How to Relieve Dry Eyes with Massage

This simple technique pushes oil from your glands to help moisturize and hydrate your eyes. Be sure to apply ***gentle*** pressure and stop immediately if you feel any discomfort.



1. Wash your hands.



2. Apply a warm compress for 3 to 5 minutes.



3. Gently massage your closed eyelids in a circular motion for up to 30 seconds. Then pause for 5 to 10 seconds. Repeat several times.



4. Massage between your eyebrows and eyelids in a circular motion.



5. Massage your temples in a circular motion.