

Face Yoga Exercises

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What Is Face Yoga?

Much like yoga for the body, face yoga consists of exercises and stretches that work the muscles in your face. "The facial movements are like resistance training for the muscles," says BABOR expert esthetician Kimberly Keelan. "And as you work them you see a lift and tone to the skin."

What Are the Benefits of Face Yoga?

- Release tension, which can minimize the appearance of stress lines
- Strengthen and tone facial muscles to ultimately widen eyes, raise cheeks, and firm up the jawline
- Increase circulation and blood flow to the skin, which makes the skin glow
- Smooth fine lines and wrinkles
- Counter the effects of gravity
- Reduce the appearance of scars

Anti-ageing Facial Yoga For Eyes: The V

Good for:

Drooping eyelids, crow's feet, eye bags and puffiness.

Alternative to: Botox and eye surgery.

Step 1

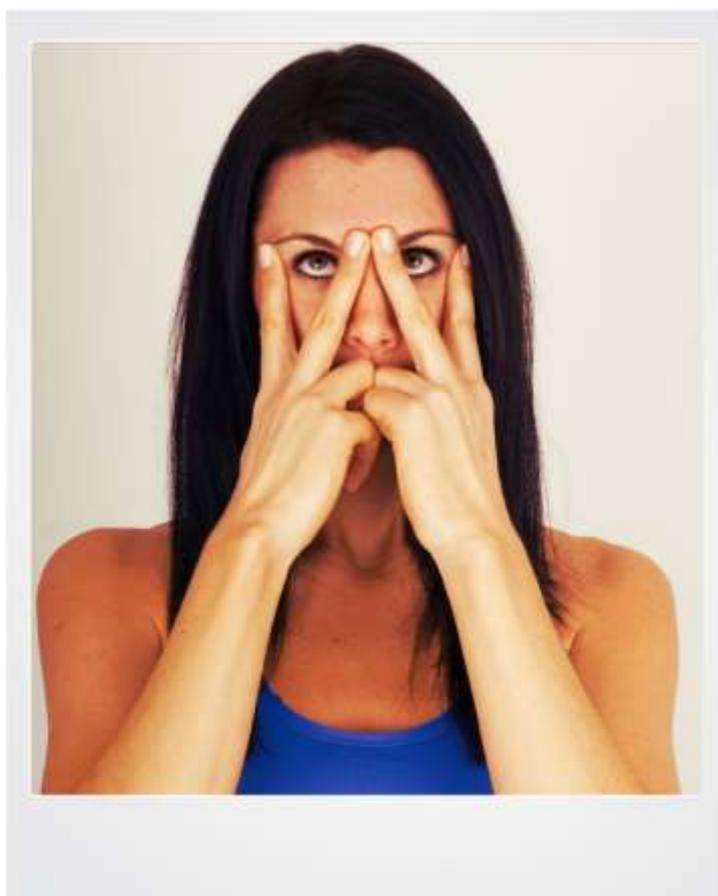
Press both middle fingers together at the inner corner of the eyebrows, then with the index fingers, apply pressure to the outer corners of the eyebrows.

Step 2

Look to the ceiling, and lift the skin below the eyes upwards into a strong squint, and then relax.

Step 3

Repeat six more times and finish by squeezing eyes shut tightly for 10 seconds.



Anti-ageing Facial Yoga For Cheeks: The Smile Smoother

Good for: Cheek lines and sagging skin.

Alternative to: Lower face lift and fillers.

