

Face Reading Report

PREPARED FOR

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AGE 52

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About this report

How we read your face

We've read your face by the classic face reading traditions of China and India, Mian Xiang and Samudrika Shastra. We scanned your photo for the shape and proportions of your face and for each feature, then read them through the five elements, the Three Courts, the Twelve Palaces and the 100-year age map. A feature the photo doesn't show clearly isn't read at all.

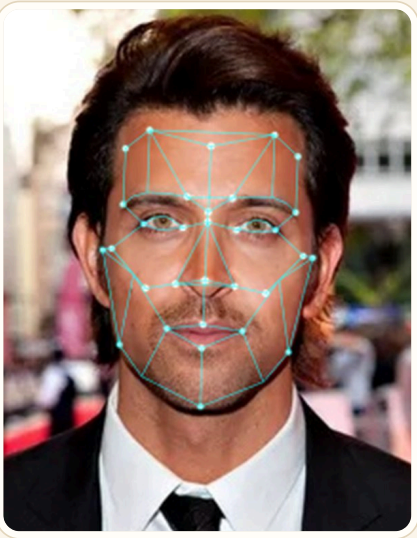
What's in your report

01	**Your face**	Your portrait, what sets your face apart and the first impression you give.
02	**Shape & element**	Your face shape, your element and how you get on with the other four.
03	**The three courts**	Your face in three bands, from early life to later years.
04	**Your features**	Forehead, eyebrows, eyes, nose, cheeks, mouth, philtrum, chin and ears, one by one.
05	**The palaces of your face**	Twelve areas of your face, each linked to one part of life.
06	**Complexion & marks**	How your skin looks today and any marks on your face.
07	**Your age map**	Which part of your face governs each span of years, and where you are now.
08	**Your life at a glance**	Your strongest area and where to grow, side by side.
09	**Seven areas of your life**	Personality, career, money, love, family, energy and growth, each with what it means for you.
10	**Closing**	Five themes, three next steps and a last word.

Your face



Your portrait



Facial feature scan

Your face at a glance

Your almond, bright eyes are the first thing people notice, and they tell a story of someone who sees the room before entering it. The rounded, smooth forehead above them and the arched, neat eyebrows frame a mind that thinks in order and trusts what it has worked out. Together they make a face that reads as perceptive, grounded, and quietly confident in its own judgement.

What sets your face apart

Your eyes are the standout feature here. Almond-shaped and bright, they carry an observant quality that makes you seem to see further into a situation than most people do.

The rounded, smooth forehead and the arched, neat eyebrows reinforce that impression, giving your whole face the look of a mind that works in order and trusts its own conclusions. Put together, these three features make you the person others turn to when they want a considered opinion.

Eyes	*almond, bright and clear, observant*
Forehead	*rounded, smooth and bright*
Eyebrows	*arched, neat and flowing*

First impression

People who meet you for the first time tend to register a calm, watchful presence.

Shape & element

YOUR ELEMENT

The Metal face

Order, decision and integrity. A face that holds its line.



The oval shape with its balanced width and length places you in the Metal family of face types. Metal faces tend toward precision, principle, and a quiet inner discipline.

You're the kind of person who prefers to get things right over getting them fast, and your natural rhythm is one of careful attention followed by a firm decision.

Your face shape

SHAPE: OVAL | PROPORTIONS: BALANCED

Your face is oval with proportions that sit in the middle of the range, neither long nor wide. This gives it a contained, precise outline that suits the Metal element and speaks to a nature that values structure and clarity of thought.

Symmetry and proportion

HIGHLY SYMMETRICAL | NEITHER SIDE STRONGER | EYE SPACING: BALANCED

Your face is highly symmetrical, with the features sitting in well-proportioned relation to one another. The eye spacing follows the natural fifth, and the left and right sides mirror each other closely, which points to an inner world that is well-organised and at peace with itself.

Put together

The oval Metal shape, the bright observant eyes, and the neat arched eyebrows make a face that reads as a careful, principled mind at work. You carry a quiet authority that comes from seeing clearly and thinking in order, and the longer lower court tells you that this authority deepens as the years go on.

Your element and the other four

Each face type meets the others in one of two cycles. In the cycle of support, Wood feeds Fire, Fire feeds Earth, Earth feeds Metal, Metal feeds Water and Water feeds Wood. In the cycle of balance, each element keeps another in check.

The Metal face

Same element

Another Metal person is your own element, and you understand each other without much explanation. You both value precision and principle, and the risk is that you both hold a line too long. You work best together when one of you is willing to be the first to say the structure needs adjusting.

