

✦ Postpartum Acupressure for Recovery & Restoration



These acupuncture points support postpartum healing by replenishing Qi, rebuilding Blood, calming the nervous system, and helping the body transition after birth.

Use gentle, steady pressure or circular massage for 30–90 seconds per point, and apply massage to both sides of the body if applicable (some of the points are on the midline and only need be done once). Breathe slowly and deeply. Always be soft with your body postpartum.

✿ SP6 (Sanyinjiao) — Extraordinary Point

✦ One of the most important postpartum points in all of Chinese medicine

Location: 3 finger-widths above inner ankle bone, behind shin bone.

Benefits:

- Strongly tonifies Blood & Yin
- Supports uterine recovery & regulation
- Helps restore hormonal balance postpartum
- Calms emotional overwhelm & fatigue

⚠ Avoid during pregnancy





☾ KD6 (Zhaohai) — Extraordinary Point

✦ Master point of the Yin Qiao Mai (Yin Motility Vessel)

Location: just below inner ankle bone.

Benefits:

- Deeply nourishes Yin (depleted after birth)
- Calms anxiety, insomnia, and emotional sensitivity
- Supports pelvic recovery + internal lubrication
- Restores nervous system balance





📌 LU7 (Lieque) — Extraordinary Point

✦ Master point of the Ren Mai (Conception Vessel)

Location: wrist crease, thumb-side above radial notch.

Benefits:

- Regulates Lung Qi (important in postpartum grief + breath depletion)
- Supports immune recovery
- Helps open chest for breastfeeding
- Moves emotional stagnation from the Heart–Lung axis



♥ PC6 (Neiguan) — Extraordinary Point


✦ Master point of the Yin Wei Mai (Yin Linking Vessel)

Location: 3 finger-widths above inner wrist.

Benefits:

- Calms anxiety, overwhelm, nausea
- Regulates Heart & Shen (spirit)
- Stabilizes emotional waves postpartum
- Supports deep nervous system regulation



 ST36 (Zusanli)

Location: 4 finger-widths below kneecap, outer shin.

Benefits:

- Builds Qi + energy reserves
- Strengthens digestion (postpartum Spleen support)
- Supports lactation and recovery strength
- Helps fatigue and weakness





🌸 SP4 (Gongsun) — Extraordinary Point

⚡ Luo-Connecting point + opens Chong Mai (Sea of Blood)

Location: inner foot below arch.

Benefits:

- Strongly supports Blood production
- Regulates uterus via Chong vessel connection
- Supports digestion + nutrient absorption
- Stabilizes postpartum depletion





🔥 GB21 (Jianjing)

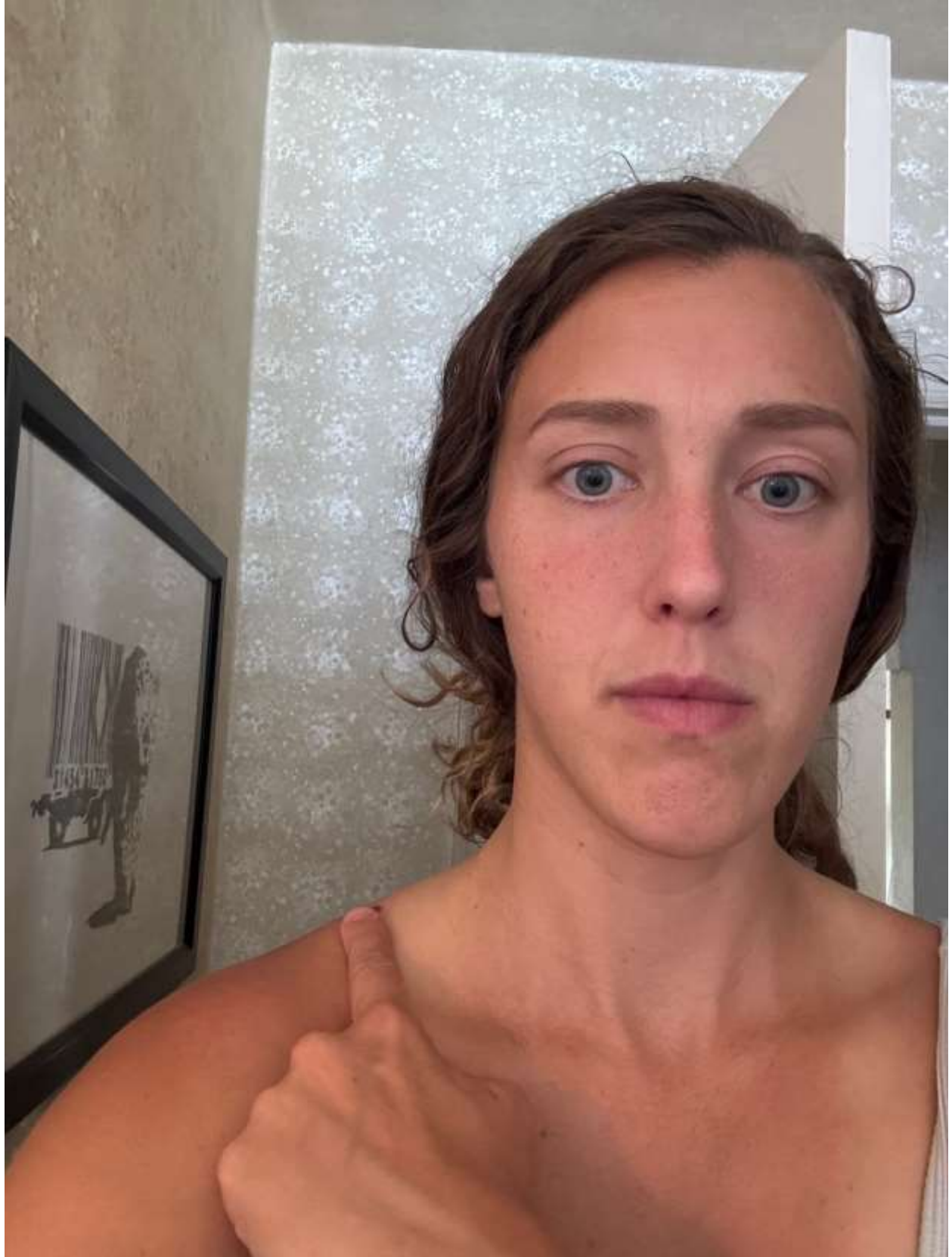
Location: top of shoulder midway between neck and shoulder.