Step 1

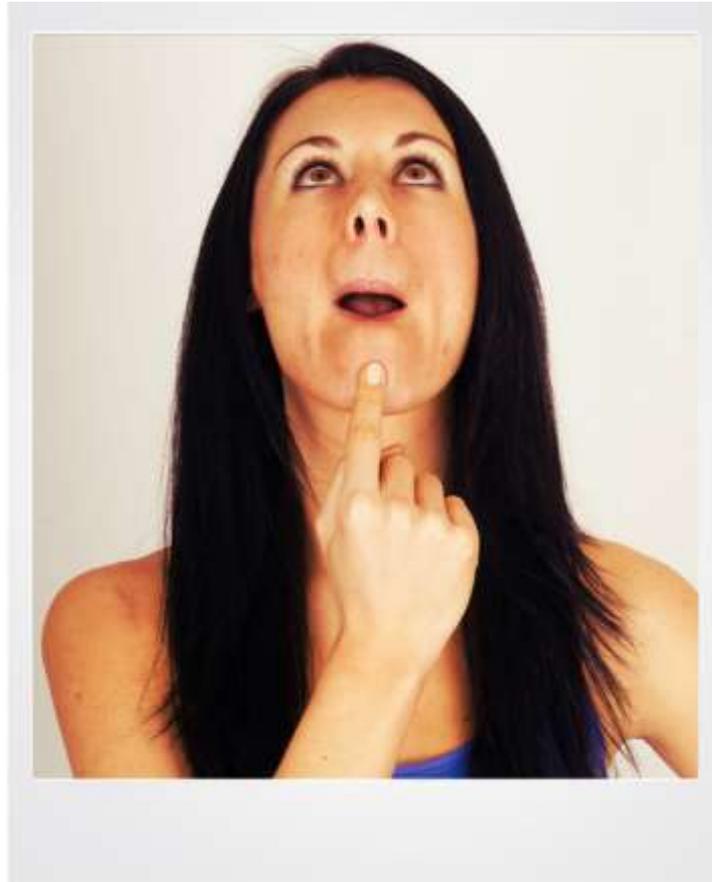
Make an 'O' shape with the mouth, hiding your teeth with your lips.

Step 2

Smile widely while keeping the teeth hidden and repeat six times.

Step 3

Next, hold the smile shape while placing one index finger on the chin. Then start to move the jaw up and down as the head tilts gently back. Relax and repeat twice more.



Anti-ageing Facial Yoga For Forehead: Smooth The Brow

Good For: Horizontal forehead lines.

Alternative To: Botox.

Step 1

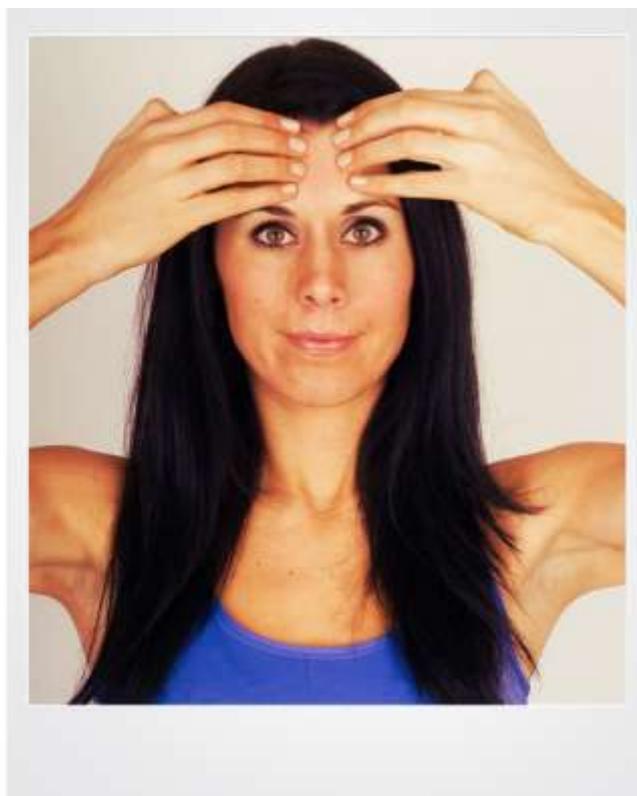
Place both hands on the forehead facing inwards and spread all of the fingers out between the eyebrows and hairline.

Step 2

Gently sweep the fingers outwards across the forehead, applying light pressure to tighten the skin.

Step 3

Relax and repeat 10 times.



Anti-ageing Facial Yoga For Brows: The Flirty Eyes

Good For: Deep eye hollows and drooping eyebrows.

Alternative To: Eyebrow lift.

