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Do the Warm Up Poses!

For the best results, remember that your body and your face are connected and work together. I highly recommend you begin the face exercises with simple, warm-up body poses (See Part 2: Chapter 7). You will feel more energized and, at the same time, more calm and focused.

Targeting Problem Areas

Part 2 has specific exercises based on the eight most common areas people are most concerned with: forehead, eyes, mouth, cheeks, lips, nasolabial folds, neck, and jawline. You could target a specific area, practice the poses on that area for a while, and then move to another area. However, like any other exercise, it is better to combine the exercises in order to achieve the best results. For example, if you want to have nicer legs, you could work on just your legs alone, but ideally it is better to tone your whole body and get it into better shape overall. The same concept applies to your face.

Face First

Most of the exercises have an “advanced pose” that is combined with body posture. I recommend you try the face exercises first and then add body posture for better results. Once you learn the face poses (most of them are very simple and easy), you will not need to refer to this eBook every time you exercise. One of my clients, who has seen great results, told me that she does the exercises every day while she is commuting by car. Every time she gets in a car, she practices the FYM!



No Time for the Body?

No Problem!

Most of the FYM exercises work great even if you only do the face poses. If you don't want to move your body, or you have some physical restrictions, don't worry! You can still practice the FYM. In fact, my oldest client was a 93-year-old woman. Even in a wheel chair, she was able to do all of the face poses! But if you are able, for the best results, try the poses with the body movements and you will feel the difference.

Finish with the Cool Down!

Make sure to finish with the cooling down exercises. (See Chapter 15: The Cool Down). If you do these at the end of the day, you will be surprised how much they can relax your mind and body. Doing these exercises before bed will lead to better sleep, which is ultimately more beneficial for your skin.

Short on Time?

If you can't find time to squeeze the full FYM exercises into your day, then Part 3 is for you. The Acupressure Push exercises (Bonus Chapter 1) have been my life-saver. I do these in front of the computer before going to bed at night and first thing after getting out of bed in the morning. It amazes me how less than 5 minutes of these exercises can affect my whole day. If you can only spare minutes a day, then the Face Yoga Method® in a Hurry (Bonus Chapter 2) is for you!

Now you are ready to start practicing the FYM!

The Face Yoga Method



*Who sees the human face correctly:
the photographer, the mirror, or the painter?*

PABLO PICASSO

PART 1

Chapter 1: What is the FYM?

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WHAT IS THE FACE YOGA METHOD?

The Facts of Aging

The aging of skin is characterized by several external signs: wrinkles, lines, thinning, sagging, discoloration, age spots, and dull complexion. The aging process begins early, but we don't always see the physical manifestations of aging until we reach our thirties or forties. One of the contributing factors to the aging of skin is a decreased production of collagen. Collagen is a fibrous protein that works as a supportive structure for the inner layer of the skin and as scaffolding for the body.

As we age, irregularities and gaps develop in the collagen mesh, which eventually leads to the formation of wrinkles. Elastin, which helps to keep the skin tight and flexible, giving it the ability to snap back into place, gradually depletes as we age. With each passing year, the skin turnover cycle slows down and dead skin cells don't shed as quickly as before. An average healthy skin turnover is every 28 days, but as we get older, turnover slows down to between 40 to 50 days. Past the age of 70, it takes a couple of months for our skin to create new skin cells. These dead skin layers accumulate and leave the skin dull and rough.

The FYM

The FYM is a blend of yoga-like body postures and facial exercises that will improve your appearance and build up your overall sense of well-being. The FYM is a unique technique to turn back the clock. It focuses on your facial movements and expressions, and teaches you how to exercise your face muscles to create a firmer, more sculpted face line. And because conscious breathing has been known to help increase blood flow to the skin, the FYM also encourages deep breathing techniques. With regular practice you will notice that your expressions will change and any stress lines on your face will start to smooth out. The end result is younger, radiant, glowing skin, a greater sense of self-confidence, and a new awareness from the inside out.

Face Muscles - Use It or Lose It

It is the nature of muscles: if you don't use your muscles, you lose them. There are almost 60 muscles in the face (research shows varying amounts up to 60). The face muscles are very busy and get a daily work out by talking, chewing, smiling, laughing, frowning, and kissing. How often do you pay attention to the repetitive facial movements you make? When you use your face muscles, you need to understand how to use them so that you don't get unwanted wrinkles. The FYM makes you aware of your "bad habits" and teaches you the "proper" way to use your face muscles so that you won't need to worry about unwanted facial lines.



Breathing

Breathing also plays an important role in the FYM. When you breathe normally, notice that you don't fully exhale the air in your lungs. However, it is important to do so during the FYM so that accumulated CO2 can be replaced with fresh, oxygenated air. By focusing on your breathing, you will relax and reset both your mind and body. Deep breathing also promotes better blood circulation, which results in more oxygen and nutrients in the body and face. The FYM is a guide to releasing tension through conscious, deep breathing and movement of the muscles in the body and face.

Beauty From The Inside Out

The FYM not only makes you aware of your own facial movements and expressions, but also of how you view your true self. By practicing the FYM consistently, you will become more aware of yourself and the beauty within you. Some of these exercises may seem incredibly silly and they may make you laugh! But that is also the beauty of the FYM. Life should be fun, right? Try these exercises for yourself and see what the FYM can do for you!



PART 1

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HOW DOES THE FYM WORK?

Skin: The Largest Organ of the Body

The skin is the largest organ of the body and is made up of multiple layers, including the epidermis (top layer), the dermis (sub layer), and the hypodermis (lower layer). The muscles support the skin layers above them. The epidermis protects the skin layers beneath. The dermis contains two important proteins: collagen and elastin (whose functions were explained earlier in Chapter 1: The Facts of Aging). Your skin works to expel waste and toxins from your body. The tone and condition of your skin reflect your inner health. As we age, the production of collagen and elastin slows down, and the skin doesn't function as efficiently as it once did. Cellular growth slows down, toxins can build up, and dead skin layers give the skin a rough texture and dull appearance.

The Truth About Your Face and Wrinkles

The muscles that control facial expressions are delicate, small, fine, and flat. We move our facial muscles unconsciously throughout the day and, as a result, move the overlying skin. When the same movement is repeated over and over, the skin begins to form a visible line or indentation, even when the face is not moving. This eventually leads to wrinkles over time. However, they can be softened and decreased or may even vanish when the facial muscles are relaxed and their movements corrected.

Botox uses this theory and “freezes” the facial muscles. While it may be effective, it is a temporary solution because Botox injections will wear off within 3 to 6 months. Botox also has reported side effects such as: tightness of the affected areas, headaches, anxiety, and depression. It also suppresses certain muscles, resulting in uneven facial expressions and asymmetry. However, conscious facial exercises in the FYM will actually add more symmetry to your face. We see beauty when things are symmetrical, so symmetrical faces tend to look more beautiful and attractive.

Collagen enhanced creams are also temporary treatments because they usually only penetrate the upper layers of the skin. Because the skin naturally sheds dead cells every day, the benefits of creams can be lost very quickly. While the FYM does not directly rebuild collagen fibers or elastin in the skin, it does work the muscles, which support the skin. The exercises work by building a strong foundation and strengthening the muscles under the skin.

Gravity and the Face

Most of us learned about Newton's law of gravity in school. Gravity helps us to stand. We live on earth thanks to gravity. However, gravity is one of the greatest enemies of aging. As you know, gravity pulls down all objects on earth and that includes our body parts. As we age, we get shorter, our breasts sag, our buttocks sag and flatten out, and our stomach protrudes.

Unfortunately, just like the body, our facial parts are also affected by gravity. The corners of the mouth turn down, the nose gets longer, the cheeks sag, and the eyelids droop. We can't stop the aging process, but we can delay age-related effects by taking care of ourselves. Many people exercise to maintain their body and keep it young. Why not exercise your face for the same reason? The FYM exercises your face muscles in ways you never knew existed.

Take a look at yourself in a mirror, imagine how you will look in the future, and compare it to how you looked in the past. We see our face every day, but we don't measure our facial changes like we do other parts of our bodies. There is no obvious device for measuring facial changes like what a belt is for the waistline or a scale is for body weight, and without a measuring instrument, it's harder to track the changes in our faces.

One of my favorite tricks for taking a peek at my future face is to hold a mirror parallel to the floor and breathe in through my nose. While breathing out through my nose, I move my face downward until it is parallel to the mirror. Try it. What do you see that you like or dislike? Which area of your face bothers you? Your double chin? Your saggy cheeks? Your droopy eyelids?

Let's take a look at what your face used to look like. Hold a mirror parallel to the ceiling and breathe in through your nose. While breathing out through your nose, lift your face up until it becomes parallel to the mirror. This is your face in the past. Don't you miss the way you looked then? You may not be able to go back to this face, but with proper face exercises, you can definitely delay the aging process. In the same way that exercise keeps your body younger, FYM can keep your face looking younger too.

The FYM fights the signs of aging. It has been tested, refined, and fine-tuned many times to meet the individual concerns related to aging. So, if you are not happy with the way you look when you look down in the mirror, try some face exercises. You can choose specific exercises for the areas you are concerned about.

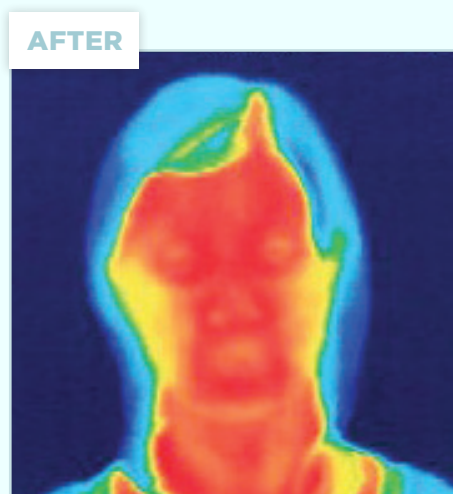
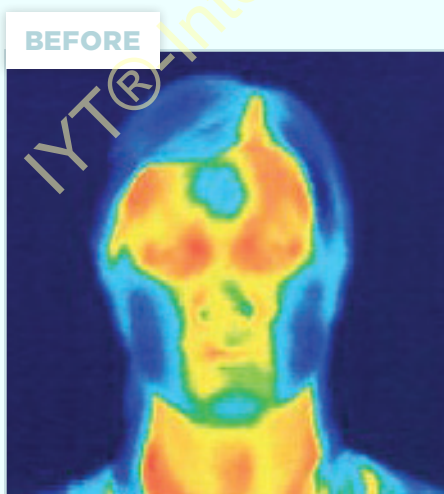
FUTURE FACE**PAST FACE**

Better Circulation = A Younger Looking Face

Every day, when our skin metabolizes, new skin cells are produced. As we age, however, our skin's metabolism slows down, much like other parts of our bodies. In order to keep and increase the metabolism of our skin, good circulation is key.

Almost everyone knows the mental and physical benefits of body exercise. It improves your mood, energy, and posture. It tones your muscles, increases oxygen flow, and helps your body to be strong, flexible, and lean. If you don't exercise, your body grows weak and flabby. The same thing applies to your face. Moving your face promotes better circulation, more oxygen flow, and makes it easier for nutrients to reach the top layer of your skin. When your skin is given proper nutrients, its turnover speeds up, resulting in more radiant, softer, beautiful looking skin.

Here are “before” and “after” photos of the FYM exercises using a thermo-graphic camera. The thermal imaging made it possible to see the amount of radiation sent out by the Face Yoga students. After 3 sets of a 10 second pose, we could see the increases in temperature on their faces! In the photos below, see how the warm parts of the face stand out in contrast against the cooler parts of the face.





3 sets of this 10 second pose
will give your face better circulation

BETTER CIRCULATION

MORE OXYGEN FLOW

MORE NUTRIENTS IN THE BODY & FACE

BETTER LOOKING SKIN

PART 1

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EXPECTED BENEFITS FROM PRACTICING THE FACE YOGA METHOD

You already know the benefits of exercise. When you exercise your body, you feel good. More oxygen travels to your brain and throughout your body, so you are focused and clear but also more relaxed. The same thing applies to the FYM; you will feel good both physically and mentally. Here are some of the benefits you can expect from practicing the FYM.

Mental Benefits

More self-control: You are the practitioner of the FYM.

The more disciplined you are and the more you practice the poses, the more you will feel in control and have better results.

More self-confidence: You do the work and you see the changes. You feel you are in control of your face and, as a result, you will feel more empowered in other areas of your life.

More confidence in speech: The FYM makes you move some of the muscles you don't often use every day and this can result in more clear, confident speech.

Physical Benefits

- Improved complexion due to better circulation
- Higher, more defined cheeks
- Plumper, more defined lips
- Bigger, wide-open eyes
- Less droopy eyelids
- More symmetrical face
- Reduced forehead lines
- Uplifted corners of your mouth
- Reduced lines alongside your mouth (nasolabial folds)
- Reduced double chin
- More defined face line
- Reduced crow's feet
- Reduced puffiness under our eyes
- Reduced dark circles under your eyes
- Reduced lines under your eyes
- Reduced puffiness on your face
- More even skin tone
- Smoother skin
- Controlled, feminine jawline
- Reduced frown lines
- Reduced lines on your entire face
- Firmer, more youthful looking face



PART 1

Chapter 4: FAQs

FAQs

Here are some of the frequently asked questions I hear from people regarding the FYM.

1 When should I practice the FYM?

Ideally twice a day: first thing in the morning and right before going to bed. When you practice the FYM poses in the morning, it wakes up your face muscles and makes you more aware of facial movements throughout the day. Most of us develop unfavorable muscle practices, i.e. frowning too often. Practicing the FYM in the morning can help break bad facial habits. Practicing the FYM before going to bed helps to reset the muscles you used during the day, and to relax not only your face muscles but also your mind to prepare you for a nice, peaceful sleep. If you find it hard to practice the poses in the morning, practice them throughout the day. You can practice some of the poses while driving, cooking, watching TV, or even in the shower! Try to make it a daily habit.

