



## massages of Dien Chan

Many of these massages are also used in Tai-Qi and other oriental techniques but Dien Chan gives meaning to those massages by explaining their actions and effects based on reflex sketches. The experience of Prof. Bùi Quốc Châu's students, patients and all students has helped him to present them in a logical order. These 12 massages should be used between 20 and 30 times each, depending on the patient's physical and mental condition. The important thing is not the amount of time devoted to each massage but whether the patient feels warmer as a result.

A yin patient will need more massages than the yang patient to achieve the same results. If the patient feels warmer very quickly, then you may conclude this is a yang person, so you should begin each massage with the right hand (yang) and finish on the yin side (left) to ensure balance.

Anyone can develop an alternative method such as wetting a towel in hot water and using it to rub the neck, back of the neck and face, for example.

It is very important to practice the massages on a daily basis, listen to the body, and be aware of its response.

Dien Chan, with the multireflexology facial diagrams of projection explains their effectiveness perfectly.

Dien Chan is complex but not complicated!

[www.multireflexology.com](http://www.multireflexology.com)

**1** Warm the palms of your hands by rubbing them together for several seconds and then place over your eyes.

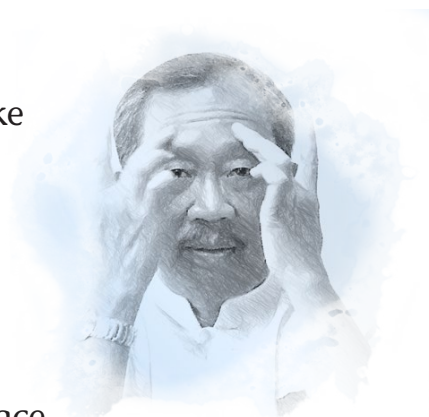
Clarifies vision and regulates the ovaries and the testicles.

**2** With the middle finger of each hand make circular movements around the eyes, following the line of the eyebrows and the cheek bones.

Massage the Fallopian trumps and the urinary system.

**3** With the palm of the hands, massage the face with circular movements from the chin up to the forehead, avoiding your nose.

Warms the body and regulates the brain.



4 Place the palm of your hand over your mouth, (the index finger under your nose and thumb pointing upward) and massage horizontally toward your ear. Repeat with the other hand towards the other ear.  
Regulates all the internal organs.

5 With the middle finger of both hands rub from the tip of your nose to the top of your forehead. Always go in the same direction-upward.  
Massages the spine and relieves tensions in the back.



6 Place the palm of your hand over the forehead and massage horizontally from middle of forehead outwards and back. Repeat with the other hand on the other side of the forehead.  
Massages back and internal organs.

7 With the index and middle finger, of both hands open to form a 'V', massage in front and behind your ear up and down, vigorously.  
This stimulates the otorhinolaryngology sphere (ear, nose and throat), warms all the body and relieves tension of the back.

8 Open both hands wide and with the thumb and index finger massage from top (jaw line) to bottom (décolleté).  
Stimulates the immune system and regulates the thyroid gland.

9 Massage the nape of the neck horizontally; first with the palm of the right hand and then the left.  
Restores courage, fights against depression and better the connexion between brain and body.

10 With the nails of your fingers massage your scalp from forehead to the nape of your neck. Then massage the side of the skull the same way.  
Stimulates the scalp, fight against hair loss, improves the brain blood circulation and relieves back pain.



**11** Massage your ears, by twisting the outer ear and earlobes. Put the palms of your hands over your ears and tap the nape of the neck with your fingers “Beat the Celestial Drum”.

Aids hearing because it's the only way to massage the tympanums and powers attention and equilibrium by stimulating the cerebellum.

**12** With your mouth closed make your teeth chatter for a few seconds. Move your tongue around the gums to produce saliva and swallow.

This is “The Jade Fluid” and is good for the throat and stomach. It helps fight against degenerative osteoarthritis and rheumatism. Our saliva contains all our personal antibodies. This last massage is the only step with a yin effect.

Each patient should remember which massages to use according to his own needs and apply them in the mornings.

For those who are not as diligent or do not have time in the morning for all 12 massages, the two main massages are massage n°7 (yang) and n°12 (yin). These two massages are complementary and re-balance the body after waking up. In general, teenagers will not need the 12 morning massages as often as adults, except in winter to prevent colds (massage n°7) or before a stressful or difficult situation such as an exam or oral presentation (massage n°9).

Propose and teach these 12 massages to your patients, clients and friends. They have changed many people's lives by helping the body to find the strength for natural auto-regulation.

To help you to communicate and promote the 12 massages of Dien Chan, we offer this file (pdf format) that you can download from the International School of Multireflexology - Dien Chan official website at [www.multireflexology.com](http://www.multireflexology.com).



Check the video of the 12 massages, available at [tv.multireflex.com](http://tv.multireflex.com).



The diagrams of projection, many articles, facial reflexology tips and tricks are in our website and follow us on [Facebook.com/dienchan.en](https://www.facebook.com/dienchan.en) and [Twitter.com/DCmultireflex](https://twitter.com/DCmultireflex).

