

Facial Muscles and Massage Therapies

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Facial muscles massage therapies are designed to improve the health and appearance of the facial muscles. These therapies involve various techniques that stimulate blood circulation, promote relaxation, and enhance the overall appearance of the skin. The facial muscles, also known as craniofacial muscles, are a group of approximately 20 flat skeletal muscles that lie underneath the skin of the face and scalp. They are categorized into several groups based on their location and function:

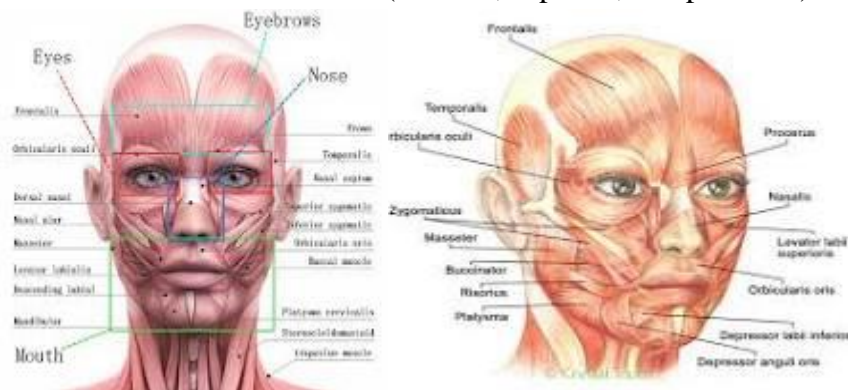
Muscles of the Mouth: Elevate and Evert the upper lip (levator labii superioris, levator labii superioris alaeque nasi, risorius, levator anguli oris, zygomaticus major, and zygomaticus minor) Depress and evert the lower lip (depressor labii inferioris, depressor anguli oris, and mentalis) Close the lips (orbicularis oris) Compress the cheek (buccinator)

Muscles of the Nose Nasalis and depressor septi nasi

Muscles of the Eyelid Orbicularis oculi, depressor supercillii, and corrugator supercillii

Muscles of the Cranium and Neck Occipitofrontalis, procerus, and platysma

Muscles of the External Ear Auricular muscles (anterior, superior, and posterior)



These muscles are innervated by the facial nerves and vascularized by the facial artery. They are responsible for producing facial expressions such as smiling, frowning, and other movements of the face. Facial lymphatic drainage can work to enhance the skin's natural radiance, reduce puffiness and enhance the natural contours of the face. The massaging technique promotes the movement of lymphatic fluid which therefore reduces swelling and puffiness in the face. Lymphatic drainage massage can help move excess fluid and toxins from the face, head and neck area by stimulating the lymphatic system. The lymphatic system consists of lymph nodes and vessels that filter fluid and remove waste from tissues.

Lymphatic massage Key points: Lymphatic massage uses gentle pressure and stretching along lymph pathways to encourage drainage of lymph nodes and movement of lymph fluid.

- It can help reduce facial puffiness and swelling by moving excess fluid to areas with functioning lymph node.

- Massage should be very gentle, only affecting the skin, and should not cause pain or redness.
- Massaging the neck, under the arms, and abdomen can help stimulate deeper lymph nodes to accept fluid from the face.
- Lymphatic massage is different from regular facial massage, which uses deeper pressure to target muscles.
- It may provide relaxation benefits and help relieve symptoms of conditions like lymphedema, but more research is needed on its long-term skin benefits.
- To perform a lymphatic facial massage, start by stimulating the lymph nodes in the abdomen and armpits, then massage the neck and clavicle area. Use gentle, downward strokes to clear fluid from the lower face upwards. Drink extra water after to help flush the body.
- The lymphatic vessels are found throughout the body, including the face. They drain fluid called lymph, which contains toxins, bacteria, viruses, and proteins, back into the bloodstream. Clinical Relevance:
- Facial paralysis can cause difficulty eating due to food accumulation between the teeth and cheeks. The tissue around the mouth and cheeks can also sag and be drawn across to the opposite side while smiling.
- Lymphatic drainage facials aim to accelerate the absorption and transportation of lymphatic fluids, which can help improve skin appearance by reducing wrinkles and eye bags. However, the evidence for these claims is mainly anecdotal, and the technique is not universally accepted as a nonsurgical facelift.

