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5-minute Facial Workout: 30 Exercises for a Naturally Beautiful Face (Paperback)

By Catherine Pez

ROBERT ROSE INC, Canada, 2014. Paperback. Condition: New. Language: English . Brand New Book. More than 50 muscles make up the structure of the human face and to a large degree these muscles determine facial appearance. The muscles of the face can be exercised and toned just like skeletal muscles. With this new programme a marked difference in appearance will be developed and will potentially eliminate the common desire and need for invasive plastic surgery. Too much sun, cigarette smoking, the degradation of collagen layers and poor skin create sagging facial muscles. Facial gymnastics in this programme on a regular basis will reverse a variety of concerns such as empty looking cheekbones, floppy jowls, relaxed eyelids, uncomely wrinkles and too much unwelcome elasticity. Catherine Pez prescribes a facial gym at home to exercise the muscles in the face with no special equipment - just some diligence and discipline. The smile works more than twenty five muscles on the face - so smiling is an important first step. The small and important Risorius muscle is in the corner of the mouth and if well stimulated, will correct a drooping mouth. This muscle also stimulates the other mid-face muscles thereby inflating the...



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