The Wood face

You keep them in check

A Wood person brings growth and new ideas into your life, and your Metal nature keeps those ideas from running loose. You work well together when they generate and you refine, and the friction shows up when they want to expand faster than you are ready to let go of the structure.

The Fire face

Keeps you in check

A Fire person is the one who keeps you in check, and that's a good thing. Their warmth and directness pull you out of overthinking and remind you that a decision made with feeling is still a decision. You do well together when they light the way and you build the path behind them.

The Earth face

Supports you

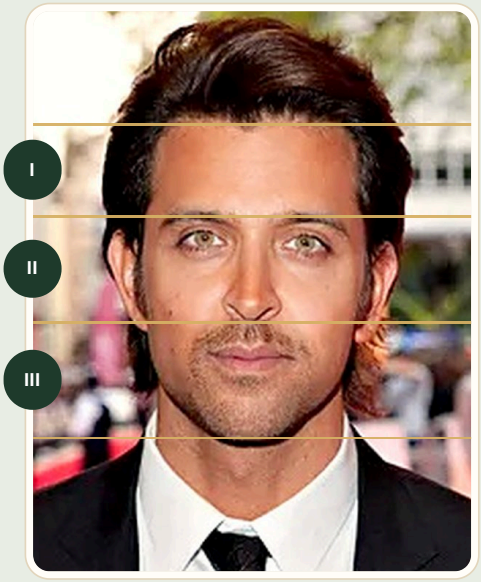
An Earth person feeds you and gives your Metal nature the substance it needs to shape. They are patient, grounding, and generous with their time, and you in turn give their ideas a firm structure to stand on. This is the most natural partnership for you, and it tends to last.

The Water face

You support them

You feed Water, which means your careful thinking gives a Water person the direction they need to flow. They bring adaptability and emotional depth to the room, and you bring the shape that keeps their ideas from scattering. You do well together when they move and you hold the frame.

The three courts



I UPPER COURT
Forehead to brows · Ages 15 to 30 — 30%

II MIDDLE COURT
Brows to nose tip · Ages 31 to 50 — 33%

III LOWER COURT
Nose tip to chin · Ages 51 and after — 37%

Reading your three courts

Your lower court, from the nose tip to the chin, is the longest of the three at 37 per cent, while the upper and middle courts take 30 and 33 per cent respectively. This means the years from 51 onward are the most supported stretch of your face, and the ground you are standing on now is solid.

The upper court isn't short, so your early years gave you a good foundation, but the real weight of your face settles into the later decades.

I

Upper court

Ages 15 to 30

Forehead to brows

Learning, early support and the start of your work.

II

Middle court

Ages 31 to 50

Brows to nose tip

Your own drive, career and middle years.

III

Lower court

Ages 51 and after

Nose tip to chin

Home, legacy and later life.

Forehead, eyebrows & eyes



01 Forehead

Ages 15 to 30

A mind that thinks in order.

Your forehead is rounded, smooth, and bright, with no lines breaking its surface. This is the Career Palace and the upper ground of the whole face, and it tells you that your early education and the way you process new information have been well supported.

You take in an idea, turn it over, and arrive at a conclusion that feels right before you commit to it, and this habit serves you well in any field you choose.

Height medium · **Width** medium · **Shape** rounded · **Lines** none · **Skin** smooth and bright



02 Eyebrows

Ages 31 to 34

Neat lines that keep the mind in order.

Your eyebrows are arched, neat, and flow in a smooth line as long as the eye. They govern the years 31 to 34 and the Siblings Palace, and they speak to a mind that organises what it sees before acting on it.

You value harmony with the people close to you, and your natural inclination is to smooth a rough edge before it becomes a problem.

Thickness medium · **Shape** arched · **Length** as long as the eye · **Spacing** moderate · **Quality** neat and flowing



03 Eyes

Ages 35 to 40

The home of a watchful spirit.

Your eyes are almond-shaped, bright, and carry an observant quality that sets them apart from most faces. They are the home of shen, the spirit that lives in the face, and yours is a shen that sees the whole room before it focuses on one person.

Size medium · **Shape** almond · **Spacing** normal · **Brightness** bright and clear · **Expression** observant

Nose, cheeks & mouth



01 Nose

Ages 41 to 45 · 48 to 50

A straight bridge that holds its line.

Your nose has a high, straight bridge, a rounded tip, and moderate wings. The bridge governs the years 41 to 45 and speaks to a period of determination and career drive, while the rounded tip and moderate wings make up the Wealth Palace and point to a material life that is comfortable and well-managed. You aren't someone who chases a windfall. You build, and the building holds.