2 How often do I have to practice the FYM before I see results?

Some people see results right away, even after one practice! But most people will see results after two weeks of practice.

Please note that measuring facial changes is very different from measuring bodily changes, which are easy to track with scales and other measuring devices. The results seen on the face are much subtler and appear slowly over time.



For this reason, I highly recommend taking “before” and “after” photos to keep yourself motivated. One of my students, Heather, started practicing some of the FYM poses while on her commute by car. After six weeks of practicing, she ran into a friend whom she hadn’t seen in almost two years. The friend told Heather that she looked younger than she did two years ago and wanted to know what her secret was. The secret was the FYM!

3 Do I have to do all of the poses every day?

No, you don’t have to practice all of the poses every day, but try to practice at least five minutes a day, focusing on the areas you want to improve. If you have a specific concern, you can practice specific poses for problem areas. Once you form the habit of practicing the FYM, your face may feel strange if you don’t do it every day, like with brushing your teeth. For the best results, do a little bit of practice every day instead of doing a long practice every once in a while. In the same way that you wouldn’t exercise for five hours on Sunday and don’t exercise for the rest of the week, it is better to do a little bit of the FYM every day.

4 What if I can’t move my face muscles?

Practice, practice, practice! Practice makes perfect. Remember the first time you rode a bicycle without training wheels? Once your body learns the movement, you will never forget. The same thing applies to your face muscles. If you are not used to moving the

muscles on your face, it may take some time to “feel” the movements. For example, when speaking Japanese, you use fewer face muscles. As a result, Japanese people have a harder time moving their face muscles compared to English speakers, but once they exercise these muscles, they can see great results. Even just trying to move certain muscles is a great exercise for your brain, too.

5 Will I get wrinkles from practicing the FYM?

No. Some people think that moving face muscles will cause more wrinkles. While the wrong repetitive kinds of movements can cause unwanted wrinkles, moving them the right way can prevent and even reduce them. Because each pose is done in a minute or less and every movement is very specific, it would be quite difficult to make more wrinkles by practicing the FYM. To make sure you are using the right muscles and moving them correctly, practice the FYM in front of a mirror until you are able to do the movements correctly. In my mid-30s, I developed a very noticeable forehead line above my right eyebrow due to my habit of moving my right eyebrow every time I talked. After a few months of the FYM practice, the line was gone! Stress can cause more wrinkles on your face than you may think. Because the FYM helps your face muscles relax, you may notice that your entire face is relaxed after the practice.

6 I like certain FYM poses but don't like others. Do I have to practice all of the poses?

It is not necessary to practice all of the poses to get results. You can choose the poses for the areas with which you are concerned. However, just like exercise for the body, a total facial work out will bring better results. I encourage you to practice a variety of the FYM poses. When you want to get a flat stomach, sit-ups are a good exercise but not enough to get a satisfying result. If there are certain FYM poses you don't like, maybe those are the ones you need to practice more to get the results you're looking for.

7 My face feels strange after practicing the FYM. Is that normal?

It is absolutely normal! In fact, that means you are moving the face muscles you are not used to moving. Imagine any sport you try for the first time. How does your body feel during and after playing that sport? Your body and brain are getting new stimulation. If you feel too much pain or an intense sensation, take it easy on the poses and gradually increase the resistance or frequency of the exercise.

8 My family members have double chins, it's genetic. Can I still get results on my chin by practicing the FYM?

The answer is definitely yes! In fact, your parents can be a great indicator of your future face. Study the way their faces look and make note of the areas you want to work on for your own face. If you are more aware of the possible problems in the future, you can prevent the problems before they manifest on your face. Observe your parents' faces and keep your motivation to practice the FYM.

9 How long do I have to hold each pose?

Each pose description will explain this. Some are held for 3 breaths while others may be longer or shorter.

10 I have had a face-lift and/or Botox. Can I still practice the FYM?

Yes. One of the beauties of the FYM is that it can be practiced in combination with other facial treatments. However, since Botox suppresses your facial muscle movements, it can be hard to move your face muscles right after the treatment. If you feel extreme discomfort, stop the exercise and consult your physician. When you practice the FYM, make sure your face is well hydrated to avoid unnecessary damage to your skin's surface. Just imagine smiling with chapped lips; moving your lips that way only makes it worse.

11 I know it's important to drink a lot of water (6-8 glasses every day for your skin), but I don't like to drink that much water, especially before going to bed because I need to go to the bathroom often. What should I do?

Try to drink tepid or hot water with a slice of lemon, which is easier to drink. Water flushes out wastes and toxins from your body, so it helps your skin become clearer and more hydrated. Hot water is not only easier to drink but also better for your skin. Imagine washing an oily dish with hot water; hot water removes oil from the dish easier than cold water.

If you are concerned about going to the bathroom too often, drink hot water before bedtime and see how it affects you. When you drink water, try not to drink a lot at once. Instead, drink a small amount each time, taking sips throughout the day.

12 Is it better to practice a few poses of the FYM every day or all of the poses every other day?

Your success in achieving the face you want really depends on your daily exercise. As I mentioned earlier, if you don't use your muscles, you lose them. It is better to do fewer poses every day rather than all of the poses once in a while. Develop your own daily routine with your favorite poses.

We have created jump starts for all of these different areas of the face that are included in our Face Yoga Method Program.

PART 1

Chapter 5: FYM Do's And Don'ts

FYM DO'S AND DON'TS

The FYM is natural and safe for everybody. Here are some tips for the best results:

FYM Do's

- Relax your face between exercises. The relaxation itself is very beneficial to you, both physically and mentally.
- Practice every day, even if you do just one pose. Daily practice can make a huge difference in the long run. Even if it's only for two minutes, that is much more effective than a longer session once in a while.
- Pay attention to, and concentrate on, the muscles you are using. Visualize your muscles as you move them. Even if you can't move your muscles the way you want to, visualization can improve your results.
- Take time for each exercise. You can achieve better results when you pay attention to what you are doing.

- Check your poses in front of a mirror until you are comfortable doing the poses. Make sure you are using the right muscles and doing the right movements without making unwanted wrinkles.
- Practice the exercises on both sides of your face. You can exercise more on the side you don't feel comfortable with until both sides feel and look the same. Symmetry is one of the fundamental beauties in nature.
- Moisturize your skin before the exercises. If you feel any dryness, apply a cream or moisturizer to avoid stretching your skin. You don't need to take off your makeup or wash your face before the exercises.

FYM Don'ts

- Hold your breath. For optimal results, keep breathing while you do the poses. Even breaths will help to relieve stress.
- Pull your skin! The FYM is a resistance exercise that works on your muscles, which serve as the foundation for your skin.
- Continue the exercise if you feel or experience extreme pain or discomfort. Tender spots and tightness are common when you first start the exercises. However, if you feel a sharp pain in your nerves, listen to your body and stop exercising. You may be using the wrong muscles or doing the movement incorrectly. Read the instructions again before continuing the exercise.
- Practice the same pose over and over for a long period of time. Life needs balance and so does your face.

PART 1

Chapter 6: Five Fundamental Steps

Five Fundamental Steps for a Healthy FYM Practice

1 **FIND:**

Find the acupressure points and dormant muscles. Usually acupressure points are tender and/or sometimes there is a little indentation. Finding dormant muscles and moving them can be very difficult at first, and it may take practice to find them. The more you practice, the easier it gets. Don't give up. Practice makes perfect!

2 **RESIST:**

The FYM is a muscle resistance exercise program. By resisting the target muscles, blood flow is decreased. When the resistance is released, blood flow increases, oxygen and nutrients flow into your body, and, as a result, build up your muscles.

3 **RELAX:**

Relaxing your muscles after creating resistance is an important part of the exercises. Relaxation releases the tightness and tension from your face and body. This results in promoting better circulation, which is a very important aspect of the FYM.

4 VISUALIZE:

When first doing the exercises, you may not be able to isolate and move your muscles. Don't worry! It may take some time but keep practicing. Visualize the face muscles you are trying to move. It is also great stimulation for your brain.

5 HAVE FUN:

If you are serious about getting good results, have fun practicing! Your face shows your emotions. If you are having fun making funny faces, it shows on your face!





IYO®-International Face Yoga Teacher

2

The Exercises



Smile in the mirror. Do that every morning and you'll start to see a big difference in your life.

YOKO ONO

Getting Started

Before you start the FYM exercises for the first time, you will need:

- 1** A mirror to check your poses.
- 2** The intention to change your own face.
- 3** Curiosity and willingness to try the FYM and make funny faces!

Things you will want to have:

- 1** A camera to take “before” and “after” photos to help maintain your motivation.
- 2** Moisturizer to hydrate your face, if necessary.
- 3** Dedication and faith to practice the FYM and see the results.

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PART 2

Chapter 7: The Warm Up

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The Warm Up

The warm up starts with the pelvic and shoulder exercises. It releases tension from your body, especially from the shoulder area where we tend to carry the most stress. If you don't have much time, just try the shoulder warm up or simply do the face warm up (See "The Wow!" section later in this chapter). You can do all of these warm up poses while sitting on a chair.

WARM UP

The Wow!

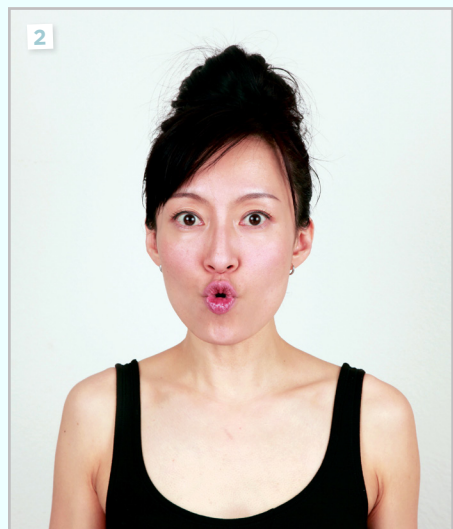
BENEFITS

- Releases tension and stress in your face muscles.
- Uplifts your mood.

KEY POINTS

- Make sure to not wrinkle your forehead while practicing.

- 1 Say “wow” in a very slow, exaggerated manner, opening your mouth as wide as possible.
- 2 Repeat this 10 times. You don’t have to vocalize this exercise to get results, but it helps to relieve stress.
- 3 Repeat 2 more sets.



WARM UP

The Torso Rotation

BENEFITS

- Releases tension around your hips.
- Relaxes your lower back.
- Warms up your body from the center.
- Tones your abdomen.

KEY POINTS

- If you are sitting on the floor with crossed legs, change the position of your legs and do the same set of rotations again.

- 1 Sit tall.
- 2 Relax your shoulders.
- 3 Rest your palms on your knees.
- 4 Open your chest.
- 5 Start rotating your torso, making a circle using the core of your body.
- 6 Keep breathing and rotate for 10 circles. Each time, make the circle bigger.
- 7 Rotate in the other direction for 10 circles.
- 8 Repeat 1 more set.



WARM UP

The Chest Opener

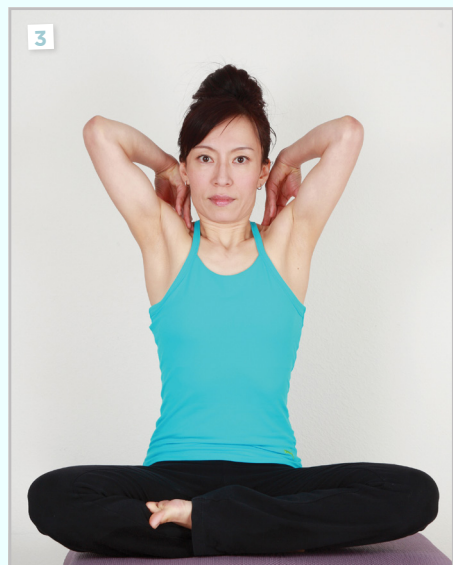
BENEFITS

- Corrects your posture.
- Straightens your shoulders.

KEY POINTS

- Breathe out vigorously while moving your body. Let your body follow your breath.

- 1 Place both hands on your shoulders.
- 2 Open your chest and push your shoulder blades down.
- 3 Breathe in while moving your elbows closer together and then up toward the ceiling as if you are drawing a circle with your elbows. Make 5 complete circles with your elbows.
- 4 Make 5 circles in the opposite direction.
- 5 Repeat 1 more set.



WARM UP

The Shoulder Blade Rotation

BENEFITS

- Releases tension from your shoulder blades.
- Makes you more relaxed.
- Tones both sides of your torso.

KEY POINTS

- Relax your shoulders and imagine you are rotating your shoulder blades.

1 With your palms face down, stretch your arms are out to your sides in an airplane position parallel to the floor.

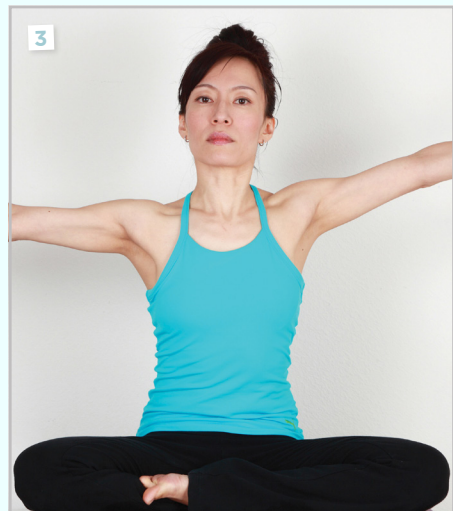
2 Relax your shoulders.

3 Move your right shoulder in a backwards circle alternated by your left shoulder while keeping your arms held in the airplane position.

4 Repeat 10 times.

5 Reverse the direction.

6 Repeat 10 times.



WARM UP

The Neck Stretch

BENEFITS

- Releases tension and stress from your neck and mid back.
- Relaxes you both mentally and physically.

