

## Ease sinus pain and headaches in the air

Pressing key points on the face relieves pressure and helps sinuses drain; the latter result also has the perk of keeping germs from taking root.

You've probably heard the usual bag of tricks for staying healthy on a flight: use hand-sanitising gel, stay hydrated, keep your overhead vent on. This acupressure exercise adds to the arsenal by targeting key sinus points. Start by massaging both sides of your nose, by the nostrils, using your index fingers to apply moderate pressure for 2–3 minutes. Now move to the cheekbones, at a point level with the middle of your nose. Again, press with your index fingers for 2–3 minutes.