Length medium · **Width** medium · **Bridge** high and straight · **Tip** rounded · **Wings** moderate · **Nostrils** moderate



02 Cheeks & cheekbones

Ages 46 to 47

Defined cheekbones that carry quiet authority.

Your cheekbones are defined and sit in symmetrical relation to the rest of the face. They govern the years 46 to 47 and speak to a period where your presence in a room carries more weight than your words do.

You don't need to raise your voice to be heard, and the people around you learn to read your stillness as a signal that you've already decided.

Cheekbones defined · **Symmetry** symmetrical



03 Mouth & lips

Age 60

Your smile changes its shape in this photo.

The mouth is linked to how you express yourself, your appetite for life, and the years 60 and beyond. In this photo the lips are shaped by a smile, which is expression and not structure, so we haven't read the mouth here.

Send a photo with a relaxed, closed mouth and we'll add this reading.

Philtrum, chin & ears



01 Philtrum

Age 51

A well-defined channel between the nose and the lip.

Your philtrum is moderate in depth, medium in length, and well defined. It governs the year 51, which you have just stepped into, and it speaks to a period of transition where the energy of the earlier years settles into a new rhythm.

The definition you see here suggests that this transition is being handled with the same care you bring to most things in your life.

Depth moderate · **Length** medium · **Definition** well defined



02 Chin & jaw

Ages 61 to 75 · 76 to 99

A rounded chin that supports the later years.

Your chin is rounded with moderate prominence, and the jaw line is well proportioned. The chin governs the years 61 to 75 and the jaw line runs from 76 to 99, so this is the longest stretch of your age map.

The rounded shape tells you that your later years are supported, that you'll have the ground under your feet to rest on, and that the careful mind you have carried for decades will finally be allowed to slow down.

Chin rounded · **Prominence** moderate · **Jaw** balanced · **Lower cheeks** balanced



03 Ears

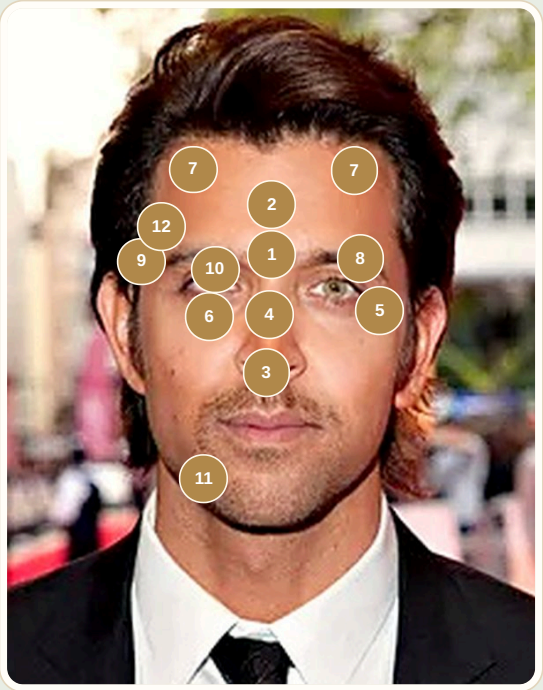
Ages 1 to 14

Not clearly visible in this photo.

The ears are linked to early childhood, the support of your wider family, and the first fourteen years of life. In this photo they aren't clearly visible, so we haven't read them here.

Send a photo with your ears showing and we'll add this reading.

The palaces of your face



1. **Life Palace**
   Yin Tang, between the brows
2. **Career Palace**
   Centre of the forehead
3. **Wealth Palace**
   Tip and wings of the nose
4. **Health Palace**
   Shan gen, the root of the nose between the eyes
5. **Spouse Palace**
   Outer corners of the eyes
6. **Children Palace**
   Just below the eyes
7. **Parents Palace**
   Upper forehead, left and right
8. **Siblings Palace**
   The eyebrows
9. **Travel Palace**
   The temples
10. **Property Palace**
    Between the brows and the eyes
11. **Friends Palace**
    The jaw corners beside the chin
12. **Fortune Palace**
    Above the outer ends of the brows

YOUR STRONGEST PALACES

Parents Palace & Life Palace

The Parents Palace stands out as the fullest area on your face, with both the sun and moon corners well defined and the skin smooth and bright. The Life Palace between your brows is the second area that carries real weight, with a smooth, bright surface that speaks to an inner life at peace.

Together they give you a deep sense of being supported and a mind that is well-organised, and that combination is the ground your whole face stands on.

