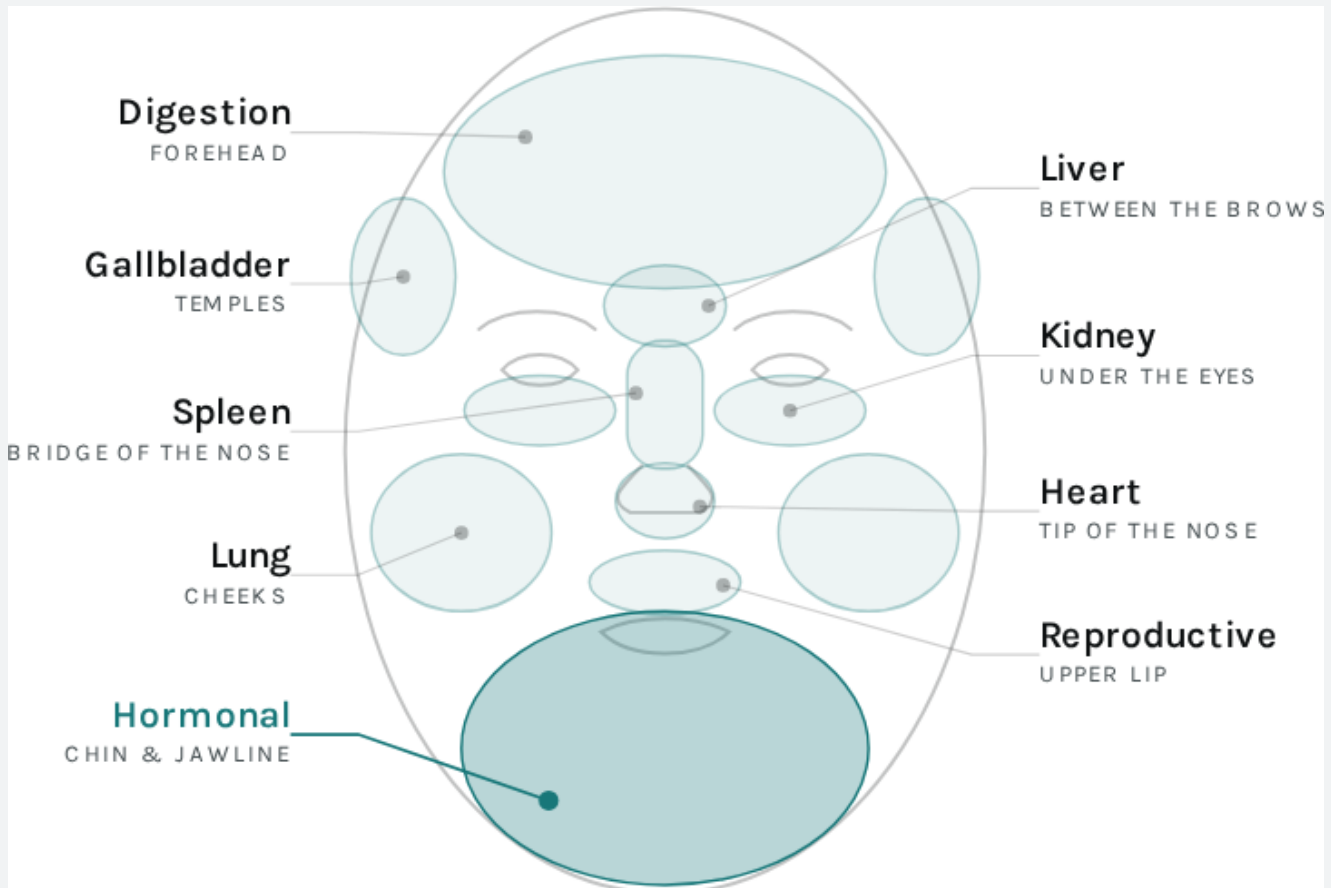


The Face Map

Chinese medicine face reading, an Ayurvedic skin-type guide, seven acupressure points, and a sixty-second face reset.

Tasneem Bhatia, MD — triple board-certified in pediatrics, integrative medicine, and lifestyle medicine. Founder of hol+.



Your face is the only organ you look at every single day. In Chinese and Ayurvedic medicine it isn't decoration — it's a dashboard.

I What each zone reports on

Chinese medicine treats the face as an output, not a surface. A breakout, a line, or a patch of puffiness is information about where it came from. Every zone below is one of the tappable areas in the interactive map — here they are with the same reading in full.

ZONE	REPORTS TO	WHAT IT'S TELLING YOU
Forehead	DIGESTION	Sluggish gut, dehydration, short sleep, sustained stress load
Between the brows	LIVER	Alcohol, fat metabolism, suppressed anger, waking at 1-3 a.m.
Temples	GALLBLADDER	Difficulty digesting fat, tension headaches, decision fatigue
Under the eyes	KIDNEY	Sleep debt, adrenal depletion, fluid retention, allergies
Bridge of the nose	SPLEEN	Blood-sugar swings, weak digestive fire, bloating after meals
Tip of the nose	HEART	Circulation, blood pressure, cholesterol
Cheeks	LUNG	Respiratory load, allergies, air quality, gut inflammation
Upper lip	REPRODUCTIVE	Estrogen and progesterone shifts across the cycle
Chin & jawline	HORMONAL	Androgen excess, PCOS, irregular cycles, perimenopause

THE ONE MOST PEOPLE MISS

If your breakouts moved from your forehead in your twenties to your jaw in your forties, that isn't a skincare problem. That's a hormone report, and it deserves labs rather than a stronger cleanser.