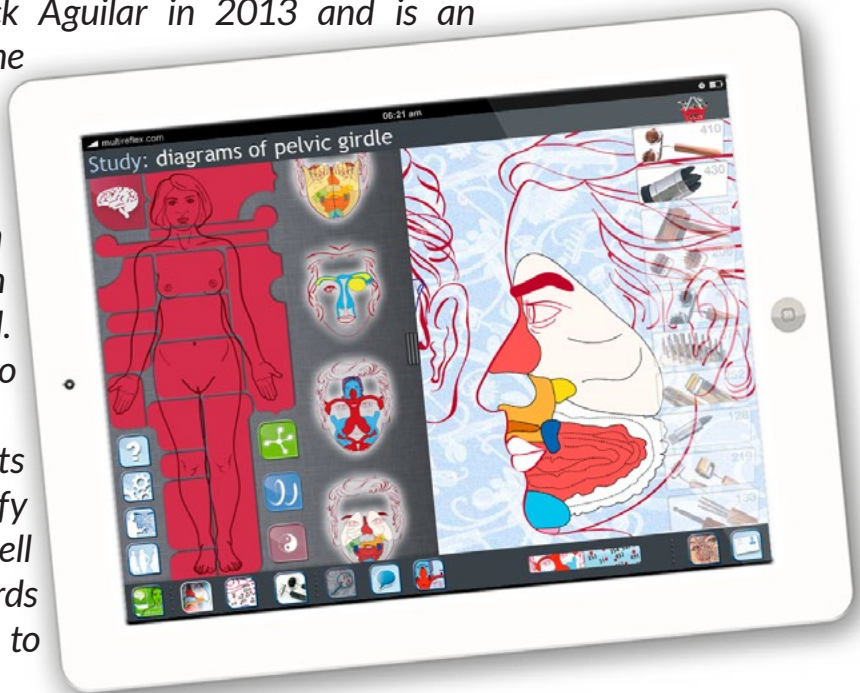
## Faceasit the interactive application

We are very proud to present Faceasit, our iPad application.

Faceasit was introduced by Patryck Aguilar in 2013 and is an excellent educational tool. To see the possibilities offered by the App go to the AppleStore and download the free version of Faceasit'reflex.

For a small fee a more in depth version Faceasit'pro is also available which shows you how the App can be used. For therapists Faceasit'clinic is also available for purchase.

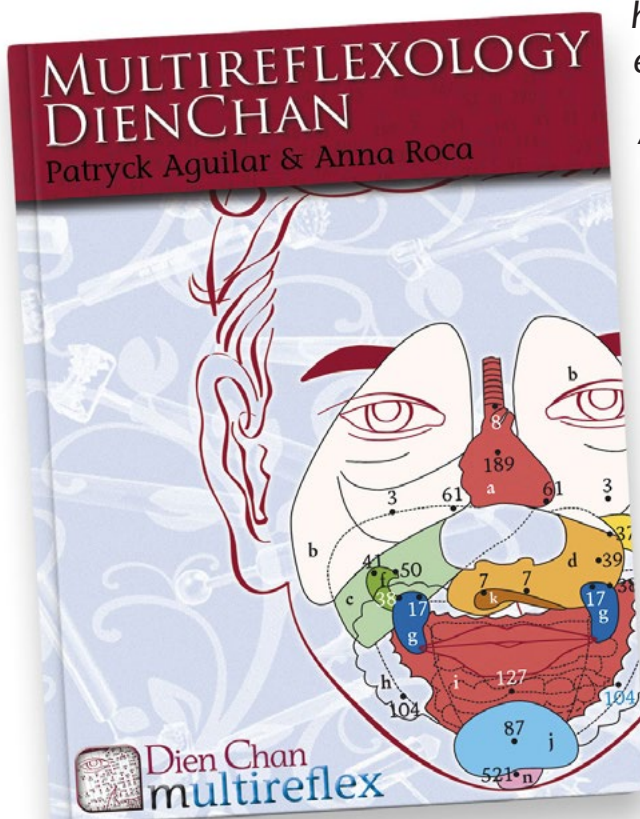
This App has all the diagrams, BQC-points and basic formulas to build and modify individual treatments for clients. As well as the ability to manage client records and to e-mail them to allow clients to work on their health at home.



At [www.Faceasit.com](http://www.Faceasit.com) you will find the complete user-guide, available in English, French, German and Spanish as well as videos.

## iBook and paper back in English

"The ABC of Dien Chan" (published by Grancher, Paris) was published in 2009 and Professor Bui Quốc Châu, along with his family, receives 100% of the royalties to thank him for generously sharing his knowledge and experience with us, since 2001.



Although we generally write in Spanish, we have recently published the first iBook for iPad (available at AppleStore) - in English. This specific Apple Computer™ format, with the ability to make notes and manage them as cards, makes the contents more interactive and is an ideal format to introduce Dien Chan.

More information on this new iBook is available at [www.dienchan.co.uk](http://www.dienchan.co.uk).





The multireflex tools promote blood and lymphatic micro-circulation to re-balance the body's energy flow. By combining their yin and yang effects, very good results are quickly obtained.

Handcrafted from horn (recovered from farm animals at the end of their natural life), wood and high quality metals, they are beautiful, easy to carry and available to use at any time!

The Natural horn, wood and metals used in the manufacture of multireflex tools provide strength, elegance and efficiency and achieve lasting and profound results in facial and body reflexology.

Find more pointers on each tool on the online catalogue [www.DienShop.com](http://www.DienShop.com)



The 12 massages on the web



[www.multireflexology.com](http://www.multireflexology.com)

## INTERNATIONAL SCHOOL OF MULTIREFLEXOLOGY - DIEN CHAN



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