Your palaces sit in a well-matched pattern with no weak spots pulling against the stronger ones.

Reading your palaces

01 Life Palace

STRONGER

Yin Tang, between the brows · Moderate width, smooth and bright

The inner life you carry between your brows is well ordered and at peace. You process the world in a way that keeps your centre intact, and that composure shows in the way you handle pressure without letting it scatter your thinking. In daily life, you're the one who pauses before reacting, and that pause is where your best decisions are made.

02 Career Palace

Centre of the forehead · Medium height, smooth and bright

Your professional path has a solid foundation that was laid early and has held since. You approach work with the same careful attention you bring to everything, and the kinds of roles that suit you are the ones where your thinking can be trusted to find the right answer. You do your best work when the task is complex enough to need your full attention and structured enough to reward the order you bring to it.

03 Wealth Palace

Tip and wings of the nose · Rounded tip, moderate wings

Money and material security find their mark in the rounded tip and moderate wings of your nose. You aren't drawn to quick gains or speculative leaps, and your wealth builds slowly through consistent, well-managed effort. The Property Palace and Fortune Palace sit at a moderate level, which means your material life is comfortable and stable, and the risk on the other side is that your careful hand can pass up a sound opportunity because it doesn't fit the plan you already have.

04 Health Palace

Shan gen, the root of the nose between the eyes · High and straight

The root of your nose, where the bridge begins between the eyes, is high and straight. This speaks to a good flow of energy through the middle years and a constitution that handles the demands of a full life without complaint. Your bright eyes and smooth complexion reinforce this reading, and the rhythm that suits you is one of regular rest, fresh air, and time spent in stillness.

05 Spouse Palace

Outer corners of the eyes · Finely lined

Partnership and the way you bond show a few fine lines at the outer corners of your eyes. This doesn't point to difficulty. It points to a partnership that has depth, where the two of you have worked through small adjustments over time and come out the other side with a bond that has real substance. You value a partner who can meet your watchful eye with their own honesty and who doesn't mind the quiet you bring to a room.

06 Children Palace

Just below the eyes · Smooth

The area beneath your eyes is smooth and unmarked. This speaks to a good relationship with your children and a natural ease in the role of parent or mentor. You're the kind of person who gives a child space to figure things out and steps in only when they need you, and that measured approach tends to raise people who are thoughtful and self-reliant.

Reading your palaces

07 Parents Palace

STRONGER

Upper forehead, left and right · Full and clear on both sides

The upper forehead, where the sun and moon corners sit, is full and well defined on both sides. This is the strongest palace on your face, and it points to a deep, well-supported connection with the people who raised you or the family that shaped your early years. If your early years were harder than that, read it as the support you found and still carry, the people who gave you a ground to stand on when you needed one.

08 Siblings Palace

The eyebrows · Neat and flowing, medium brows

Your relationship with peers and those close to you, the people who grew up alongside you, is marked by the neat, flowing line of your eyebrows. You value harmony in these relationships and tend to smooth a rough edge before it becomes a problem. The medium thickness of the brows tells you that these bonds are warm without being intense, and they hold over time because you tend them with the same care you bring to everything.

09 Travel Palace

The temples · Balanced temples

Movement, change, and the wider world find a moderate, well-proportioned space at your temples. You aren't someone who needs to be in constant motion, but you do welcome a change of scene when it comes. A period of travel or relocation would suit you, and you would handle the disruption with the same careful attention you bring to a new problem at work.

10 Property Palace

Between the brows and the eyes · Medium space above the eyes

Home, land, and the sense of rootedness sit at a moderate level in the space between your brows and eyes. You value a home that is well-ordered and comfortable, and you're the kind of person who would rather have one good place than several mediocre ones. Your sense of where you belong is firm, and you build your life around that centre.

11 Friends Palace

The jaw corners beside the chin · Balanced lower cheeks

The jaw corners beside your chin sit in a well-proportioned, moderate space. Your friendships are few in number but deep in quality, and you're the friend who remembers the small detail and follows through on the small favour. You don't collect acquaintances. You keep the people who have earned a place in your circle.

12 Fortune Palace

Above the outer ends of the brows · Medium forehead, balanced temples

Above the outer ends of your brows, the area that speaks to luck and the unexpected, sits at a moderate, well-proportioned level. You aren't the kind of person who waits for a lucky break, and your fortune tends to come through the careful work you have already put in. When a chance does appear, you're well positioned to take it because you've been preparing for it without quite knowing you were preparing.