II Three faces, three prescriptions

Ayurveda sorts skin by constitution. Three women can walk in with the same complaint and need three treatments that contradict one another. Most people are a blend of two, with one dominant.



Vata

DRY · THIN · COOL

- Fine lines arrive early, especially around the eyes and mouth
- Skin feels tight within minutes of washing
- Dull tone and visible dehydration by afternoon
- Cool to the touch, thin and delicate, bruises easily

WHAT IT WANTS

Oil, not more exfoliation. Warm cooked food, consistent sleep and meal timing, and nightly facial massage with sesame or almond oil.



Pitta

RED · REACTIVE · HOT

- Flushing, rosacea, visible capillaries across the cheeks
- Inflammatory acne that is sore rather than blackheaded
- Reacts to a new product within a day
- Freckling and pigment change quickly with sun

WHAT IT WANTS

Cooling and subtraction. Less alcohol, spice, and heat. Fewer actives, not more. And honest attention to anger and overwork.



Kapha

PUFFY · OILY · HEAVY

- Morning puffiness that takes hours to settle
- Congested pores and cystic breakouts along the jaw
- Oily by midday, with thicker skin texture
- A soft, heavy quality where the jawline should be

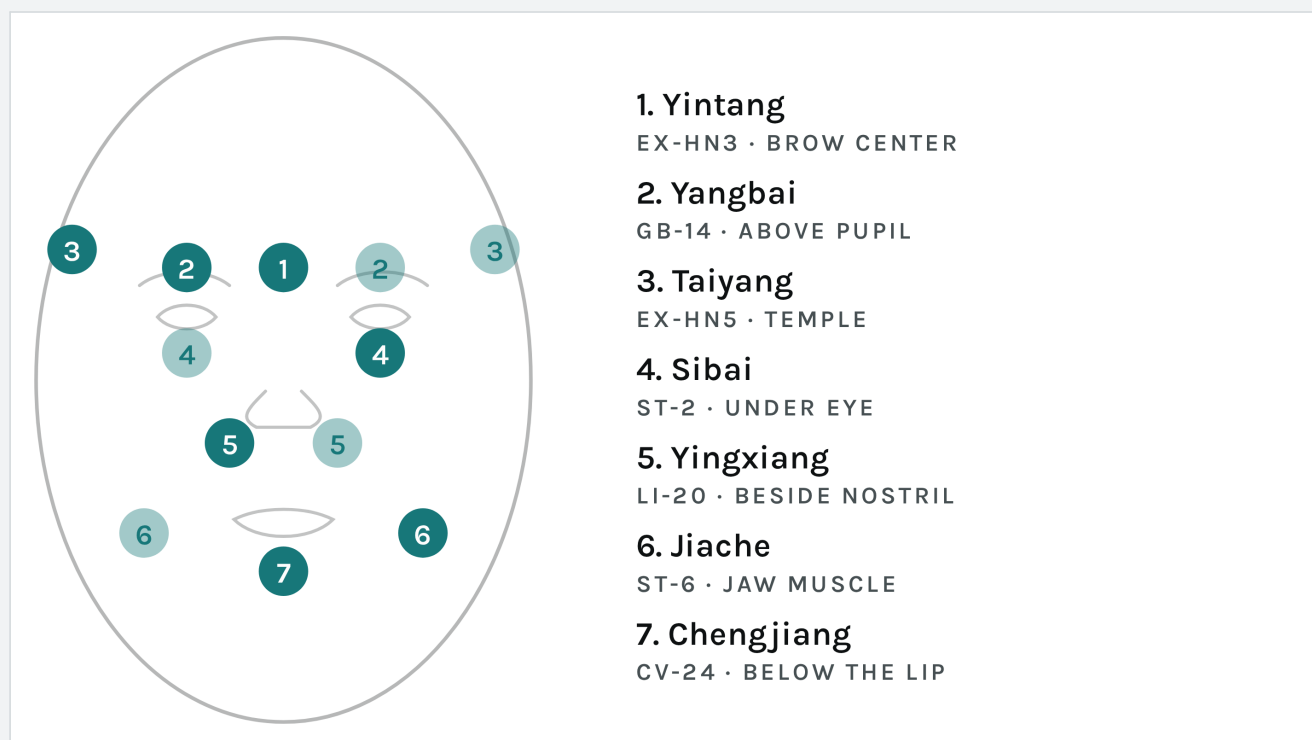
WHAT IT WANTS

Stimulation and movement. Dry brushing, lymphatic work, real sweating, warming spices, and a genuine cut in dairy and sugar.

