



# DISCOVER THE BENEFITS OF CLINICAL BUCCAL TREATMENT


## About

Clinical Buccal massage offers therapeutic benefits by relaxing and releasing tension in the muscles of the face, in particular the cheeks, jaws and mouth. This technique can help alleviate symptoms of TMJ disorder by reducing pain and improving jaw mobility. For individuals who suffer from teeth grinding and clenching, buccal massage can help relax the muscles involved in these actions, leading to decreased tension and discomfort in the jaw area. Overall, clinical buccal face massage promotes relaxation, reduces muscle tension, and may aid in managing symptoms associated with TMJ, teeth grinding, teeth clenching and tension headaches. The treatment is also fantastic for lifting and sculpting the lower face, this is an added benefit to those listed above.

## Benefits

- ✓ TMJ
- ✓ Tension Headaches
- ✓ Teeth Grinding
- ✓ Teeth Clenching
- ✓ Facial Puffiness
- ✓ Sinus Pressure

## Techniques used

-  **Gua Sha**  
An East Asian Technique using a small tool to stroke the skin to reduce inflammation and improve blood flow
-  **Acupressure**  
Manual pressure is applied to specific points on the face to release tension
-  **Lymphatic Drainage**  
Light movement on the face to improve circulation and promote lymphatic flow to remove excess fluid and push toxins and waste from the lymph nodes

## Added benefits

- ✓ Natural tone and lift for lower face
- ✓ Soften lip lines
- ✓ Stimulates circulation providing a healthy glow