Complexion & marks

YOUR COMPLEXION

Smooth, healthy skin with a natural glow.

Your skin is smooth in texture and uniform in tone, with a healthy lustre that gives it a quiet brightness. This is the qi colour, the visible sign of how energy is moving through you right now, and it tells us that your rest is adequate and your inner rhythm is in good order.

The brightness in your eyes reinforces this reading, and the two together point to a person who is well-rested and at ease in their own skin. Complexion shifts with sleep, season, and the level of stress you carry, so this is a snapshot of today and not a fixed state.

For anything about your health, your doctor is the right person to ask.

The visible details

TEXTURE	EVENNESS	LUSTRE (QI)
smooth	**even**	**healthy**

Keeping your qi colour bright

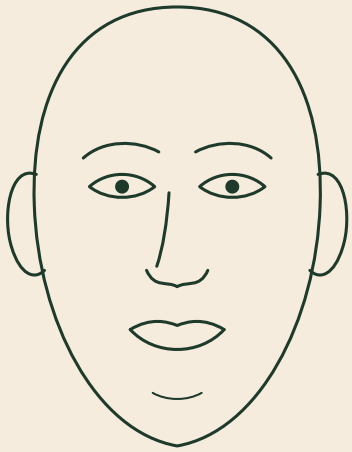
The habits that keep your qi colour bright are the ones that suit a careful, principled mind. Regular sleep at the same hour each night does more for your skin than any product, and a walk in fresh air before the day gets busy keeps the energy moving. The same small things, done the same way, provide the steadiness of rhythm that keeps your glow.

Marks on your face

Your face is unmarked. There are no moles, scars, or distinct features that would add a specific note to any palace. An unmarked face keeps every palace open to be read on its own terms, and the smoothness of the skin lets the underlying structure speak without interference.

Your age map

Your face can be read as a map of the years. Each region governs a span of life, from the ears in childhood to the chin and jaw in later life.



1 to 14	Ears	HIDDEN
15 to 30	Forehead	
31 to 34	Eyebrows	
35 to 40	Eyes	
41 to 45	Nose bridge	
46 to 47	Cheekbones	
48 to 50	Nose tip and wings	
51	Philtrum	
52 to 59	Upper lip and laugh lines	NOW
60	Mouth	NEXT
61 to 75	Chin	NEXT
76 to 99	Jaw line	

What your map shows

The strongest features on your face govern the middle and later years. The high, straight nose bridge carries the 41 to 45 period, the defined cheekbones hold 46 to 47, and the rounded nose tip and moderate wings cover 48 to 50, all of which point to a solid, well-supported stretch through your fifties.

The rounded chin and balanced jaw line that govern 61 to 99 tell you that the longest stretch of your map is the one where you're most at ease, and no period on this face needs to be met with particular care.

Where you are now

You're 52, so the upper lip and laugh lines years, which run from 52 to 59, are the region you are in right now. The mouth is shaped by a smile in this photo, so we haven't read its structure, but the years ahead of it are well supported.

At 60 the mouth takes over for a single year, and then at 61 the chin and jaw line carry you through to 99, a long stretch governed by a rounded, well-proportioned chin that speaks to comfort, support, and the quiet satisfaction of a life well-ordered.

Your life at a glance

YOUR STRONGEST AREA

Family & Friends

The full, well-defined Parents Palace and the smooth, well-proportioned Siblings, Children, and Friends palaces make family the area where your face shows its deepest, most reliable support.

WHERE TO GROW

Personality & Mind

Your bright, observant eyes and neat, flowing eyebrows give you a mind that sees everything and keeps it in order, and the cost of that gift is a tendency to hold onto a pattern long after it has stopped serving you.

Personality & Mind	**A careful mind that sees the whole room.** *You notice what others miss, and that's both your gift and your weight.*	17
Career	**A professional path built on careful thinking.** *You do your best work when the task needs your full attention.*	18
Money & Fortune	**A material life built slowly and held firmly.** *You build, and the building holds.*	19
Love & Partnership	**A partnership built on depth and quiet honesty.** *You bond with the person who can meet your watchful eye.*	20
Family & Friends	**The deepest support on your face.** *The ground you stand on was given to you, and you have tended it.*	21
Energy & Wellbeing	**A good flow of energy and a well-ordered rhythm.** *Your body runs on the same careful rhythm as your mind.*	22
Challenges & Growth	**The cost of a mind that sees too much.** *The pattern you built to protect yourself is the one you have to let go of.*	23

Personality & Mind

A careful mind that sees the whole room.

