

Acupressure: A Practical Guide

Acupressure draws on principles from traditional Chinese medicine, using finger or hand pressure rather than needles to stimulate specific points on the body.

Traditionally, these points sit along pathways known as **meridians**, through which **Qi** is understood to flow. Different points have traditionally been associated with different aspects of physical and emotional wellbeing.

From a modern perspective, research continues to explore how acupressure may influence pain, relaxation, sleep, nausea and other symptoms through pressure and sensory stimulation.

This guide introduces several points and simple techniques you can explore for yourself.

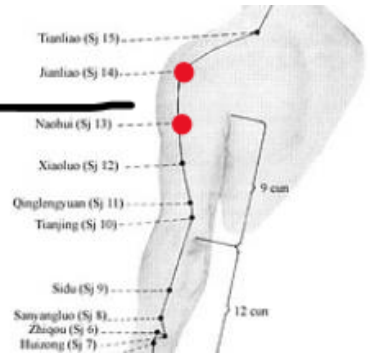
How to Practise Acupressure

- 1. Find the Point:** Use the location descriptions as a guide. You don't have to find an exact millimetre; explore gently around the area.
- 2. Apply Gentle Pressure:** Use a fingertip or thumb to apply comfortable, steady pressure. You can also make small, slow circles.
- 3. Hold for 1–2 Minutes:** Stay with the point for around 1–2 minutes while breathing naturally. Reduce the pressure if it feels painful or uncomfortable.
- 4. Notice Your Response:** Pay attention to changes in sensation, tension, breathing or your general sense of ease.

Safety: Keep pressure gentle and avoid broken, irritated or infected skin, recent injuries, or areas causing significant pain. Some acupressure points traditionally carry cautions during pregnancy, so seek appropriate professional guidance if pregnant.

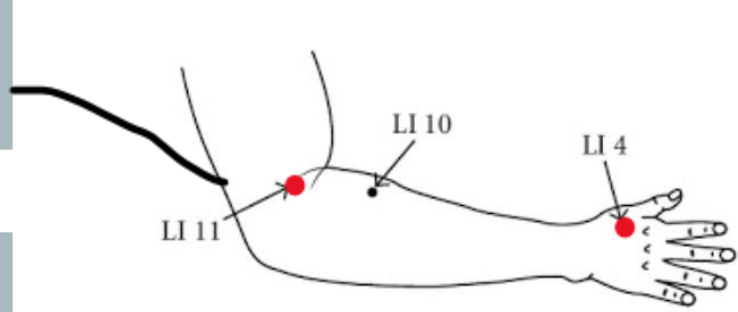
Acupressure can complement healthcare, but doesn't replace medical assessment or treatment.