A Pitta face given a Kapha protocol gets worse, not better — more stimulation on already-inflamed skin. Before you buy anything else, work out which face you have.

III Seven points worth knowing

These are the points a practitioner needles and you can press with your own hands. Use the pad of a finger, firmly enough to feel it and never enough to hurt.



1 Yintang

EX-HN3 · BROW CENTER

The off switch. Anxiety, frown lines, sinus pressure, falling asleep

2 Yangbai

GB-14 · ABOVE PUPIL

Forehead lines and a heavy, hooded upper lid

3 Taiyang

EX-HN5 · TEMPLE

Tension headache, eye strain, crow's feet

4 Sibai

ST-2 · UNDER EYE

Puffiness, dark circles, trapped fluid

5 Yingxiang

LI-20 · BESIDE NOSTRIL

Smile lines and sinus congestion

6 Jiache

ST-6 · JAW MUSCLE

Clenching, TMJ, jawline definition

7 Chengjiang

CV-24 · BELOW THE LIP

Chin breakouts, marionette lines, hormonal congestion

+ Hegu

LI-4 · THE HAND

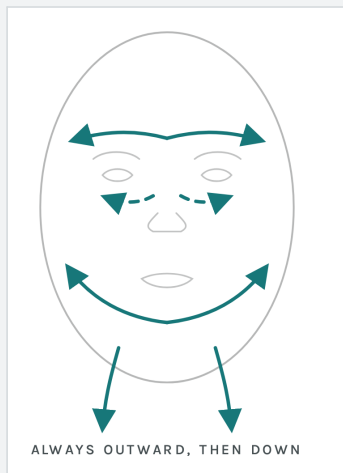
Classical command point for the whole face. Skip if pregnant

THE POINT THAT ISN'T ON YOUR FACE

Hegu sits in the web between thumb and index finger, and in classical practice it governs everything above the neck. Squeeze it for thirty seconds on each side to finish. Avoid it entirely during pregnancy.

IV The sixty-second face reset

Order matters more than pressure. Almost everyone does this backwards, pushing fluid toward a drain they never opened. Morning for puffiness, evening for tension. Clean hands, a little oil or moisturizer for slip.



Everything moves outward from the midline, then down the sides of the neck to the collarbone. Open the neck first – that is the drain. Solid arrows are sweeps with flat hands; the dashed line under the eye is taps only, never a drag.

1	Open the neck first Flat hands. Sweep from just under the jaw straight down the sides of the neck to the collarbone. Five slow passes. <i>Push fluid toward a closed drain and it has nowhere to go. This is the step everyone skips.</i>	10 SEC
2	Settle at the brow center Middle finger flat between the eyebrows. Slow circles through five long exhales. Let the jaw hang open while you do it.	10 SEC
3	Sweep the brow outward Thumbs just above the bone, above each pupil. Press in, then draw out to the temples. Five passes.	8 SEC
4	Tap under the eye Ring finger only – it's the weakest finger, which is the entire point. Tap lightly along the bone from the inner corner outward. <i>Never drag the skin under your eye. Tap.</i>	10 SEC
5	Press beside the nose Index fingers into the crease beside each nostril. Press and hold for a slow count of ten, breathing out through your mouth. <i>You'll feel your sinuses open. That's the point doing its job.</i>	10 SEC
6	Release the jaw Clench once to find the muscle bulging on each side, unclench completely, then make firm circles into it. <i>This is the muscle that has been holding your entire week.</i>	14 SEC
7	Drain it out Finish the way you started – jaw, around the ear, down the neck to the collarbone. Five passes. Then squeeze the web of each hand.	8 SEC

Do it twice. Morning drains what settled overnight. Evening releases what the day put in. The evening pass is the one that changes how you sleep.

V Where self-care ends

Acupressure is genuinely useful and genuinely limited. It moves fluid, releases muscle, and calms a nervous system. It does not correct a hormone, and it is not a substitute for finding out why your face is reporting what it is reporting.

WHEN TO STOP GUESSING AND GET SEEN

- Jawline breakouts alongside cycle changes, hair thinning, or new facial hair
- Under-eye darkness that survives two weeks of real sleep
- Jaw pain, clicking, or waking with a headache
- Flushing that is spreading or worsening
- Any facial change that is new, one-sided, or fast

CHOOSING A PRACTITIONER

- Look for LAc. — a licensed acupuncturist — or a physician with formal acupuncture training
- Ask specifically about cosmetic training; it is a separate skill set
- Single-use sterile disposable needles, every session, no exceptions
- Ask whether they treat the body too. Face only is a facial, not a treatment
- Expect six to ten weekly sessions, then monthly. Bruising is the main risk

The face tells you where to look. The labs tell you what to do.

holplus.co · doctortaz.com

Educational only — not medical advice, diagnosis, or treatment, and no substitute for evaluation by your own clinician. Facial acupuncture is not appropriate for everyone, including people taking anticoagulants, with bleeding disorders, with active skin infection, or with uncontrolled hypertension, and it requires modification during pregnancy. © 2026 Tasneem Bhatia, MD.