KEY POINTS

- Make sure to not overstretch the back of your neck.
- If you feel pain in your neck, do this stretch with caution and careful attention.

1 Interlace your fingers and place them on the back of your head.

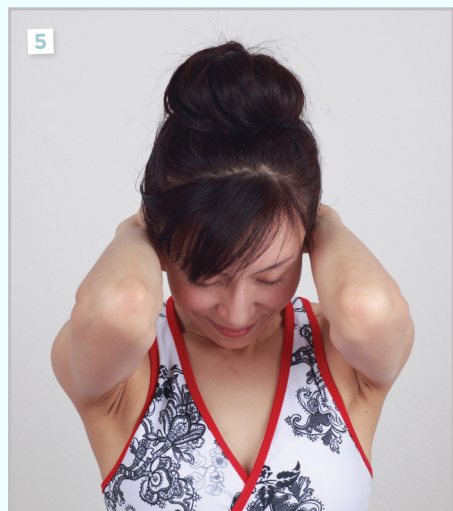
2 Relax your shoulders.

3 Open your chest. Breathe in, breathe out, breathe in.

4 Move your elbows in toward each other parallel to your head.

5 While breathing out, bend your head at a 90 degree angle to the floor.

6 Repeat 2 more sets.



WARM UP

The Shoulder Rotation

BENEFITS

- Stretches your upper back between your shoulder blades.
- Promotes circulation in your chest area.
- Tones your torso.

KEY POINTS

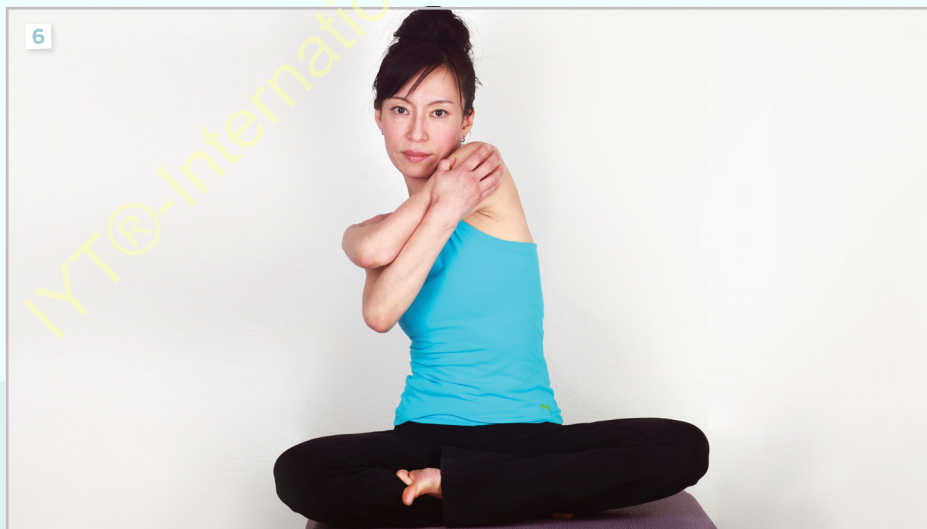
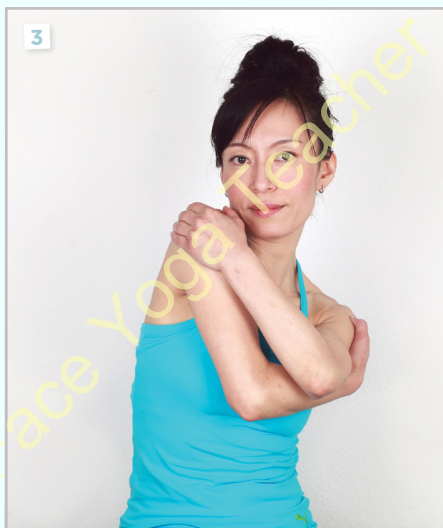
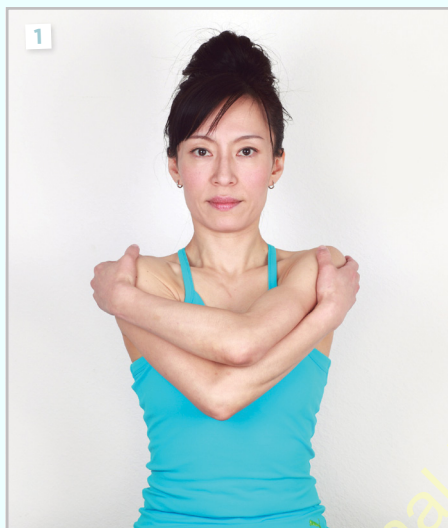
- Breathe out completely with each figure-8 and feel the difference between rotations.
- Remember to reverse the position of your arms between sets.

- 1** Give yourself a hug by holding on to the sides of your shoulders.
- 2** Push down your shoulder blades.
- 3** Rotate your arms and draw a horizontal figure-8 with your elbows.
- 4** Repeat 10 times. Make a bigger figure-8 each time, breathing out completely.

- 5** Reverse the direction. Repeat 10 times.
- 6** Reverse the position of your arms with your opposite arm on top. Start a new set of figure-8s.
- 7** Repeat 10 times.
- 8** Reverse direction.
- 9** Repeat 10 times.

WARM UP

The Shoulder Rotation
(Cont.)



PART 2

Chapter 8: The Forehead Area

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The Forehead Area

I have found this area to be one of the biggest differences between Japanese and American people. I haven't had many Japanese clients who complain about or are concerned with forehead wrinkles. In general, Japanese people don't have very many facial expressions (good or bad). Japanese language and culture don't involve or require very many facial movements. When you speak Japanese, you don't need to use your face muscles in the same way that English speakers do. On the other hand, a major concern of Japanese people is sagging eyelids and facial lines.

BENEFITS

- Relaxes and tones your muscles.
- Softens and decreases wrinkles on your forehead.

KEY POINTS

- When you first start these exercises, check your poses in a mirror, making sure you are not frowning or wrinkling your forehead.
- These poses can be done lying in bed or on the floor.

THE FOREHEAD AREA

The Forehead Massager (With Hands)

BENEFITS

- Massages your scalp.
- Relaxes your forehead.

KEY POINTS

- Keep your shoulders relaxed.

1 Interlace your fingers and place them on top of your head.

2 Applying firm pressure, move your hands back and forth 10 times, then side-to-side 10 times.

3 Place your hands on your forehead.

4 Applying firm pressure, move your hands up and down 10 times.

5 Repeat 2 more sets.



THE FOREHEAD AREA

The Forehead Lift (With Body)

BENEFITS

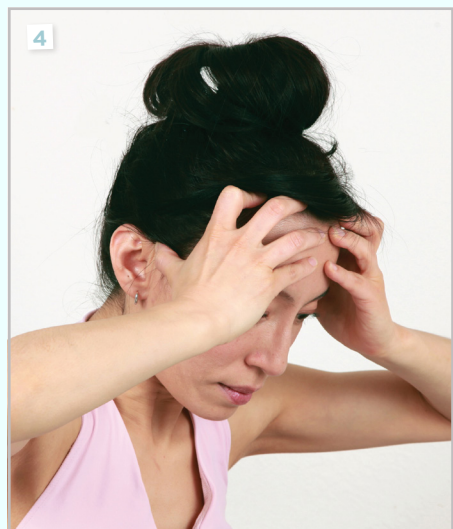
- Promotes circulation in your face for a better complexion.
- Lifts up your forehead.

KEY POINTS

- You can rest your elbows on a table or desk.

- 1** Place your fingertips along your forehead.
- 2** Apply firm pressure and push your fingers upward.
- 3** Relax your shoulders and neck.
- 4** Tilt your face downward parallel to the floor and feel the blood flowing to your face.

- 5** Keep breathing.
- 6** Hold this pose for 10 seconds.
- 7** Repeat 1 more set.



THE FOREHEAD AREA

The Forehead Lift (With Hands)

BENEFITS

- Lifts up your forehead.

KEY POINTS

- You can bring your elbows forward if you feel tension on your shoulders.

1 Place the sides of your hands (the inner web from index finger to thumb) along your hairline with your thumbs pointed downward in front of your ears.

2 Apply firm pressure and push your hairline backward.

3 Keep your chest open and neck and shoulders relaxed, making sure your forehead is not wrinkled.

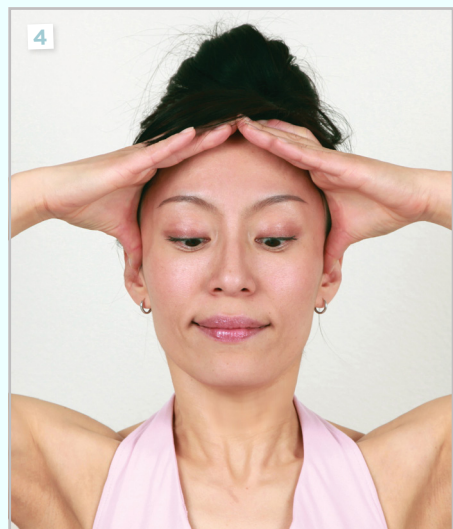
4 While keeping the pressure, look down toward the floor with only your eyes and make sure you are not frowning. Make sure to not tilt your head down.

5 Feel the contraction.

6 Keep breathing.

7 Hold this pose for 10 seconds.

8 Repeat 1 more set.



THE FOREHEAD AREA

The Eye Opening Binocular Pose (With Hands)

BENEFITS

- Reduces unnecessary forehead movement.
- Prevents wrinkles on your forehead.
- Tones your torso.

KEY POINTS

- Gaze at a point in the distance to feel the resistance (contraction) when you squint and when you open your eyes.
- Make sure to not wrinkle or furrow your forehead.

- 1 Curl your hands into “C” shapes.
- 2 Place your index fingers above each eyebrow, along your upper eye bones.
- 3 Position each thumb on either side of your nose, just above your nostrils.
- 4 Press your fingers of each hand downward and then sideways, making sure to not wrinkle your forehead.
- 5 Open your chest. Pull down your shoulder blades.
- 6 Gaze at a point in the distance and tighten your focus by squinting for 5 seconds.
- 7 Close your eyes and relax for 3 seconds.
- 8 Open your eyes as wide as possible. Hold for 5 seconds while pressing your index fingers firmly into your eyebrows, making sure neither your eyebrows nor your forehead move.
- 9 Close your eyes and relax for 3 seconds.
- 10 Repeat 2 more sets.

THE FOREHEAD AREA

The Eye Opening Binocular Pose
(With Hands) (Cont.)



THE FOREHEAD AREA

The Forehead Acupressure Point Push (With Hands)

BENEFITS

- Relaxes your forehead.
- Removes tension to prevent wrinkles.

KEY POINTS

- You might feel some sensation on your forehead at first. Keep breathing and it will eventually go away.

1 Make fists with both hands and place your middle and index finger knuckles onto the center of your forehead.

2 Apply firm pressure.

3 While keeping the pressure, slowly slide your fists to the sides of your forehead. Bring them back to the center. Repeat 4 more times.

4 Repeat 2 more sets.



PART 2

Chapter 9: The Eye Area

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The Eye Area

It is often said that “the eyes are the windows to the soul.” Like it or not, your eye area shows the truth about your age. The skin around your eye area is different from other facial skin. It is extremely thin and sensitive, and it gets multiple workouts throughout the day. Smiling, squinting, and other frequent eye movements make your eye area prone to dryness and wrinkles.

Puffiness and dark circles show up more often as we age. Gravity also plays a role, and sagging upper eyelids can make your eyes look small and sleepy. Eye stress often makes you look tired and older.

In order to maintain a youthful look, your eye area should be well taken care of. The following exercises work on the muscles around your eyes. Some of the poses will make you more relaxed, while others will help decrease and prevent puffiness and crow’s feet, as well as lift up the corners of your eyes. This is a very delicate area, so don’t apply too much pressure or stretch the skin around your eyes. If your eye area feels dry, make sure to apply moisturizer before you begin these exercises.

BENEFITS

- Firms and strengthens the muscles around your eyes to decrease puffiness and reduce dark circles.
- Lifts up the corners of your eyes.

KEY POINTS

- Gaze at a point in the distance to feel the resistance (contraction) when you squint and when you open your eyes.
- Make sure to not wrinkle or furrow your forehead.

THE EYE AREA

The Eye Flex (Hands Free)

BENEFITS

- Firms and strengthens the muscles around your eyes.

KEY POINTS

- Don't move or furrow your forehead.

- 1 Look straight ahead.
- 2 Relax your forehead.
- 3 Gaze at a point in the distance and tighten your focus by squinting for 5 seconds.
- 4 Close your eyes and relax for 3 seconds.
- 5 Repeat 2 more sets.



THE EYE AREA

The Eye Flex (With Hands)

BENEFITS

- Prevents and reduces crow's feet.

KEY POINTS

- Be gentle when pulling your fingers back so that you don't create extra lines.

1 Place your middle and index fingers at the outer corners of your eyes.

2 Spread your fingers slightly apart and pull at a 45 degree angle toward the back of your head until your eyes are in a squint.

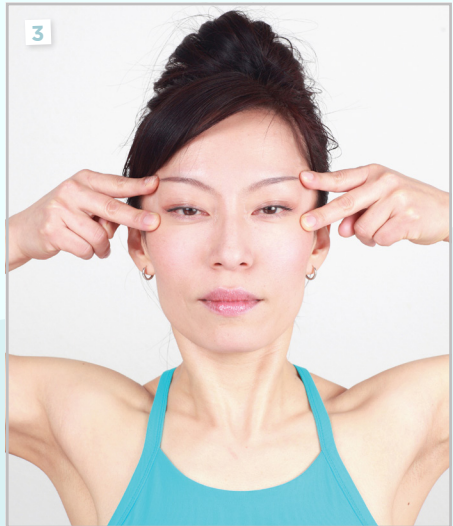
3 Gaze at a point in the distance and tighten your focus by squinting for 5 seconds.