TW13, 14



Acupressure points for shoulder tension relief

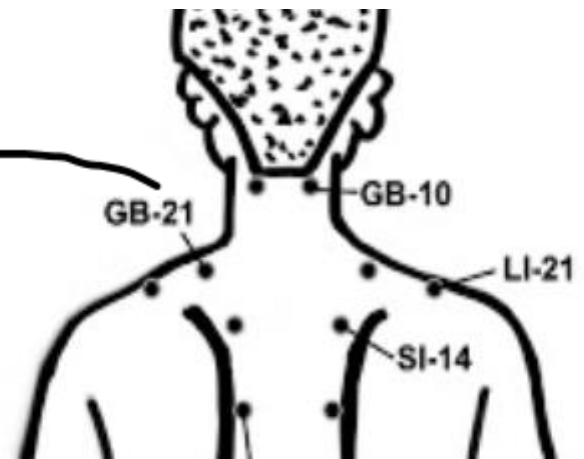
LI4, 11



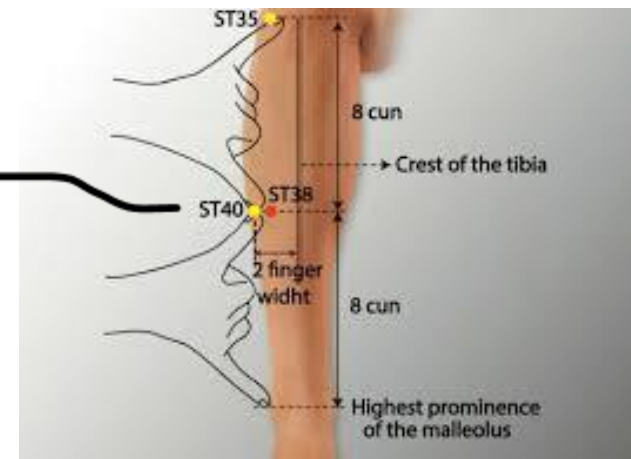
SI3



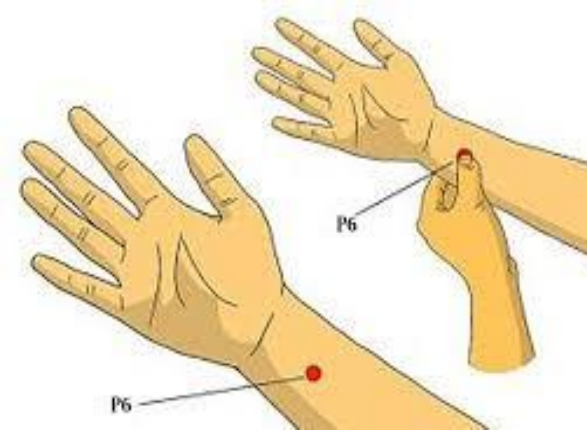
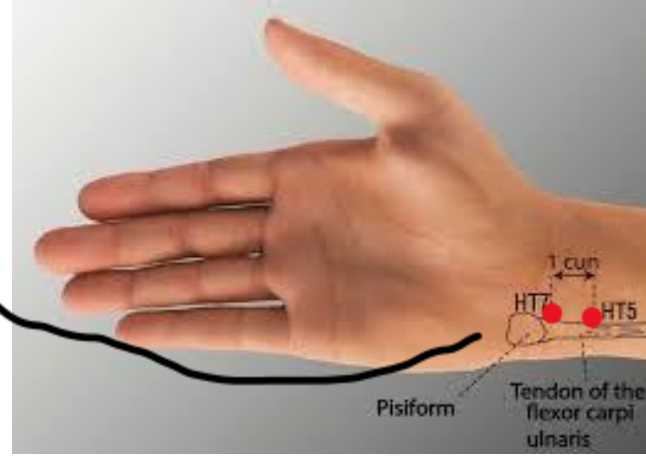
GB21



St38



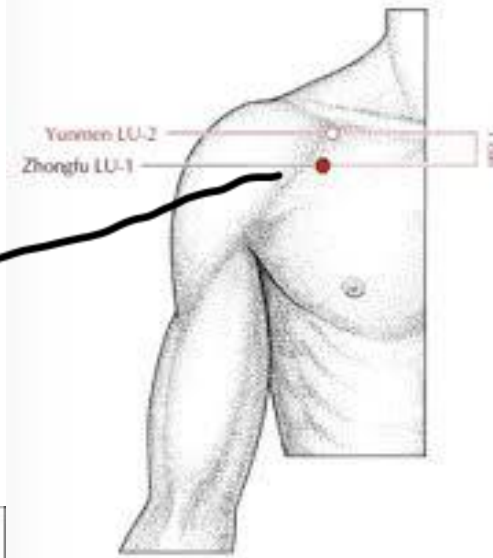
H5, H7 & P6



PC6 Point (Neiguan):

1. **Location:** On the inner forearm, about three fingerbreadths from the wrist crease.
2. **Technique:** Circle gently for 1-2 minutes with your thumb.
3. **Benefit:** Balances energy and helps reduce mental fatigue.

Lu1, 2 & 4



Liv3

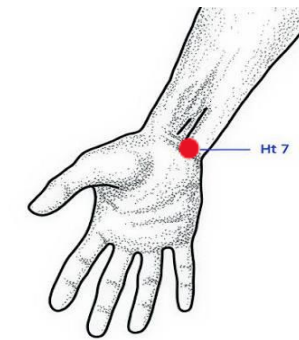


Acupoints for easing stressful emotions

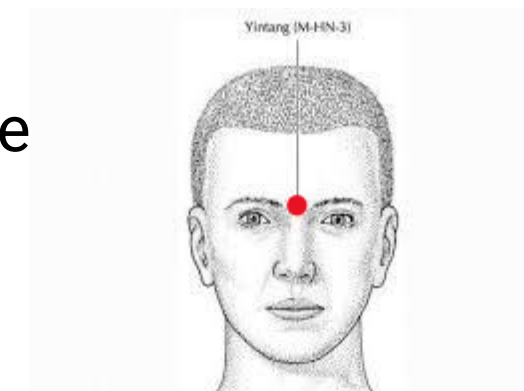
Acupressure for Calm and Sleep

Certain acupressure points traditionally feature in practices for settling the mind and supporting rest. Modern research has also explored HT7, Yintang and auricular acupressure in relation to anxiety and sleep.

