



3 tongue exercises to relieve tension headaches, TMJ strain & eye bags

These 3 simple exercises are designed to **release tension, boost lymphatic drainage, and lift your face naturally**. No equipment needed, just your tongue and a few minutes a day.

Exercise 1 — Reduce Eye Bags: Dome Press and Hold

Steps:

1. Open your mouth slightly, jaw relaxed.
2. Place the **back third of your tongue** on the roof of your mouth (palate).
3. **Pulse 3 times**, pressing gently against the roof, releasing quickly each time.
4. **Hold the last press for 3 seconds**.
5. Repeat for **30 seconds**.

Tips:

- Keep your jaw relaxed.
- The tip of the tongue can rest near the bottom teeth.
- You should feel a gentle lift under your eyes and along your cheekbones.

Exercise 2 — Release Jaw & TMJ Tension: Tongue Shake

Steps:

1. Open your mouth slightly, jaw relaxed.
2. Stick your tongue straight out, tip pointing forward.
3. **Shake or wiggle your tongue gently** side-to-side for 5–10 seconds.
4. Relax your tongue and jaw for a few seconds, then repeat **2–3 rounds**.

Tips:

- Focus on gentle pulses rather than continuous shaking for beginners.
- Feel the release in your jaw, under the cheekbones, and along the temples.

Exercise 3 — Headache Relief: Side-to-Side Tongue Sweep

Steps:

1. Open your mouth slightly, jaw relaxed.
2. Stick your tongue straight out toward the roof of your mouth.
3. **Slide the tongue slowly from left to right corner of your mouth**, keeping the tip slightly raised.
4. Repeat **5–10 times**, rest briefly, then do **2 rounds**.

Tips:

- Breathe deeply with each sweep.
- Optional: gently tilt your head toward each side for extra release.
- Feel tension melt along your jawline, temples, and forehead.

Quick Reminders:

- Do these exercises **daily for best results**.
- Keep your jaw relaxed — no clenching.
- These moves are gentle but effective — **stop if you feel pain**.

Want visual video guidance?

These 3 exercises are basic drills to make you aware of the power of your tongue. For the complete **5-minute daily TongueFace Method® routine** that lifts, sculpts, and drains your face with a complimentary food guide that supports full system alignment and hormone balance, click here to get it now! <https://www.tongueface.com/product-page/the-5-min-tongueface-lift-quick-daily-facial-workout>