4 Close your eyes and relax for 3 seconds.

5 Repeat 2 more sets.

THE EYE AREA

The Eye Flex
(With Hands) (Cont.)



THE EYE AREA

The Crow's Feet Press (With Hands)

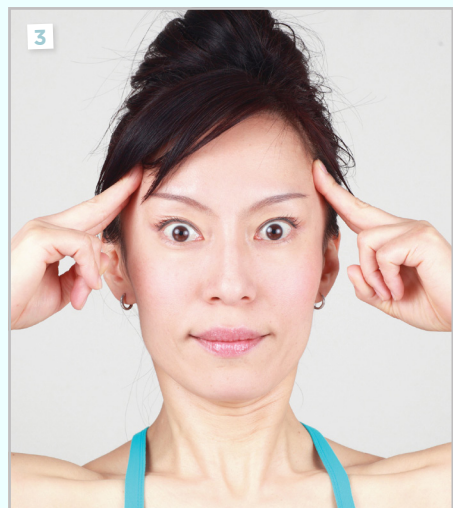
BENEFITS

- Tones your under eye bags.
- Reduces eye puffiness.

KEY POINTS

- Be gentle. Don't pull your fingers too much and create wrinkles on your eye and forehead areas.

- 1** Look straight ahead with your forehead relaxed and breathe evenly.
- 2** Place your index and middle fingers of both hands on your hairline.
- 3** Push your fingers upward at a 45 degree angle from the outer corners of your eyes.
- 4** Feel the stretch in your crow's feet area.
- 5** Gaze at a point in the distance and tighten your focus by squinting for 5 seconds.
- 6** Close your eyes and relax for 3 seconds.
- 7** Repeat 2 more sets.



THE EYE AREA

The Eye Bag Toner (Hands Free)

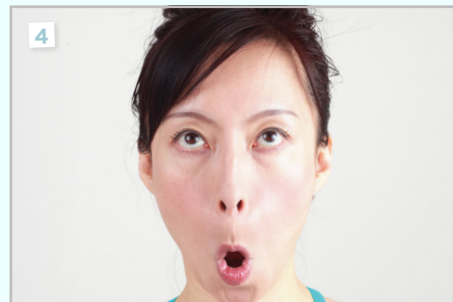
BENEFITS

- Tones your under eye bags.

KEY POINTS

- Relax your forehead.
- Make sure to not furrow or wrinkle your forehead.

- 1 Look straight ahead.
- 2 Relax your forehead.
- 3 Open your mouth by dropping your jaw and make an “O” shape by pressing your upper lip against your teeth.
- 4 Gaze at the ceiling at a 45 degree angle and tighten your focus by squinting for 10 seconds.
- 5 Close your eyes and relax for 3 seconds.
- 6 Repeat 2 more sets.



THE EYE AREA

The Eye Bag Toner (With Hands)

BENEFITS

- Tones your under eye bags.
- Reduces eye puffiness.

KEY POINTS

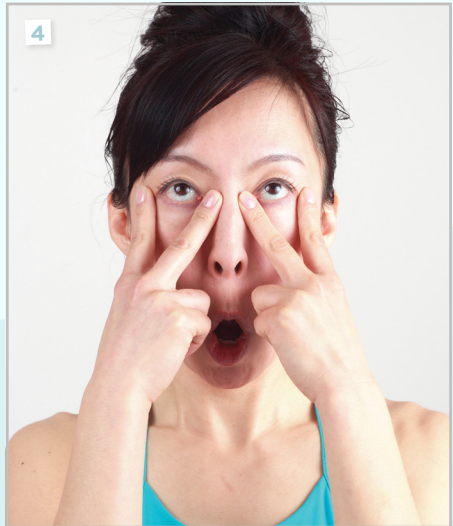
- Relax your forehead.
- Make sure to not wrinkle or furrow your forehead.

- 1** Place your middle fingers at the innermost corners of your eyes, and index fingers at the outermost corners of your eyes. Apply slight pressure.
- 2** Relax your forehead.
- 3** Open your mouth by dropping your jaw and make an “O” shape by pressing your upper lip against your teeth.

- 4** Gaze at the ceiling at a 45 degree angle and tighten your focus by squinting for 10 seconds.
- 5** Close your eyes and relax for 3 seconds.
- 6** Repeat 2 more sets.

THE EYE AREA

The Eye Bag Toner
(With Hands) (Cont.)



THE EYE AREA

The Under Eye Smoother (With Hands)

BENEFITS

- Smooths out the area under your eyes.
- Reduces eye puffiness.

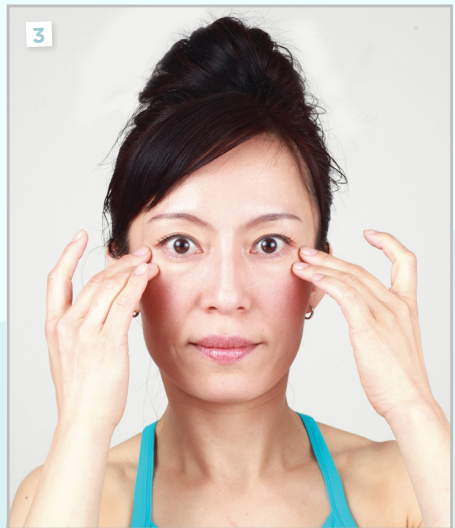
KEY POINTS

- If your under eye area feels dry, apply moisturizer before and/or after the pose.

- 1** Place your middle fingers at the innermost corners of your eyes and apply slight pressure.
- 2** Keep breathing and hold for 5 seconds.
- 3** With your middle and ring fingers, start tapping under your eyes from the inside to the outside for about 5 seconds.
- 4** Repeat 5 more sets.

THE EYE AREA

The Under Eye Smoother
(With Hands) (Cont.)



THE EYE AREA

The Under Eye Relaxer (With Hands)

BENEFITS

- Relaxes your eyes.

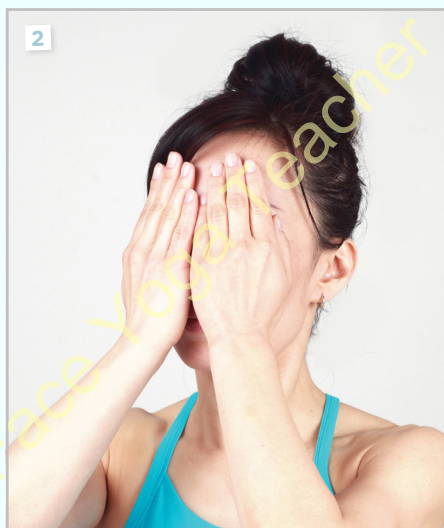
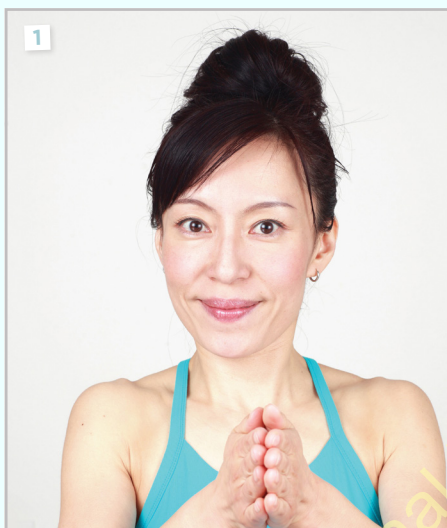
KEY POINTS

- Great relaxation pose to do while lying in bed or on the floor.

- 1** Rub your palms vigorously until you feel the heat.
- 2** Close your eyes and place your palms over your eyes.
- 3** Feel the heat and relax your eyes.
- 4** Tilt your head forward and relax your eyes.
- 5** Relax your head so that your hands are fully supporting your head.
- 6** Keep breathing and hold for 10 seconds.
- 7** Repeat 1 more set.

THE EYE AREA

The Under Eye Relaxer
(With Hands) (Cont.)



THE EYE AREA

No More Tired Eyes (Hands Free)

BENEFITS

- Reduces tiredness and dryness in your eye area.
- Diminishes bloodshot eyes.

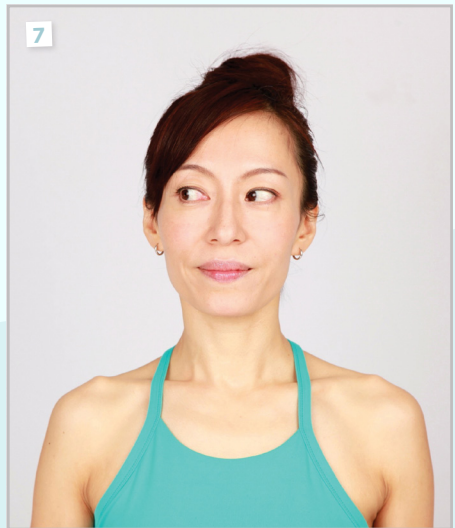
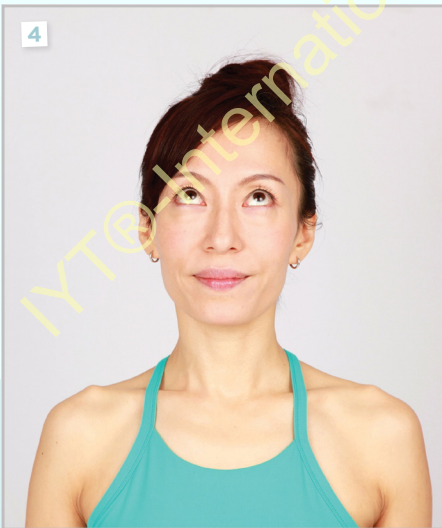
KEY POINTS

- You can do this pose with your eyes closed.

- 1** Relax your forehead.
- 2** Without wrinkling your forehead, open your eyes as wide as possible.
- 3** Move your eye gaze to the right as far as possible.
- 4** Gradually move your gaze clockwise, making a full circle, for about 10 seconds.
- 5** Make sure you are not furrowing or wrinkling your forehead.
- 6** Close your eyes and relax for 3 seconds.
- 7** Do the same exercise counter-clockwise.
- 8** Repeat 1 more set.

THE EYE AREA

**No More Tired Eyes
(Hands Free) (Cont.)**



THE EYE AREA

Creating Eye Symmetry (With Hands)

Version

A

BENEFITS

- Makes your eye area symmetrical, especially your eyebrows.

KEY POINTS

- Don't worry about wrinkling the left or right side of your forehead. For a Cool Down following this pose, try The Forehead Tapping to relax your forehead.

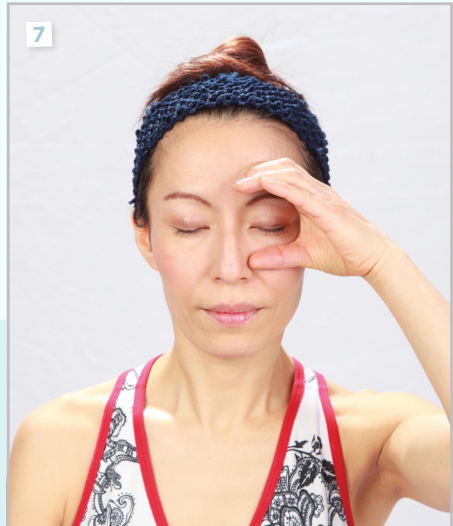
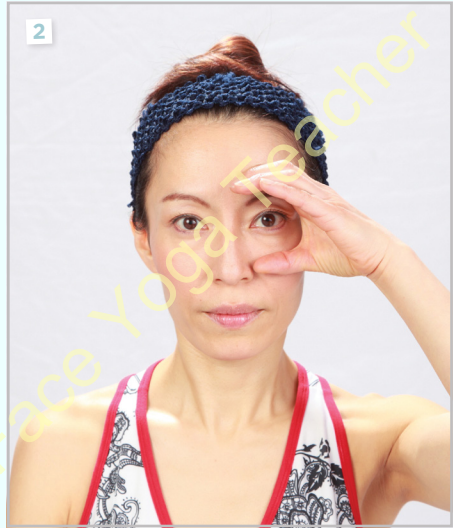
- ⓘ It's very important to figure out which eye/eyebrow is higher than the other. First, take a look at yourself in a mirror and determine which eyebrow is higher than the other. If you are still not sure, take a photo of your face to examine or ask someone if they can tell by looking at you.

If your right eyebrow is higher than your left, you will exercise your left eye and use your right hand to hold your right eye stationary.

- 1 Curl your right hand into the shape of a "C".
- 2 Place your right index finger above your right eyebrow, along your upper eye bone.
- 3 Position your right thumb on the right side of your nose, just above your nostril.
- 4 Press your fingers downward and then sideways.
- 5 Open your chest. Pull your shoulder blades down.
- 6 Open your left eye as wide as possible while lifting up your left eyebrow as high as possible. Hold for 10 seconds, while pressing your right fingers firmly into your eyebrow. Make sure your right eyebrow and right side of your forehead remain stationary.
- 7 Close your eyes and relax for 3 seconds.
- 8 Repeat 3 more sets.

THE EYE AREA

Creating Eye Symmetry
(With Hands) (Cont.)



Turn Over for Version B



THE EYE AREA

Creating Eye Symmetry (With Hands)

Version

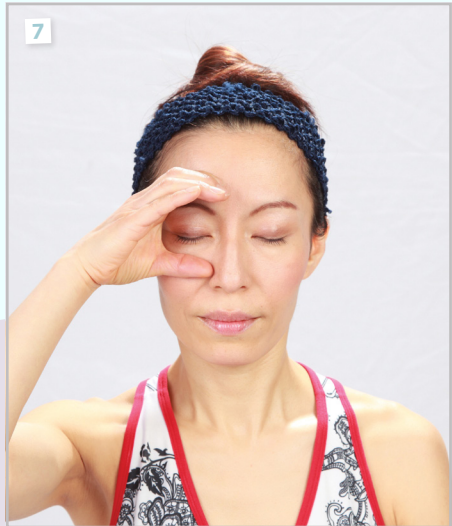
B

If your left eyebrow is higher than your right, you will exercise your right eye and use your left hand to keep your left eye stationary.

