

Facial Relaxation

Settle back. Relax. And take a deep breath in through your nose. And as you do, simply draw your attention to the very top of your head. As you slowly move your focus down from the top of your head to your forehead, imagine relaxation beginning to spread down now from the top of your head all the way to your forehead. And as it does, any and all tension in your forehead just melts away. Allowing your forehead to smooth out comfortably, releasing all tension. All the little worry lines smooth out as you release all tension in your forehead, now.

And you begin to notice that the relaxation now flows down and around the back of your head, releasing all tension, easily and effortlessly. Your head may begin to feel heavy as all of the muscles in your head and face relax more and more.

Moving down now, the relaxation continues to move down throughout the area around your eyes, allowing your eyelids to become very relaxed. Feeling so wonderfully relaxed and heavy, your eyes close gently, if they haven't done so already. And with your eyes closed, all the muscles around your eyes just begin to relax so wonderfully that it feels that you couldn't even open your eyes, even if you wanted to.

The relaxation continues to move down now from your eyes to your cheeks, gently relaxing all of the muscles in your face. Feeling the relaxation moving down now to your mouth and your lips. And the relaxation continues, moving down throughout your jaw, allowing any and all tension in your jaw and mouth muscles to relax easily and effortlessly. And as your jaw and mouth relax, you allow your tongue to rest on the roof of your mouth, just behind your teeth, allowing your teeth to part slightly. And the relaxation continues down around the back side of your head, down into your neck muscles, allowing them to let go of any and all tension, allowing your head to fall gently forward or backward into a comfortable position.



The relaxation continues down now throughout your entire neck, allowing any and all tension in your neck to just drift away. And as it does, your head comes to rest gently in a wonderfully relaxed position, free of any and all tension.

In a moment, you'll awaken gradually as I count from one to five. One, take a deep breath, feel your body beginning to awake. Two, feel your fingers and toes begin to move. Three, more parts of your body move as you feel yourself coming back into the room. Four, stretching now as you prepare to open your eyes. And five, eyes open, wide awake. Totally awake with your eyes open now.