HT3 & HT7: Traditionally used to calm the Shen, settle restlessness and support relaxation.



Yintang: Traditionally used to settle the mind. Gentle pressure between the eyebrows can pair well with slow breathing and relaxation.



Auricular Shen Men: An ear point commonly used in acupressure to support relaxation and sleep.

Shen Men



Acupressure for Digestion and Metabolism

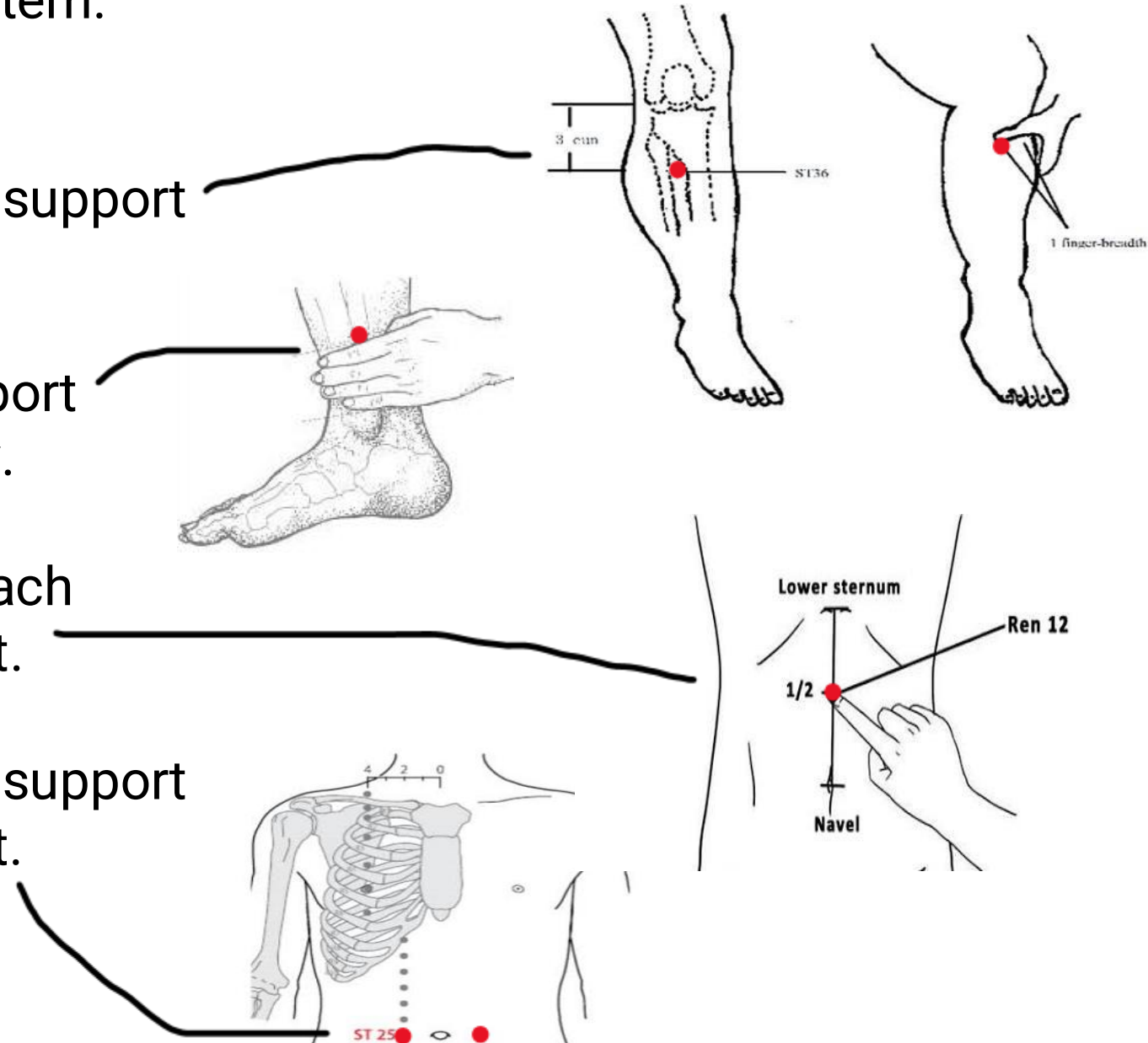
Certain acupressure points traditionally support digestion, abdominal comfort and the movement of Qi through the digestive system.

Stomach 36 (ST36): Traditionally used to support digestion, energy and digestive function.