- 1** Curl your left hand into the shape of a “C”.
- 2** Place your left index finger above your left eyebrow, along your upper eye bone.
- 3** Position your left thumb on the left side of your nose, just above your nostril.
- 4** Press your fingers downward and then sideways.
- 5** Open your chest. Pull your shoulder blades down.
- 6** Open your right eye as wide as possible while lifting up your right eyebrow as high as possible. Hold for 10 seconds, while pressing your left fingers firmly into your eyebrow. Make sure your left eyebrow and left side of your forehead remain stationary.
- 7** Close your eyes and relax for 3 seconds.
- 8** Repeat 3 more sets.

THE EYE AREA

Creating Eye Symmetry
(With Hands) (Cont.)



PART 2

Chapter 10: The Mouth Area

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The Mouth Area

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The mouth area shows your age, but it also shows your emotions. When the corners of your mouth are down, which can occur as you age, you look unhappy or sad. Training your mouth area not only makes you look younger and happier, but also gives you a natural, happy smile, which makes you more attractive.

When you first start these exercises, make sure that both corners of your mouth are at the same level. Until you get used to the poses, I highly recommend you use a mirror to check your face while doing them.

BENEFITS

- Lifts up the corners of your mouth to give you a natural smile and make you look happy!

KEY POINTS

- Make sure both corners of your mouth are at the same level.

THE MOUTH AREA

The Smile Lifter (Hands Free)

BENEFITS

- Firms and lifts up your cheeks.
- Lifts up the corners of your mouth.
- Tones your neck area.

KEY POINTS

- By pushing your tongue up to the roof of your mouth, the muscles around your mouth and cheeks contract more and tone your neck area.

- 1** Move your jaw slightly forward and curl your lower lips over your teeth.
- 2** Smile, making sure both corners of your mouth are at the same level.
- 3** Lift up your chin slightly.
- 4** Push your tongue up to the roof of your mouth.
- 5** Keep pushing hard for 10 seconds, then relax.
- 6** Repeat 2 more sets.



THE MOUTH AREA

The Smile Lifter (With a Tool)

BENEFITS

- Lifts your cheeks.
- Tones your neck area.

KEY POINTS

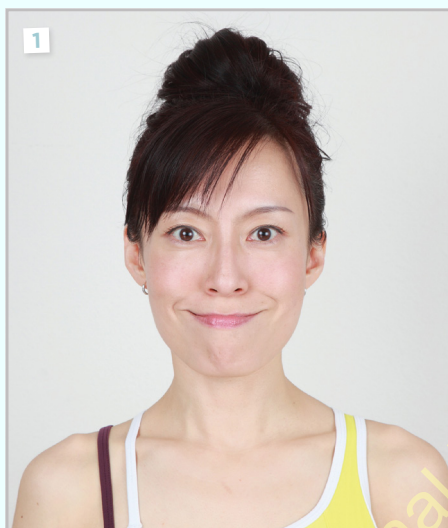
- Don't bite the tool too hard, just hold it with your mouth.

! Note: Use a tool such as a pen or a chopstick.

- 1** Move your jaw slightly forward and curl your lower lips over your teeth.
- 2** Smile, making sure both corners of your mouth are at the same level.
- 3** Lift up your chin slightly.
- 4** Place the tool horizontally in your mouth, behind your canine teeth if possible.
- 5** Hold this pose for 10 seconds and then relax for 3 seconds.
- 6** Repeat 2 more sets.

THE MOUTH AREA

The Smile Lifter
(With a Tool) (Cont.)



THE MOUTH AREA

The Yummy Face (Hands Free)

BENEFITS

- Lifts up the corners of your mouth, which makes you look young and happy.

KEY POINTS

- Make sure to hold your smile throughout this exercise.

1 Smile, making sure both corners of your mouth are at the same level.

2 Stick your tongue out as if trying to touch the tip of your nose.

3 Hold for 3 seconds.

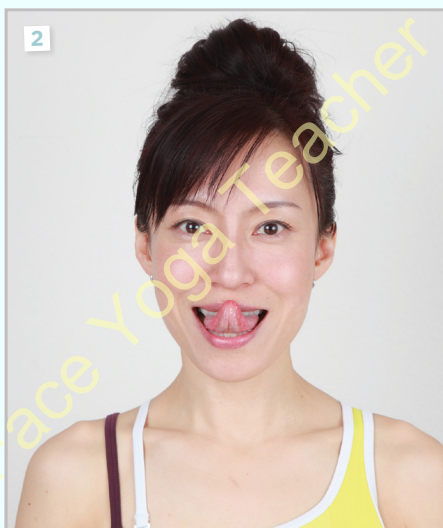
4 Slowly move your tongue to the right, pushing it out and up. Hold for 3 seconds.

5 Slowly move your tongue to the left, pushing it out and up. Hold for 3 seconds.

6 Repeat 2 more sets.

THE MOUTH AREA

The Yummy Face
(Hands Free) (Cont.)



THE MOUTH AREA

The Yummy Face (With Hands)

BENEFITS

- Lifts up the corners of your mouth and cheeks, which makes you look young and happy.

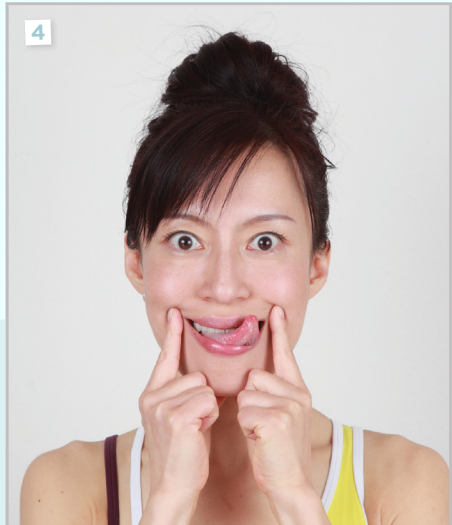
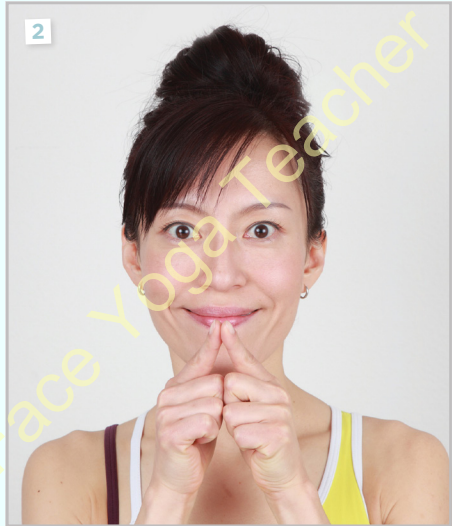
KEY POINTS

- Make sure to hold your smile throughout this exercise.

- 1** Smile, making sure both corners of your mouth are at the same level.
- 2** Place both thumbs under your chin and lift the corners of your mouth with your index fingers.
- 3** While holding this position, stick your tongue out and try to touch the tip of your nose.
- 4** Slowly move your tongue to the right, pushing it out and up.
- 5** Slowly move your tongue to the left for 5 seconds, then to the right for 5 seconds.
- 6** Repeat 2 more sets.

THE MOUTH AREA

The Yummy Face
(With Hands) (Cont.)



THE MOUTH AREA

The Symmetrical Mouth

BENEFITS

- Creates symmetry in your mouth area.
- Lifts up your cheeks and the corners of your mouth.
- Tones your neck area.
- Prevents and decreases “smoker’s lines” on your upper lip.
- Reduces and evens out nasolabial folds.
- Works great if you want to replace your gummy smile with a natural, beautiful, and confident smile.

KEY POINTS

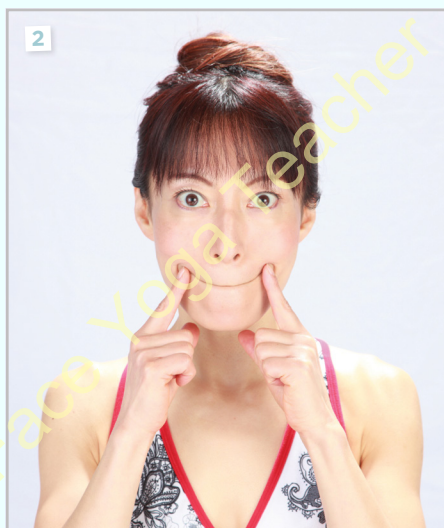
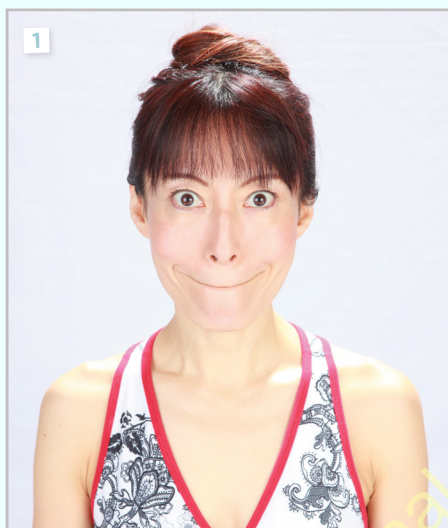
- When you have an asymmetrical smile, it’s usually because you favor one side of your mouth to chew your food. When eating, be aware of using the opposite side of your mouth so that you start developing your muscles on that side, eventually using both sides evenly. Repeat 2 to 3 times a day.

Before practicing this pose, it’s important to figure out which side of your mouth is higher than the other. First, take a look at yourself in a mirror and determine which side of your mouth sits higher on your face. If you are still not sure, take a photo of your face to examine or ask someone if they can tell by looking at you.

- 1 Curl your upper and lower lips over your teeth.
- 2 Place your index fingers at the corners of your mouth and then lift up the outside edges, making sure both corners of your mouth are at the same level.
- 3 Slowly move your gaze toward
- 4 the ceiling, keeping the corners of your mouth lifted.
- 5 Slowly tilt your chin up and head back. Hold this for 5 seconds. (If this strains your neck, only tilt as far back as is comfortable for you. You will still benefit from the exercise.)
- 5 Repeat 1 more set.

THE MOUTH AREA

The Symmetrical Mouth
(Cont.)



PART 2

Chapter 11: The Lip Area

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The Lip Area

Lips also age as we age. They lose firmness, their color fades, and they get wrinkly. Lips get plenty of exercise daily through talking, smiling, chewing, and kissing. The following exercise stimulates the muscles around your mouth so that they make your lips firm, smooth, and plump.

BENEFITS

- Firms your lips and makes them smooth and plump.

KEY POINTS

- For the best results, try to hold the poses until you feel a tingly sensation.

THE LIP AREA

The Lip Plumper (Hands Free)

BENEFITS

- Plumps your lips.
- Diminishes the lines around your mouth.

KEY POINTS

- Use your cheek muscles to pull your lips.

1 Curl your upper and lower lips over your teeth while pulling your lips back toward your molar teeth.

2 Insert your tongue between your lips and gently bite down with firm pressure.

3 Hold this position for 5 seconds.

4 Repeat 2 more sets.



THE LIP AREA

The Smackeroo (Hands Free)

BENEFITS

- Strengthens and firms the area around your mouth.
- Shapes your lips and gives them a rosy color.

KEY POINTS

- Smiling after this pose helps to smooth out the muscles around your mouth.

1 Lift up your chin slightly. Pucker your lips and keep them firm.

2 Close your eyes and relax your forehead.

3 Blow 3 breaths of air out of your lips while keeping them puckered.

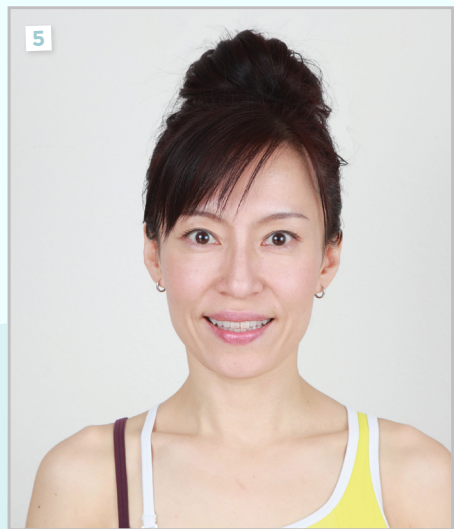
4 Repeat 5 times.

5 Come out of the pose and smile.

6 Repeat 2 more sets.

THE LIP AREA

—
The Smackeroo
(Hands Free) (Cont.)



THE LIP AREA

The Smackeroo (With Hands)

BENEFITS

- Strengthens and firms the area around your mouth.
- Shapes your lips and gives them a rosy color.

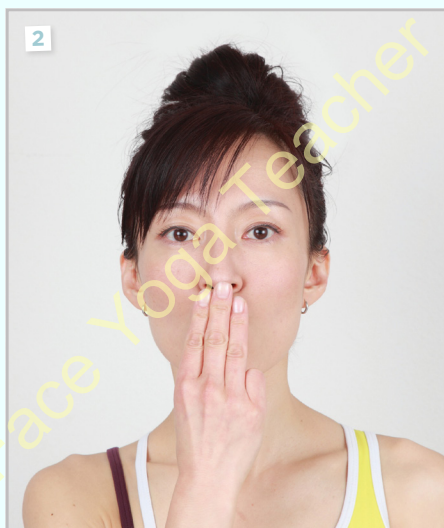
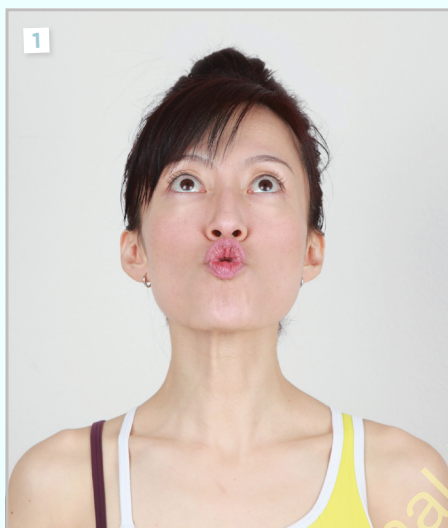
KEY POINTS

- Smiling after this pose helps to smooth out the muscles around your mouth.
- The air may not come out easily but that is okay.
- You can do this pose with your eyes closed to focus on the sensation.