Your reading

Your oval, Metal face shape gives you a nature that values precision and principle, and you prefer to get things right over getting them fast. The bright, observant quality of your eyes means you take in the whole room before you focus on one person, and you file away the small details without making a scene.

The neat, arched eyebrows reinforce this order-keeping, and you smooth a rough edge before it becomes a problem. The smooth, rounded forehead and the well-ordered Life Palace between your brows tell you that your inner world is at peace with itself, and you process the world in a way that keeps your centre intact.

> *You notice what others miss, and that's both your gift and your weight.*

In everyday life

You think before you speak, and that pause is where your best decisions are made. People trust your judgement because you've already worked through the problem before you offer an opinion.

You're the one in the room who notices the shift in tone, the thing someone almost said, and you hold that observation without making it a moment. Your natural rhythm is one of careful attention followed by a firm decision, and you do your best thinking in quiet, undisturbed spaces.

What it means for you

Bright, observant almond eyes · **Neat, arched eyebrows** · **Smooth, rounded forehead** · **Highly symmetrical face shape**

The plain truth is that your mind is your most reliable instrument, and it works best when you let it finish its work before you act. The risk is that the same careful attention that makes you perceptive can also make you hold onto a pattern, a way of doing things, a way of seeing a person, long after it has stopped serving you.

This month, pick one decision you have been turning over in your head for longer than feels right and make it. Write down the two or three reasons you have been holding it, and then set the paper aside and act on the one reason that still feels true. Being done is what you need rather than being certain.

Career

A professional path built on careful thinking.

Your reading

The smooth, bright forehead that makes up the Career Palace tells you that your professional foundation was laid early and has held since. The high, straight nose bridge that governs the 41 to 45 period speaks to a stretch of determination and drive that shaped your career in a meaningful way.

The defined cheekbones that carry the 46 to 47 years give you a presence in a room that carries weight without needing volume. The lower court being the longest of the three tells you that your professional authority deepens as the years go on, and the roles that suit you now are the ones where your experience is the asset.

> *You do your best work when the task needs your full attention.*

In everyday life

You do your best work in a role that is complex enough to need your full attention and structured enough to reward the order you bring to it. You aren't drawn to the fast, chaotic, high-pressure environment. You want a task where you can think it through, find the right answer, and see it through to completion.

You're the person others turn to when they need a considered opinion, and you handle pressure by going quiet and working the problem until it yields.

What it means for you

Smooth, bright forehead · **High, straight nose bridge** · **Defined cheekbones** · **Lower court the longest of three**

The plain truth is that your career is built on the quality of your thinking, and that's a foundation that doesn't wear out. The risk is that the same careful hand that builds a solid structure can also pass up a sound opportunity because it doesn't fit the plan you already have.

This month, ask one colleague or a trusted friend to tell you about a project or a role they think you should look at, one you wouldn't have found on your own. Let them describe it before you start checking it against your existing plan. You may find that the plan needs adjusting, and that's a good thing.

Money & Fortune

A material life built slowly and held firmly.

Your reading

The rounded tip and moderate wings of your nose make up the Wealth Palace, and they point to a material life that is comfortable and well-managed. The Property Palace sits at a moderate level, which means your sense of home and rootedness is firm without being extravagant.

The Fortune Palace above the outer ends of your brows is also moderate, and your luck tends to come through the careful work you have already put in. The smooth, bright forehead reinforces the picture of a financial foundation that was laid early and has held since.

> *You build, and the building holds.*

In everyday life

You aren't drawn to quick gains or speculative leaps, and your wealth builds through consistent, well-managed effort. You're the kind of person who would rather have one good investment than several mediocre ones, and you check the numbers before you commit.

The real risk on the other side is that your careful hand can pass up a sound opportunity because it doesn't fit the plan you already have, and the money you don't take is the money you don't have.

What it means for you

Rounded nose tip and moderate wings **Moderate Property Palace** **Smooth, bright forehead** **Moderate Fortune Palace**

The plain truth is that your wealth is a product of patience and precision, and it will continue to grow in that way for as long as you keep the rhythm. The risk is that the same careful hand that protects your money can also keep it locked in a plan that no longer fits the world you are living in.

This month, look at one investment or one financial decision you made two or three years ago and ask yourself whether it still serves the life you are living now. If the answer is no, make the adjustment. Letting one thing go that is no longer working is what you need rather than selling everything.

Love & Partnership

A partnership built on depth and quiet honesty.

Your reading

The fine lines at the outer corners of your eyes, the Spouse Palace, speak to a partnership that has depth, where the two of you have worked through small adjustments over time and come out the other side with a bond that has real substance.

