health concerns.

This guide is part of AcuMedic's wider commitment to making Chinese medicine accessible, practical, and supportive — both in the clinic and at home.

[AcuMedic.com](https://www.acumedic.com)