- 1** Lift up your chin slightly. Pucker your lips and keep them firm.
- 2** Place your index, middle and ring finger on your lips and apply pressure.
- 3** Blow 3 breaths of air out of your lips while keeping them puckered.
- 4** Do 2 sets of 5 repetitions each.
- 5** Come out of the pose and smile.
- 6** Blow 3 breaths of air out of your lips while keeping them puckered.
- 7** Repeat 5 times.
- 8** Come out of the pose and smile.
- 9** Repeat 2 more sets.

THE LIP AREA

—
The Smackeroo
(With Hands) (Cont.)



THE LIP AREA

The Lip Smoother (Hands Free)

BENEFITS

- Smoothes the area around your mouth.
- Diminishes your “smoker’s lines”.

KEY POINTS

- Make sure the corners of your mouth are at the same level.

1 Press your lips firmly against your teeth and smile.

2 Place your tongue firmly behind your lower teeth.

3 While holding this position, push air out from your mouth for 3 breaths and then hold.

4 Repeat 5 times.

5 Repeat 1 more set.



THE LIP AREA

The Lip Smoother (With Hands)

BENEFITS

- Smooths the area around your mouth.
- Tones under your chin and lifts up your cheeks.

KEY POINTS

- Make sure the corners of your mouth are at the same level.

- 1** Place both thumbs under your chin.
- 2** Place your index fingers on the corners of your mouth and push them up slightly.
- 3** Press your lips firmly against your teeth and smile.
- 4** Place your tongue firmly behind your lower teeth.
- 5** While holding this position, push air out through your mouth for 3 breaths and then hold.
- 6** Repeat 5 times.
- 7** Repeat 1 more set.



THE LIP AREA

The Lip Plumper (With Hands)

BENEFITS

- Plumps your lips.
- Diminishes the lines around your mouth.

KEY POINTS

- When you pull your hands toward your ears, you should see fewer nasolabial fold lines.

1 Curl your upper and lower lips over your teeth while pulling your lips back.

2 Insert your tongue between your lips and gently bite down with firm pressure.

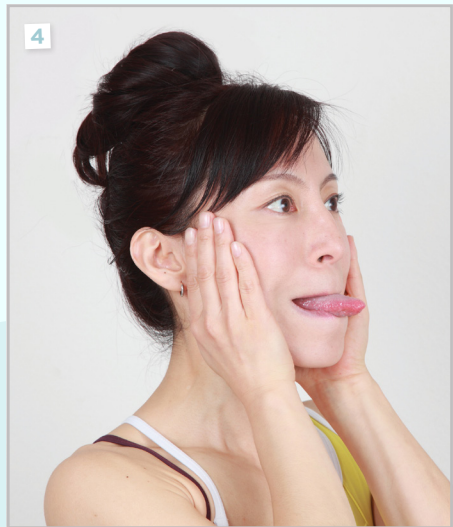
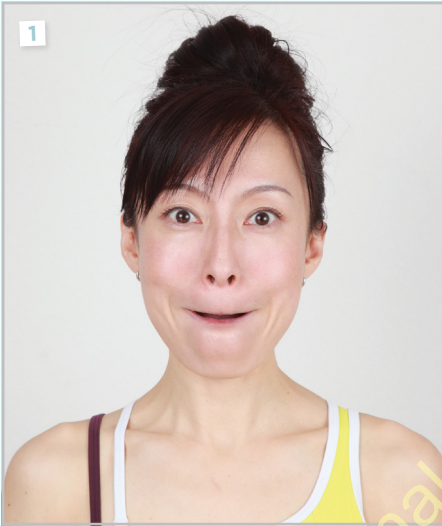
3 Place both of your palms on the sides of your face and apply firm pressure while pulling your hands toward your ears.

4 Hold this position for 5 seconds.

5 Repeat 2 more sets.

THE LIP AREA

The Lip Plumper
(With Hands) (Cont.)



THE LIP AREA

The Bumble Bee Lip (Hands Free)

BENEFITS

- Plumps your lips and gives them a natural rosy color.

KEY POINTS

- You can alternate the vibration speed from fast to slow then fast again to get the most benefit.

1 With your mouth lightly closed, vibrate your lips together while making a humming sound for 10 seconds.

2 Repeat 3 sets.



THE LIP AREA

The Bumble Bee Lip (With Hands)

BENEFITS

- Plumps your lips and gives them a natural rosy color.

KEY POINTS

- Using your index fingers adds an extra challenge to the vibration exercise. You will most likely have to build up to this challenge.

- 1** Place both thumbs under your chin and both index fingers on top of your chin.
- 2** Apply light pressure.
- 3** With your mouth lightly closed, vibrate your lips together while making a humming sound for 10 seconds.
- 4** Repeat 3 sets.



PART 2

Chapter 12: The Nasolabial Folds

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The Nasolabial Folds

Nasolabial folds are also called “laugh lines” or “smile lines.” They run along the sides of your mouth. Even in your twenties, you may start notice short lines running from each side of your nose even when you are not smiling. As we age, our cheek muscles sag, sometimes resulting in extra fat and excess skin on our cheeks. Nasolabial folds get deeper and longer over time, and eventually they can reach to the corners of your mouth. The following poses work on your nasolabial folds, smoothing out the lines by pushing them out from the inside and lifting your cheek muscles.

BENEFITS

- Diminishes your nasolabial folds that make us look older.

KEY POINTS

- Try to imagine you are smoothing out your nasolabial folds. Make sure to relax your forehead, especially during The Big “O” pose.

THE NASOLABIAL FOLDS

The Big “O” (Hands Free)

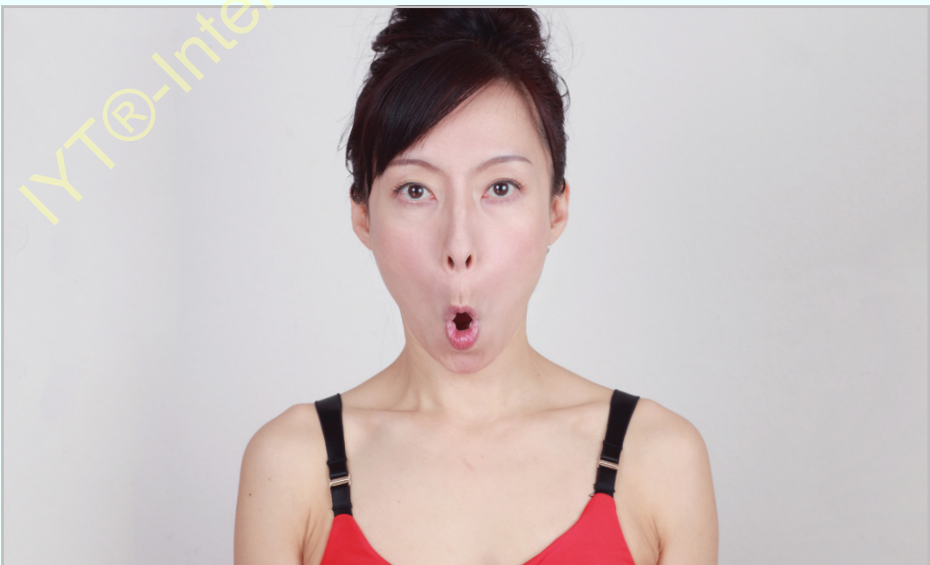
BENEFITS

- Smooths your nasolabial fold lines.
- Increases blood circulation throughout your entire face and neck areas.

KEY POINTS

- Don't tighten your jaw or chin area. Instead, when you open your mouth, drop your jaw.

- 1** Open your mouth by dropping your jaw and make an “O” shape with your mouth by pressing your upper lip area against your teeth.
- 2** Feel the smoothing sensation under your eye area.
- 3** Hold this for 10 seconds.
- 4** Repeat 2 more sets.



THE NASOLABIAL FOLDS

The Big “O” (With Hands)

BENEFITS

- Smooths your nasolabial fold lines.
- Lifts up your upper face lines.

KEY POINTS

- You can adjust your arm positions so that you see the fewest nasolabial folds.
- Don't tighten your jaw or chin area. Instead, when you open your mouth, drop your jaw.

- 1** Place both palms on your temples.
- 2** Push your hands upward 45 degrees, toward your ears, lifting the sides of your face.
- 3** Open your mouth by dropping your jaw and make an “O” shape with your mouth by pressing your upper lip area against your teeth.
- 4** Feel the soothing sensation under your eye area.
- 5** Hold this for 10 seconds.
- 6** Repeat 2 more sets.

THE NASOLABIAL FOLDS

The Big “O”
(With Hands) (Cont.)



THE NASOLABIAL FOLDS

The Nasolabial Folds Lift-Up (Hands Free)

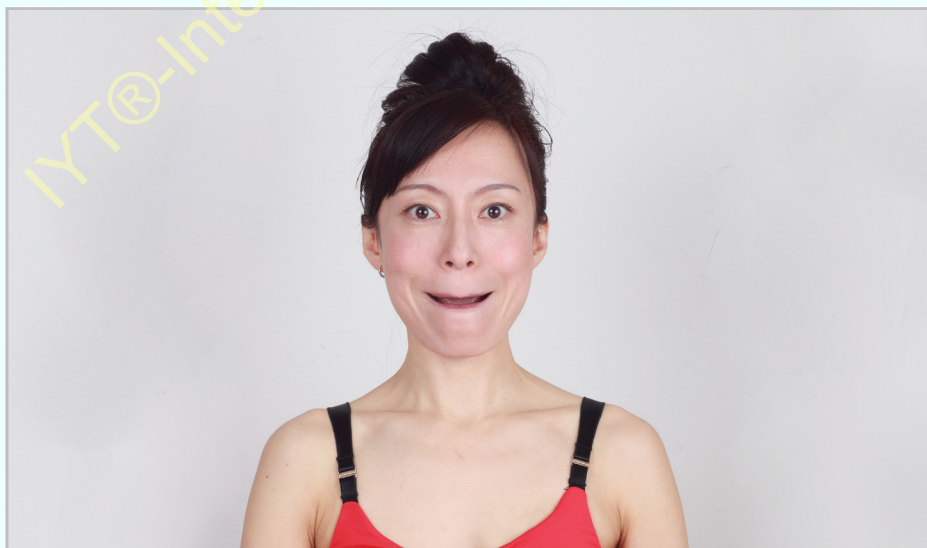
BENEFITS

- Smooths out your nasolabial fold lines.
- Lifts up your cheeks and corners of your mouth.

KEY POINTS

- Keep the corners of your mouth at the same level.

- 1** Curl your upper and lower lips over your teeth without wrinkling your lips and lift up the corners of your mouth.
- 2** Hold this position for 10 seconds.
- 3** Repeat 3 more sets.



THE NASOLABIAL FOLDS

The Nasolabial Folds Lift-Up (With Hands)

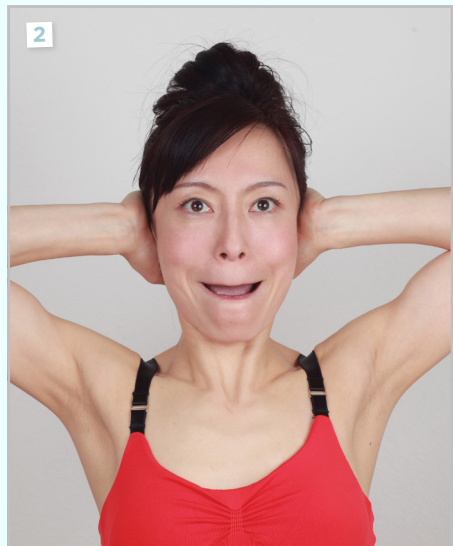
BENEFITS

- Smooths out your nasolabial fold lines and lifts up your lower face lines.
- Lifts up your cheeks and corners of your mouth.

KEY POINTS

- You can adjust your arm positions so that you see the fewest nasolabial folds.

- 1** Place both palms over your ears, apply slight pressure, and pull your hands toward the back of your head.
- 2** Curl your upper and lower lips over your teeth without wrinkling your lips and lift up the corners of your mouth.
- 3** Hold this position for 10 seconds.
- 4** Repeat 2 more sets.



THE NASOLABIAL FOLDS

The Nasolabial Smoother (Hands Free)

BENEFITS

- Smooths out and shortens your nasolabial fold lines.
- Smooths out the vertical lines on your upper lip, which are also known as “smoker’s lines”.