Massage Therapies: Massage therapy is the manipulation of soft tissues of the body including muscles, connective tissue, tendons, ligaments and joints. It is a clinically-oriented healthcare option that helps alleviate discomfort associated with everyday occupational stresses, muscular over-use and many chronic pain conditions. Massage therapy is used to help manage health conditions or enhance wellness. It involves pressing, rubbing, or manipulating muscles and other soft tissues with hands and fingers, sometimes using forearms, elbows, or feet. Massage has been practiced in most cultures throughout human history as one of the earliest tools used to try to relieve pain. The most common form of massage therapy in Western countries is Swedish or classical massage. Other styles include sports massage, clinical massage, and massage traditions derived from Eastern cultures such as Shiatsu and Tuina .Massage therapy can be used for relaxation, pain relief, easing muscle tension, and more.

Here are numerous types of massage therapy, each with its unique benefits and techniques. Here are some of the most common types:

1. **Aromatherapy Massage** Combines massage with essential oils to promote relaxation and improve mood.
2. **Shiatsu Massage** focuses on applying pressure to specific points on the body to improve circulation and balance energy.
3. **Deep Tissue Therapy** Targets deeper layers of muscle and connective tissue to relieve pain and stiffness.
4. **Swedish Massage** Classic massage technique using long strokes, kneading, and gliding to promote relaxation.

5. **Reflexology** Applies pressure to specific points on the feet, hands, and ears to improve circulation and organ function.
6. **Craniosacral Therapy** Uses light touch to manipulate the head and spine, promoting relaxation and healing.
7. **Lomi Lomi Massage** Emphasizes the free flow of energy throughout the body using fluid, rhythmic motions.
8. **Bioenergetic Therapy** focuses on releasing tension in the body through movement and breath.
9. **Hot Stone Massage** uses heated stones to relax muscles and improve circulation.
10. **Medical Massage** anatomically precise massage for patients with diseases, pain, or injuries.
11. **Palliative Massage** Used in palliative care to reduce pain, anxiety, and depression.
12. **Trigger Point Massage** Targets specific areas of tension to relieve pain and stiffness.
13. **Sports Massage** Designed for athletes to improve performance and recovery.
14. **Pin and Stretch** Combines therapist and patient effort to lengthen muscular tissue while removing adhesions.
15. **Lymphatic Drainage** Light touch to reduce puffiness and swelling by stimulating the lymphatic system
16. **Gua Sha** Scraping the skin with a flat tool to improve circulation and drain toxins.
17. **Sinus Massage** Gentle pressure applied to specific points to relieve sinus pressure and discomfort.

These are just a few examples of the many types of massage therapy available. Each type offers unique benefits and techniques to suit different needs and preferences.

Improved Circulation Stimulates blood flow, leaving skin looking brighter and healthier.

Reduced Tension and Stress Relaxes facial muscles, reducing tension and stress. **Anti-Aging** Improves skin appearance by increasing dermal protein expression, reducing wrinkles, and promoting a youthful glow. **TMJ Relief** Helps alleviate tight, inflamed, or painful jaw muscles associated with temporomandibular joint (TMJ) conditions. **Skin Health** Enhances skin health by promoting blood circulation, reducing acne, and improving skin elasticity.

Treatment Process & care

- **Consultation:** Discusses skin type, skin problems, and desired results.
- **Cleaning:** Removes makeup, dirt, and impurities from the face.
- **Massage:** Combines various techniques to stimulate blood circulation and relaxation.
- **Aftercare:** Provides instructions on skin care and what to avoid after the treatment.

These therapies can be performed by a professional or learned for self-practice, offering a range of benefits for facial health and appearance.

Expert Opinion

Some experts are skeptical about the claims of lymphatic drainage facials, stating that a normal person does not have lymphatic problems on their face. However, they do acknowledge that promoting lymphatic flow can have benefits, such as reducing fluid Build-up.

The facial muscles are closely linked with the lymphatic system. Here are the key points:

In summary, the facial muscles are connected to the lymphatic system through the lymphatic vessels, which drain fluid from the face. Lymphatic drainage facials aim to improve skin appearance by accelerating lymphatic flow, but the evidence for these claims is limited.

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