Your bright, observant eyes mean you see your partner clearly, the small shifts in their mood, the thing they are holding back, and you don't make a scene about it. The neat, arched eyebrows tell you that you value harmony in the relationship and tend to smooth a rough edge before it becomes a problem. The mouth is shaped by a smile in this photo, so we haven't read the lips here.

> *You bond with the person who can meet your watchful eye.*

In everyday life

You bond with a partner who can meet your watchful eye with their own honesty and who doesn't mind the quiet you bring to a room. You sit in the silence and let it be, which makes the space between you feel like company instead of distance.

You show your love through the small, consistent things, the remembered detail, the follow-through on the small favour, and your partner knows that the quiet isn't absence. It's attention.

What it means for you

Fine lines at outer eye corners · **Bright, observant almond eyes** · **Neat, arched eyebrows**

The plain truth is that your love is a slow, deep thing, and it's built on the quality of your attention rather than the volume of your words.

The risk is that the same watchful eye that makes you a perceptive partner can also make you hold a grudge, a small adjustment you wanted to make, in your head for longer than it needs to stay there. This month, name one small thing that has been sitting in the back of your mind about your relationship and say it out loud. Letting it out of the quiet and into the air allows your partner to meet it the way they would meet anything else you say.

Family & Friends

The deepest support on your face.

Your reading

The Parents Palace at the upper forehead is the strongest area on your face, with both the sun and moon corners full and well defined. This points to a deep, well-supported connection with the people who raised you or the family that shaped your early years.

If your early years were harder than that, read it as the support you found and still carry, the people who gave you a ground to stand on when you needed one.

The smooth area beneath your eyes, the Children Palace, tells you that your relationship with your children or the people you mentor is easy and natural, and the well-proportioned jaw corners, the Friends Palace, speak to friendships that are few in number but deep in quality.

> *The ground you stand on was given to you, and you have tended it.*

In everyday life

You're the one in the family who remembers the small detail, the birthday that was almost forgotten, the thing your parent mentioned three weeks ago that they thought you had not heard.

You tend these relationships with the same careful attention you bring to everything, and the people in your circle know that your presence is a form of support that doesn't need to be loud. You make sure the person who needed to be there is there rather than organising the gathering.

What it means for you

Full, well-defined Parents Palace · **Smooth Children Palace** · **Well-proportioned Friends Palace** · **Neat, flowing eyebrows**

The plain truth is that family is the area where your face shows its fullest, most reliable support, and that's a ground you can stand on for the rest of your life.

The risk is that the same deep connection that gives you support can also make you lean on it when you could go further on your own, and the people who love you may not always be the right people to ask for a hard answer.

This month, call one person in your family or your close circle and ask them a question that isn't about logistics. Ask them what they are thinking about, what is on their mind, and then listen without fixing it.

Energy & Wellbeing

A good flow of energy and a well-ordered rhythm.

Your reading

The high, straight root of your nose, the Health Palace, speaks to a good flow of energy through the middle years and a constitution that handles the demands of a full life without complaint. The brightness of your eyes, the shen that lives there, reinforces this reading and tells us that your vitality is well-maintained.

The smooth, uniform complexion with its healthy lustre is the qi colour showing that your rest is adequate and your inner rhythm is in good order. The ears aren't clearly visible in this photo, so we haven't read them here.

> *Your body runs on the same careful rhythm as your mind.*

In everyday life

Your body responds well to a regular rhythm, the same hour for sleep, the same walk in the morning, the same quiet time before the day gets busy. The same small things, done the same way, provide the steadiness of rhythm that keeps your energy high. Fresh air, time in stillness, and a period of rest that is actually rest are the most important things you can give yourself.

What it means for you

High, straight nose bridge · **Bright, observant eyes** · **Smooth, healthy complexion**

The plain truth is that your energy is well-maintained and your body is in good order, and the habits that keep it that way are the simple ones you already know.

The risk is that the same careful attention you bring to everything can make you over-monitor your rest, turning a good night's sleep into a project to be optimised, and the monitoring itself becomes the thing that keeps you from actually resting.

This month, pick one evening a week where you do nothing. No phone, no planning, no thinking about the next day. Sit in a quiet room or walk outside without a destination, and let the mind do what it does when it isn't being asked to solve anything. You don't need to earn the rest. You just need to take it.

For anything about your health, your doctor is the right person to ask.

Challenges & Growth

The cost of a mind that sees too much.