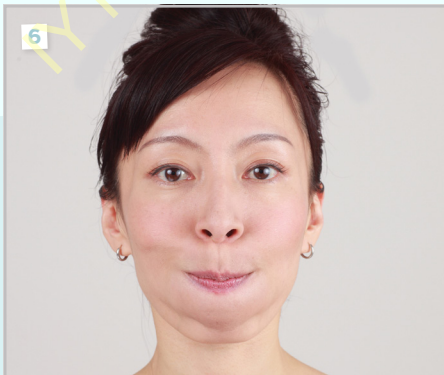
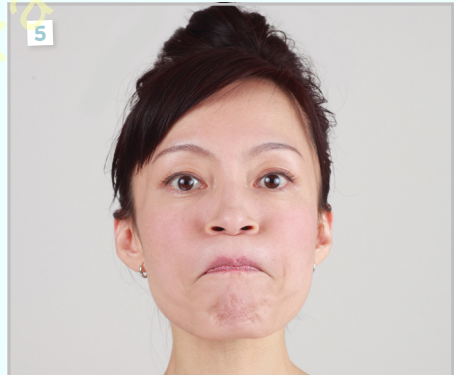
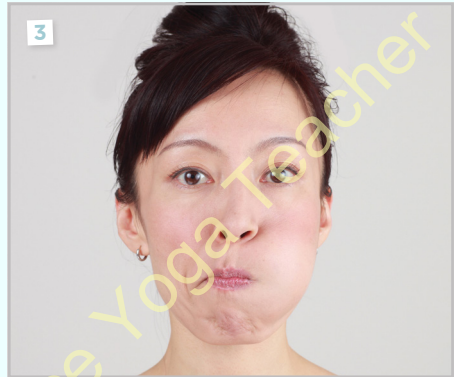
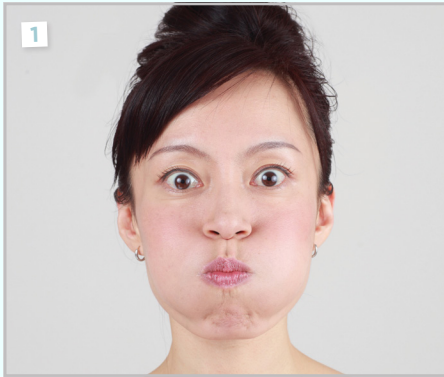
KEY POINTS

- When you move the air around inside your mouth, use your cheek and mouth muscles to resist the air pressure.

- 1** Close your lips tight and fill your mouth with air.
- 2** Push the air forward toward your lips and hold for 5 seconds.
- 3** Move the air to the right and hold for 5 seconds.
- 4** Move the air to the left and hold for 5 seconds.
- 5** Move the air toward the roof of your mouth and hold for 5 seconds.
- 6** Move the air toward the bottom of your mouth and hold for 5 seconds.
- 7** Repeat 2 more sets.

THE NASOLABIAL FOLDS

The Nasolabial Smoother
(Hands Free) (Cont.)



THE NASOLABIAL FOLDS

The Rolly Polly (Hands Free)

BENEFITS

- Firms and strengthens the area around your mouth.
- Reduces your nasolabial folds.

KEY POINTS

- If resisting the tongue pressure without wrinkling your upper mouth area is difficult for you, you can do the pose with your mouth slightly opened.
- You may feel a strange tightness or stimulation under your chin area or the back of your head at first. Just try to breathe out while moving your tongue. Eventually, the pain or discomfort will go away, and you will be able to move your tongue much easier.

DIRECTIONS

- 1 Push the right side of your mouth with your tongue very hard.
- 2 Move your tongue slowly clockwise around your mouth for about 10 seconds.
- 3 Repeat 2 more times.
- 4 Now move your tongue slowly counterclockwise for about 10 seconds.
- 5 Repeat 2 more sets.

THE NASOLABIAL FOLDS

The Rolly Polly
(Hands Free) (Cont.)



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THE NASOLABIAL FOLDS

The Rolly Polly (With Hands)

BENEFITS

- Firms the area around your mouth.
- Reduces your nasolabial folds.
- Lifts up the sides of your face.

KEY POINTS

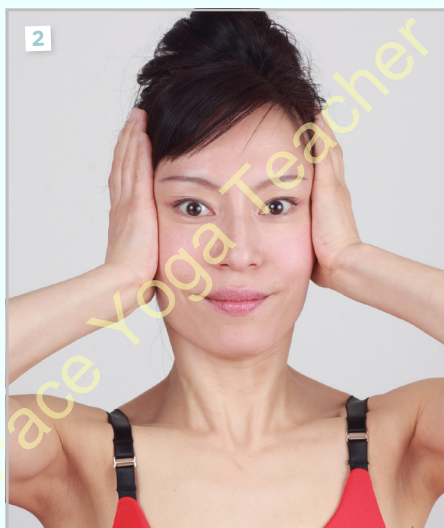
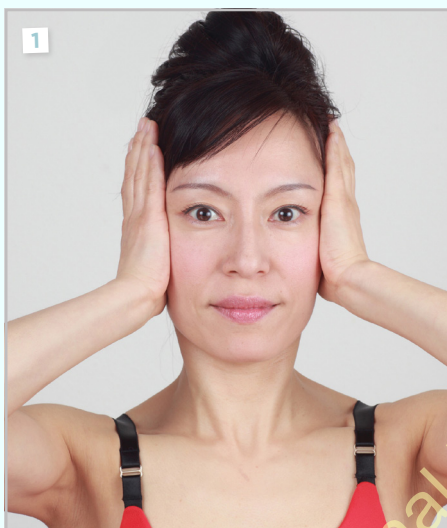
- If resisting the tongue pressure without wrinkling your upper mouth area is difficult for you, you can do the pose with your mouth slightly opened.
- You can adjust your hand positions so that you see the fewest nasolabial folds.
- You may feel a strange tightness or stimulation under your chin area or the back of your head at first. Just try to breathe out while moving your tongue. Eventually, the pain or discomfort will go away, and you will be able to move your tongue much easier.

DIRECTIONS

- 1 Place both hands on the sides of your face with your thumbs under your ears, and your index, middle, and ring fingers on your temple area.
- 2 Move your hands toward your ears and lift upward.
- 3 Move your shoulder blades down and relax your shoulders.
- 4 Push the right side of your mouth with your tongue very hard.
- 5 Move your tongue slowly clockwise around your mouth for about 5 seconds.
- 6 Repeat 2 more times.
- 7 Now move your tongue slowly counterclockwise for about 5 seconds.
- 8 Repeat 2 more times.

THE NASOLABIAL FOLDS

The Rolly Polly
(With Hands) (Cont.)



PART 2

Chapter 13: The Cheek Area

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The Cheek Area

I have observed that there are two types of faces: the “Meaty Face” and the “Bony Face”.

Though that isn't necessarily determined by body type since people with a skinny body can have a meaty face and people with a full figure body can have a bony face.

In general, people with a “meaty face” tend to look younger than their actual age and those with a “bony face” tend to look older.

In this module you will find exercises for both face types:

Exercises for Bony Face Types:

- 3-in-1 Super Cheek Pose
- The Fuller Cheek
- The Cheek Lifter

Exercises for Meaty Face Types:

- The Cheek Slimmer
- The Candle Blow Cheek Slimmer
- The Cheek Relaxer (Hands Free)
- Acupressure Push: The Cheek Area

BENEFITS

- Meaty Face Exercises: Makes your cheeks slimmer.
- Bony Face Exercises: Defines and volumizes your cheeks and makes them fuller.

KEY POINTS

- Make sure you know your face type before you start exercising, so that you do the correct exercises for your desired results. Sometimes the best way to figure out your face type is simply asking other people to get objective opinions.

THE CHEEK AREA

The Candle Blow Cheek Slimmer

BENEFITS

- Makes your cheek area slimmer.

KEY POINTS

- Make sure the rest of your face muscles and shoulders are relaxed.

- 1** Place both palms on the sides of your face. Place your thumbs underneath your ears, and your index, middle, and ring fingers on your temples.
- 2** Move your hands toward your ears at 45 degrees and then lift upward.
- 3** With shoulder blades down, relax your shoulders.
- 4** Pucker your mouth and blow air to imaginary candles 10 times.
- 5** Come out of the pose and smile.
- 6** Repeat 2 more sets.



THE CHEEK AREA

The Cheek Slimmer

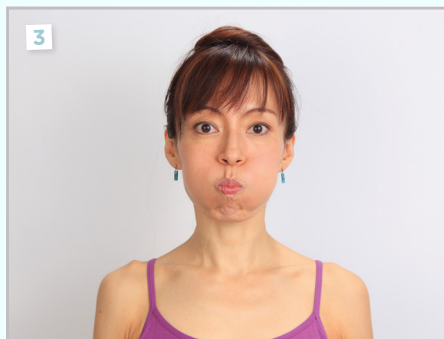
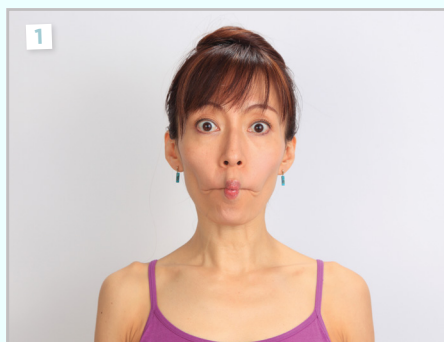
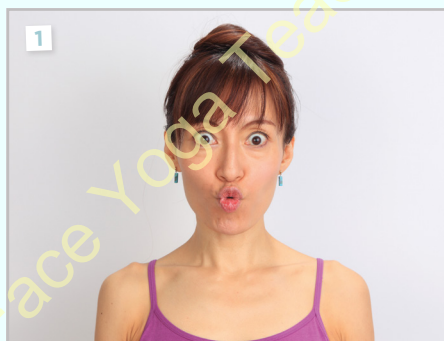
BENEFITS

- Makes your cheek area slimmer.
- Smoothes out nasolabial fold lines.

KEY POINTS

- If it's too hard to make this face, use your fingers to push your cheeks in.

- 1** Pucker your mouth while sucking in your cheeks and make a kissing motion with your lips 10 times.
- 2** Come out of the pose.
- 3** Close your lips tight and fill your mouth with air.
- 4** Push the air forward toward your lips and hold for 5 seconds.
- 5** Come out of the pose and smile.
- 6** Repeat 1 more set.



THE CHEEK AREA

The Cheek Relaxer (Hands Free)

BENEFITS

- Relaxes and stretches your cheek area.
- Makes your cheek area slimmer.

KEY POINTS

- Relax your jaw area.
- You can place your hands on your faceline if you see extra lines appear next to your mouth.

1 Relax your face and slightly pucker your mouth.

2 While keeping the puckered shape, slowly move your mouth to the right and hold for 5 seconds.

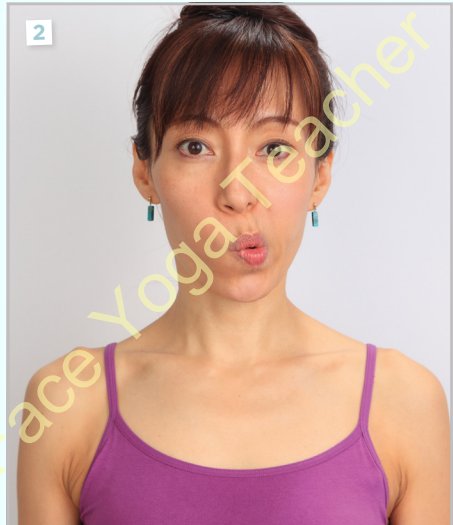
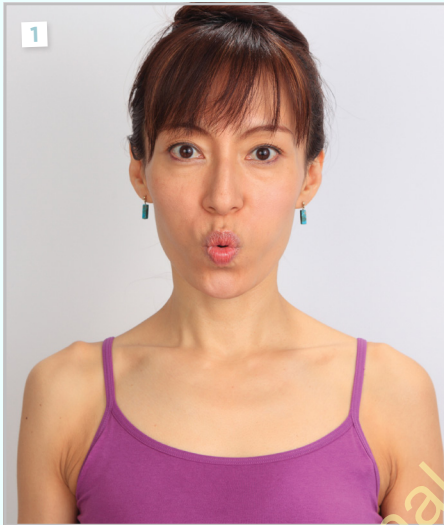
3 Slowly move your mouth to the left and hold for 5 seconds.

4 Come out of the pose and smile.

5 Repeat 2 more sets.

THE CHEEK AREA

The Cheek Relaxer
(Hands Free) (Cont.)



THE CHEEK AREA

Acupressure Push: The Cheek Area

BENEFITS

- Relaxes your cheek and jawline areas.
- Promotes blood circulation.
- Reduces and relieves stiffness, tightness, and puffiness from your face.

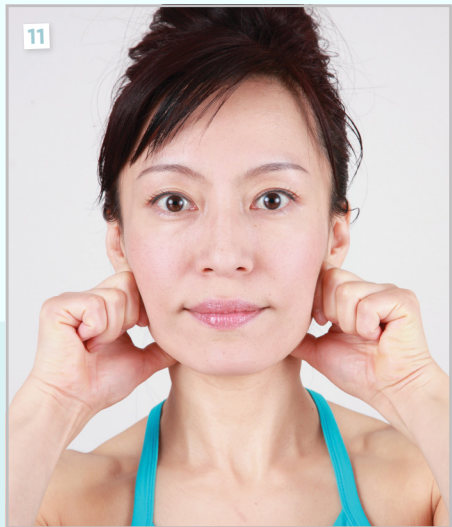
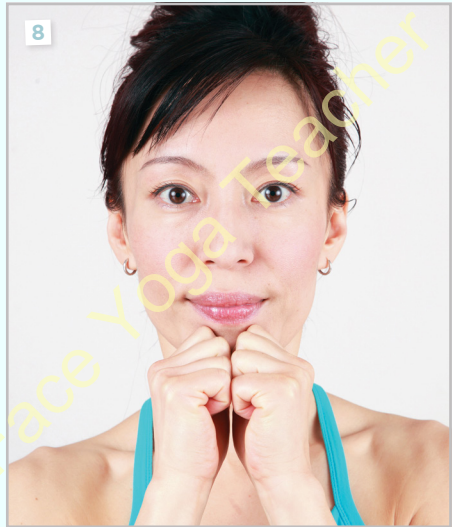
KEY POINTS

- When pushing your cheek area, imagine the knuckles of your fingers are pushing your cheekbones up.
- Push your parotid glands (the ones just below each ear) to get the most benefits.

- 1 Make fists with both hands.
- 2 Place the knuckles of your middle fingers right next to your nose.
- 3 Breathe in deeply and apply firm pressure for 5 seconds, while breathing out.
- 4 Move your fists to the center of your cheeks and apply firm pressure for 5 seconds.
- 5 Keep breathing.
- 6 Move your fists to the sides with just the knuckles of your index fingers next to your ears, and apply pressure for 5 seconds.
- 7 Point both thumbs up and make fists with the rest of your fingers.
- 8 Place the sides of your index fingers on top of your chin and your thumbs under your chin.
- 9 Apply pressure with your index fingers and your thumbs and hold for 5 seconds.
- 10 Move your fists to the sides of your face just under the corners of your mouth and apply pressure for 5 seconds.
- 11 Move your fists to the sides of your face just under your jaw and apply pressure for 5 seconds.
- 12 Repeat 1 more set.