Step 1

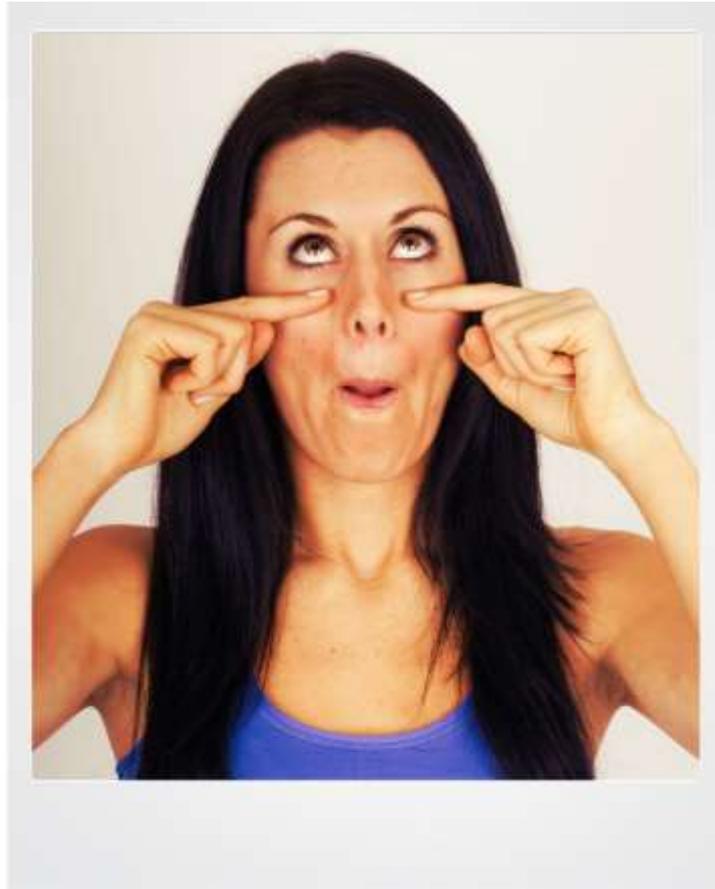
Place an index finger under each eye, pointing towards the nose.

Step 2

Hide the teeth and form an 'o' with your mouth.

Step 3

Flutter the upper eyelids while gazing at the ceiling for 30 seconds.



Anti-ageing Facial Yoga For Chin And Neck: The Giraffe

Good For: Lines and loose skin on the neck.

Alternative To: Neck or jowl lift.

Step 1

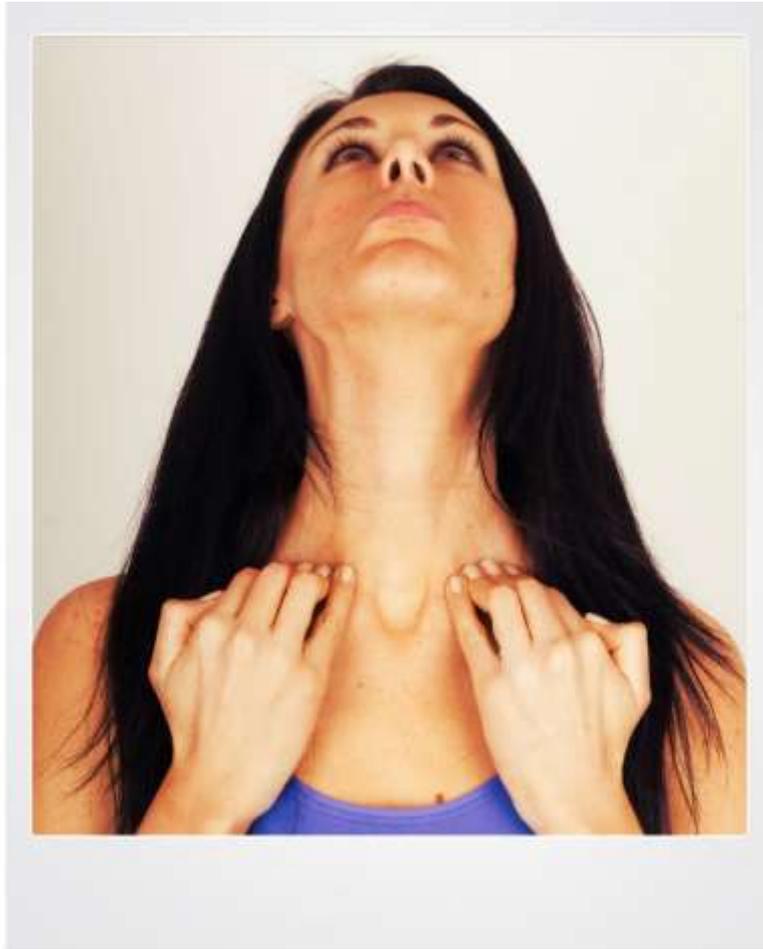
Looking straight ahead, place the finger tips at the bottom of the neck and lightly stroke the skin downwards with the head tilted back.

Step 2

Bring the head back down to the chest and repeat twice more.

Step 3

Finally, jut the lower lip out as far as possible to pull the corners of the mouth down. Place your fingertips on the collarbone with the chin pointed upwards. Hold for four deep breaths.



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