Your reading

No palace on your face is weak, and the tensions you carry aren't the kind that show up as a gap in the structure. They show up in the flip side of your own strengths, and that's where the real work is.

Your bright, observant eyes give you a mind that sees everything, and the cost of that gift is a tendency to hold onto a pattern, a way of doing things, a way of seeing a person, long after it has stopped serving you.

The neat, flowing eyebrows that keep the mind in order reinforce this, and you smooth a rough edge before it becomes a problem, which means you rarely let a situation get messy enough to force a real change.

> *The pattern you built to protect yourself is the one you have to let go of.*

In everyday life

The first tension is in the mind. You notice the small shift, the thing someone almost said, the pattern that is forming, and you file it away. Over time, the filing becomes the habit, and the habit becomes the identity. You see the pattern, and seeing it becomes more important than changing it. The second tension is in the order. You build a structure, a plan, a way of doing things, and it works, and so you keep it.

The world shifts around the structure, and you adjust the edges, but you don't rebuild, because rebuilding means admitting the structure wasn't right, and that's a harder thing to do than adjusting the edges.

What it means for you

Bright, observant almond eyes · **Neat, arched eyebrows** · **Full, well-defined Parents Palace**

The plain truth is that your strengths are also your risks, and the work isn't to fix a weakness but to notice when the strength has become a cage. Letting what you see change your mind rather than just confirm it is what you need.

If the answer is no, change one small thing this week. Letting one wall be a door is what you need rather than tearing the whole structure down.

Your face in five themes

01

The watchful eye

Your bright, observant almond eyes are the first thing people notice, and they make you the person in the room who sees the whole situation before anyone else does.

02

The order that holds

The neat, arched eyebrows and the smooth, rounded forehead give your face the look of a mind that works in order and trusts its own conclusions. You build structures, in your work, in your relationships, in your daily rhythm, and those structures hold.

03

The ground that was given

The full, well-defined Parents Palace is the strongest area on your face, and it tells you that the ground you stand on was given to you by the people who raised you or the family that shaped your early years.

04

The quiet authority

The defined cheekbones and the high, straight nose bridge give you a presence that carries weight without needing volume. You don't raise your voice to be heard, and the people around you learn to read your stillness as a signal that you've already decided.

05

The slow build

The rounded nose tip and moderate wings, the moderate Property Palace, and the moderate Fortune Palace all point to a material life that is built slowly and held firmly.

Three things to do next

01 This week, pick one decision you have been turning over in your mind for longer than feels right and make it, writing down the one reason that still feels true and acting on it before the pattern of overthinking takes over again, the way your bright, observant eyes tend to do.

02 This month, call one person in your family or your close circle and ask them what is on their mind, then listen without fixing it, letting the deep support of your full Parents Palace be a place where you're present without needing to solve anything.

03 This month, look at one financial decision or one professional plan you made two or three years ago and ask yourself whether it still fits the life you are living now, and if it doesn't, make one small adjustment, letting the careful hand of your neat, arched eyebrows release one edge of the structure it has been holding.

A last word

Hrithik Roshan,

Your face tells the story of a careful, principled mind that sees the whole room before it speaks, and the ground it stands on is deep and well-supported. The strength most worth trusting is the one between your brows, the quiet, well-ordered Life Palace that keeps your centre intact no matter what the day throws at you.

The willingness to let what you see change your mind rather than just confirm it is the one thing most worth carrying forward. Your face shows tendencies, and the choices you make in the next decade will shape the ground you stand on more than any feature on this page. The lower court is the longest stretch of your map, and it's yours to build.

Words used in this report

Qi · Life energy. Its colour on the skin is read as qi colour.

Yin Tang · The space between the brows, home of the Life Palace.

Quan · The cheekbones, read for authority and drive.

Sun and Moon corners · The upper forehead on the left and the right, home of the Parents Palace.

Twelve Palaces · Twelve areas of the face, each linked to one part of life.

100-year map · A map of the face on which each region governs a span of years.

Shen · The spirit that shows in the eyes: how alert and present you are.

Ren Zhong · The philtrum, the groove between the nose and the upper lip.

Yu Wei · The fish tail: the outer corners of the eyes, home of the Spouse Palace.

Three Courts · The face in three bands: early life, middle life and later years.

Five elements · Wood, Fire, Earth, Metal and Water: the five face types.

YOUR NEXT STEP

Want to go deeper? Pair this reading with your birth chart. Your face shows who you are, and your chart adds when things are likely to move.

This report is a traditional face reading for reflection and personal insight. It isn't medical, psychological, legal or financial advice. For anything about your health, please talk to a doctor.