Spleen 6 (SP6): Traditionally used to support digestion, fluid balance and overall vitality.

Ren 12 / CV12: Commonly used for stomach discomfort, fullness and digestive support.

Stomach 25 (ST25): Traditionally used to support intestinal function and abdominal comfort.



Acupressure for Clarity and Awareness

GV20 Point (Baihui):

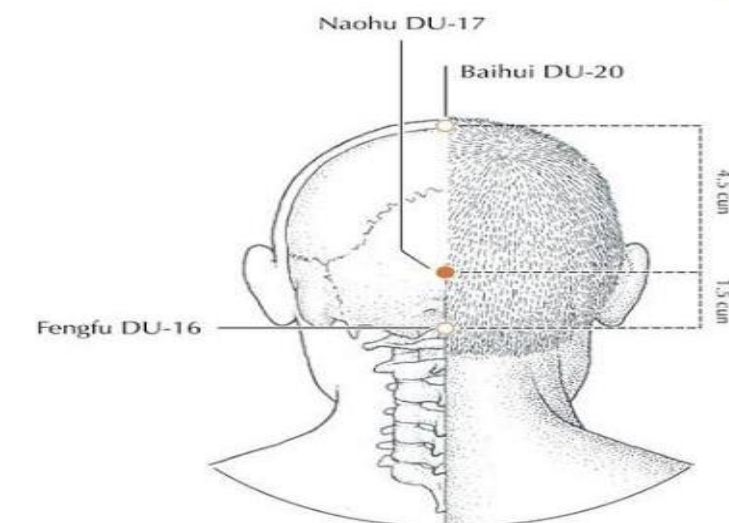
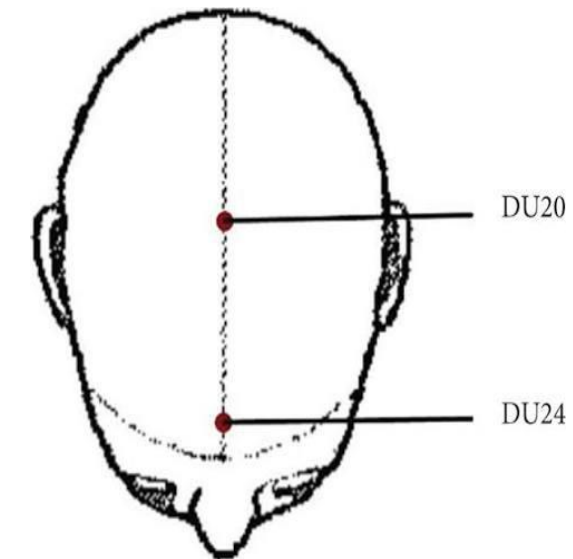
- **Location:** At the top of the head, roughly in line with the tips of the ears.
- **Technique:** Apply gentle pressure with your fingertips for 1–3 minutes.
- **Benefit:** Traditionally used to clear the head and support mental clarity and awareness.

GV24 Point (Shenting):

- **Location:** On the centre line of the head, just above the front hairline.
- **Technique:** Apply gentle pressure with a fingertip for 1–2 minutes.
- **Benefit:** Traditionally used to calm the Shen and support a clear, settled mind.

GV17 Point (Naohu):

- **Location:** On the centre line at the back of the head, just above the base of the skull.
- **Technique:** Apply gentle pressure with your fingertips for 1–2 minutes.
- **Benefit:** Traditionally used to clear the head and support mental clarity.



What Does the Research Say?

Clinical research has explored acupressure for several health concerns, with systematic reviews reporting promising results for **anxiety, sleep, pain, and nausea**.

Research has found reductions in anxiety, improvements in sleep quality, and benefits for some forms of pain and nausea. Results vary between conditions and treatment methods, but acupressure has a growing body of clinical research as a non-invasive complementary practice.

Research

1. Anxiety – Au et al. (2015)

Systematic review of 7 RCTs; acupressure reduced pre-treatment anxiety compared with sham treatment. [Sage Journals](#)

2. Sleep – Ling et al. (2025)

Meta-analysis of 41 RCTs involving 3,680 participants found improvements in sleep quality and several sleep measures among adult inpatients. [PubMed Central \(PMC\)](#)

3. Pain – Li et al. (2021)

Systematic review and meta-analysis of 23 RCTs involving 2,400 participants reported benefits for low-back pain.

4. Nausea – Alhusamiah et al. (2024)

Review of 14 studies supported P6 and auricular acupressure for reducing chemotherapy-related nausea and vomiting.