Benefits:

- Releases shoulder tension from nursing
- Supports lactation flow
- Relieves emotional and physical holding patterns

⚠️ Gentle pressure only postpartum





🌸 REN17 (Shanzhong)

Location: center of chest between nipples.

Benefits:

- Supports breast milk flow
- Opens chest + emotional expression
- Regulates Qi in the upper body
- Helps postpartum emotional constriction

🧠 DU20 (Baihui)

Location: crown of head.

Benefits:

- Gently lifts spirit + clears brain fog
- Helps postpartum emotional overwhelm
- Reintegrates body–mind after birth

Use very light touch only.





🌿 KD3 (Taixi) — Extraordinary Point

⚡ Yuan-Source point of the Kidney channel (deep constitutional support point)

Location: behind inner ankle bone, in the depression between ankle bone and Achilles tendon.

Benefits:

- Strongly nourishes Kidney Yin & Yang
- Supports deep postpartum depletion (adrenal + hormonal exhaustion)
- Strengthens bone marrow, essence (Jing), and long-term vitality
- Calms anxiety rooted in exhaustion or depletion
- Helps rebuild foundational energy after childbirth





🌸 REN4 (Guanyuan) — Extraordinary Point

❖ One of the most important Blood and Essence tonifying points in the body

Location: 3 finger-widths below the navel.

Benefits:

- Deeply nourishes Blood, Yin, and Essence (Jing)
- Supports uterine recovery and regulation after birth
- Helps rebuild hormonal balance postpartum
- Strengthens lower abdominal Qi and vitality
- Supports recovery from blood loss and depletion





☾ Yintang — Extraordinary Point

✦ Calming Shen point for emotional stabilization

Location: between the eyebrows.

Benefits:

- Calms anxiety, overwhelm, and emotional reactivity
- Supports postpartum insomnia and mental restlessness
- Helps regulate overthinking and sensory overload
- Gently settles the Heart and Shen (spirit)
- Creates immediate nervous system downshift

Use light, soothing touch only.



🌿 LV3 (Taichong) — Extraordinary Point

✦ Primary Liver Qi regulation point (powerful emotional mover)

Location: top of foot between big toe and second toe.

Benefits:

- Moves stagnant Liver Qi (very common postpartum)
- Helps regulate mood swings and irritability
- Supports hormonal flow and emotional flexibility
- Relieves frustration, tension, and internal pressure
- Helps smooth postpartum emotional transitions





 SIMPLE DAILY ROTATION (5–10 minutes)

Choose 4–6 points per session. Move slowly, breathe deeply, and stay gentle with your body.

 COMBO 1 — “FOUNDATION REBUILD”

Best for: fatigue, weakness, low energy, postpartum depletion

- ST36
- REN4
- KD3
- SP6
- DU20

✦ Supports deep recovery of Qi, Blood, and Kidney essence. Ideal for early postpartum or exhaustion.

 COMBO 2 — “EMOTIONAL RESET”

Best for: anxiety, overwhelm, mood swings, irritability

- PC6
- Yintang
- KD6
- LV3
- LU7

✦ Calms the Heart and Liver, stabilizes emotions, and supports nervous system regulation.

 COMBO 3 — “BLOOD & UTERINE RECOVERY”

Best for: postpartum bleeding recovery, hormonal imbalance, feeling “empty” or depleted

- SP6
- REN4
- SP4
- KD3
- LV3

✦ Strong Blood-building combination that supports uterine recovery and hormonal rebalancing.

🔥 COMBO 4 — “BREASTFEEDING + UPPER BODY RELEASE”

Best for: milk flow, shoulder tension, chest tightness, nursing strain

- GB21
- REN17
- LU7
- PC6
- ST36

✦ Opens chest, supports lactation, and releases upper body tension from holding and feeding baby.

🌸 COMBO 5 — “NERVOUS SYSTEM DEEP CALM”

Best for: insomnia, overstimulation, postpartum anxiety, trouble resting

- Yintang
- PC6
- KD6
- DU20
- LU7

✦ Gently resets the nervous system and helps the body shift into rest-and-repair mode.

🌿 COMBO 6 — “FULL BODY INTEGRATION”

Best for: general daily maintenance, when you feel “all over the place”

- ST36
- SP6
- REN4
- PC6
- DU20

✦ Balances Qi, Blood, and Shen for overall postpartum stabilization and grounding.

♡ How to Use This Section

Rotate based on your body, not the calendar.

Some days you may only need emotional regulation. Other days you may need deep rebuilding.

Postpartum healing is not linear—it is layered restoration.

♡ Important Note

This guide is for educational purposes only and does not replace medical care. Always listen to your body postpartum and consult your provider if needed.

Gentle touch, warmth, rest, and nourishment are also medicine