THE CHEEK AREA

—
Acupressure Push: The Cheek Area
(Cont.)



THE CHEEK AREA

The Fuller Cheek

BENEFITS

- Defines and volumizes your cheeks while making them fuller.

KEY POINTS

- When you pull both corners of your mouth toward your molars, keep your jaw area relaxed.
- Keep both corners of your mouth area at the same level.

1 Open your mouth slightly and curl your lower lip around your lower teeth.

2 Open your eyes wide without wrinkling your forehead.

3 Pull both corners of your mouth toward your molar teeth, making sure both corners of your mouth are at the same level.

4 Move your chin slightly forward and hold this pose for 10 seconds.

5 Come out of the pose, do the Big “O” pose to smooth out your mouth area, and relax.

6 Repeat 2 more sets.



THE CHEEK AREA

The 3-in-1 Super Cheek

BENEFITS

- Makes your cheeks fuller and lifts them up.
- Reduces smile lines.

KEY POINTS

- Find the best spots to place your index and middle fingers where you see the fewest smile lines.

- 1 Move your chin slightly forward and place your lower lip over your upper lip. Open your eyes wide without wrinkling your forehead.
- 2 Lift up the corners of your mouth. Feel the tension on your cheeks.
- 3 Place your thumbs under your chin and your middle and index fingers on your cheeks.
- 4 Slowly move your index and middle fingers toward your ears. You should see fewer nasolabial fold lines. Hold this pose for 10 seconds.
- 5 Come out of the pose, do the Big “O” pose to smooth out your mouth area, and relax.
- 6 Repeat 2 more sets.



THE CHEEK AREA

The Cheek Lifter

BENEFITS

- Defines and volumizes your cheeks and makes them fuller.
- Lifts up your cheeks.

KEY POINTS

- When you pull both corners of your mouth toward your molar teeth, keep your jaw area relaxed.
- Keep both corners of your mouth area at the same level.

- 1** Open your mouth slightly and press your upper lip firmly against your upper teeth while still letting them show.
- 2** Open your eyes wide without wrinkling your forehead.
- 3** Curl your lower lip around your lower teeth.
- 4** Pull both corners of your mouth toward your molar teeth, making sure both corners of your mouth are at the same level.
- 5** Move your chin slightly forward.
- 6** Place both palms on top of your cheeks and move both palms upward about 45 degrees. Hold this pose for 10 seconds.
- 7** Come out of the pose, do the Big “O” pose to smooth out your mouth area, and relax.
- 8** Repeat 2 more sets.

THE CHEEK AREA

The Cheek Lifter (Cont.)



PART 2

Chapter 14: The Neck & Jawline Area

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The Neck & Jawline Area

These exercises help to strengthen and tighten up your neck muscles. They also reduce and prevent a sagging neck, wobbling skin, and double chin. If you work in front of a computer or watch TV often, you can benefit from these exercises. They will help to reduce tension and stress around your neck area. Your tongue also plays an important role here. It is a muscle that extends almost 4 inches, reaching back into your throat. When you train your tongue, you will feel the sensation from the inside. Pressing your tongue to the roof of your mouth may be hard at first, but it really gives your face muscles an extra workout so that you can have better results. Tongue exercises also help to reduce snoring.

BENEFITS

- Strengthens, tightens, and firms your neck muscles.
- Prevents and reshapes a double chin.

KEY POINTS

- Don't push too hard or hold your breath!
- If you have neck pain, try practicing slowly and feel the stretch.

THE NECK & JAWLINE AREA

The Swan Neck (Hands Free)

BENEFITS

- Tightens up your neck and jawline.
- Prevents a sagging neck and double chin.



KEY POINTS

- After the pose, make sure to smile to smooth out your mouth and lip areas.
- Move your gaze first and then let your body follow your gaze. This prevents discomfort or pain in your neck area.
- Keep your forehead relaxed.

- 1 Move your gaze to the upper right about 45 degrees, then turn your head in the same direction.
- 2 Pucker your mouth and move it to the right.
- 3 Feel the stretch on the left front of your neck.
- 4 Hold for 5 seconds.

- 5 Move everything back to the center.
- 6 Move your gaze to the upper left about 45 degrees, then move your head in the same direction.
- 7 Pucker your mouth and move it to the left.
- 8 Hold for 5 seconds.
- 9 Move everything back to the center.
- 10 Repeat 2 more sets.
- 11 Come out of the pose and smile.

THE NECK & JAWLINE AREA

The Swan Neck (With Hands)

BENEFITS

- Reduces tightness in your neck area, upper back, and shoulder area.
- Tightens up your neck and jawline.
- Reduces and prevents a saggy neck and double chin.

KEY POINTS

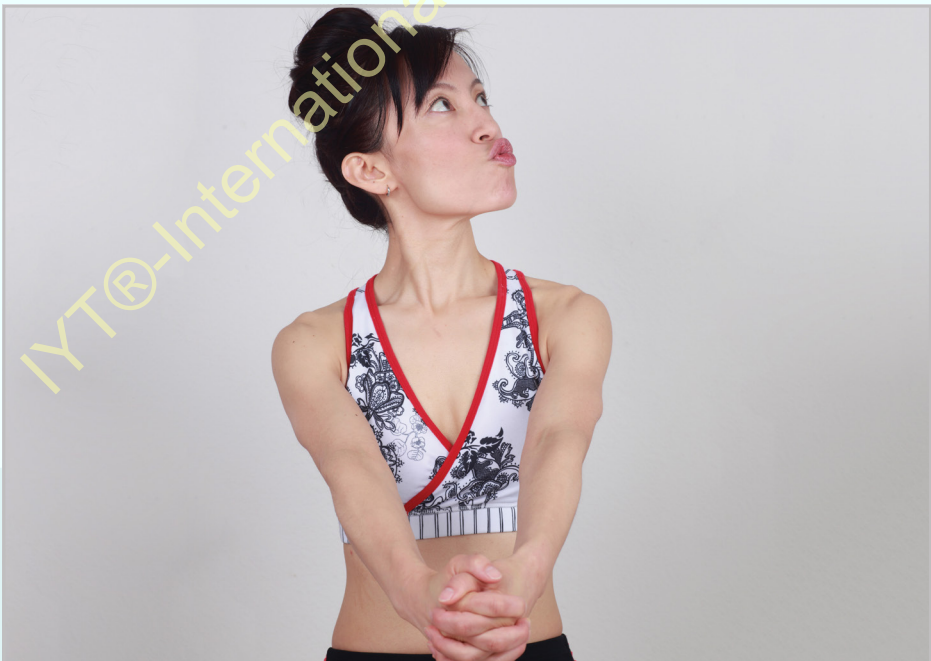
- After the pose, make sure to smile to smooth out your mouth and lip areas.
- Move your gaze first and then let your body follow your gaze. This prevents discomfort or pain in your neck area.
- Keep your forehead relaxed.

- 1** Interlace your fingers with your arms extended in front of you.
- 2** Push your hands away from you with your palms facing inward.
- 3** Separate your shoulder blades.
- 4** Push them down.
- 5** Move your gaze to the upper right about 45 degrees, then move your head in the same direction.
- 6** Pucker your mouth and move it to the right.
- 7** Feel the stretch on the left front of your neck.

THE NECK & JAWLINE AREA

The Swan Neck (With Hands) (Cont.)

- 8 Hold for 5 seconds.
- 9 Move everything back to the center.
- 10 Move your gaze to the upper left about 45 degrees, then move your head in the same direction.
- 11 Pucker your mouth and move it to the left.
- 12 Hold for 5 seconds.
- 13 Move everything back to the center.
- 14 Repeat 2 more sets.
- 15 Come out of the pose and smile.



THE NECK & JAWLINE AREA

The Neck and Jawline Shaper (With Hands)

BENEFITS

- Corrects body posture.
- Reduces and prevents a double chin.
- Lifts up your chest area.
- Promotes better circulation.

KEY POINTS

- Don't tilt your head, look ahead.
- Feel the blood circulation under your armpits after the pose.
- You don't need to vocalize the "hee" sound but doing so makes your neck muscles contract further and is more beneficial.

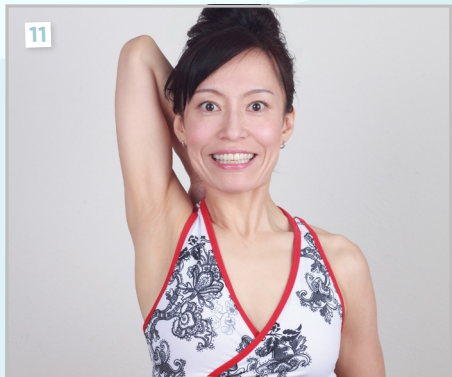
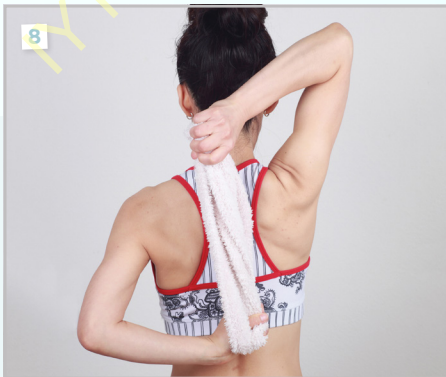
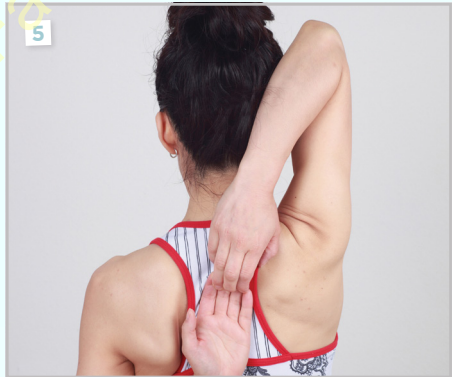
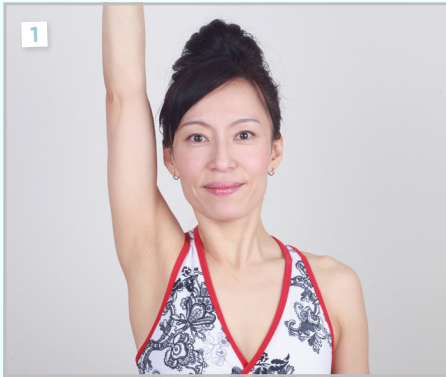
- 1 Sit tall with your shoulders relaxed. Breathe in and lift your left arm straight up.
- 2 Breathe out and bend your left elbow downward.
- 3 Breathe in and grab your left hand with your right hand behind your head.
- 4 Push your left arm back behind your head and pull your left arm to a 45 degree angle with your right hand.
- 5 Now bring your right hand behind your back and reach your right hand up to meet your left hand.
- 6 Clasp your fingers from both hands together.
- 7 Open your chest and push down your shoulder blades.
- 8 If your fingers don't touch, you can grasp a towel between

your hands. Eventually you will be able to clasp your hands.

- 9 Breathe in and open your chest.
- 10 Breathe out.
- 11 Make a grimace with your mouth.
- 12 Make the "hee" sound 3 times and breathe in.
- 13 Repeat 10 times.
- 14 Come out of the pose and close your eyes. Feel the difference between your right and left sides.
- 15 Reverse the position of your arms and do the same exercise on the other side.
- 16 Come out of the pose, close your eyes, and relax.
- 17 Repeat 1 more set.

THE NECK & JAWLINE AREA

The Neck and Jawline Shaper
(With Hands) (Cont.)



THE NECK & JAWLINE AREA

The Neck and Jawline Shaper (Hands Free)

BENEFITS

- Tightens up your neck.
- Reduces and prevents a double chin.
- Lifts up your chest area.

KEY POINTS

- You don't need to vocalize the "hee" sound, but vocalizing the sound makes your neck muscles contract more, and is more beneficial as a result.
- Feel the movement on your neck.

- 1 Lift up your chin slightly. Pull your mouth to both sides in a strong grimace.
- 2 Contract your lower jaw. This will pull up your chest area.
- 3 As you exhale, make a "hee" sound.
- 4 Make the "hee" sound 3 times and breath in.
- 5 Repeat 10 times total.
- 6 Repeat 2 more sets.



THE NECK & JAWLINE AREA

The Pulled Tongue (Hands Free)

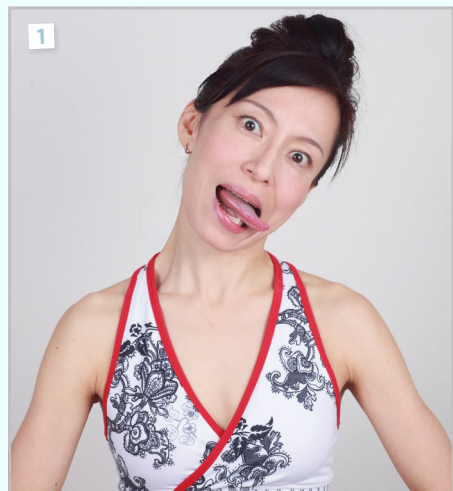
BENEFITS

- Strengthens and tones your neckline.

KEY POINTS

- Relax your shoulders.
- Don't overbend your head.

- 1** Bend your head to the right and stick your tongue out to the right really hard.
- 2** Breathe out from your mouth completely.
- 3** While breathing in, move back to the center.
- 4** Bend your head to the left and stick your tongue out to the left really hard.
- 5** Breathe out from your mouth completely.
- 6** Repeat 2 more sets.



THE NECK & JAWLINE AREA

The Pulled Tongue (With Hands)

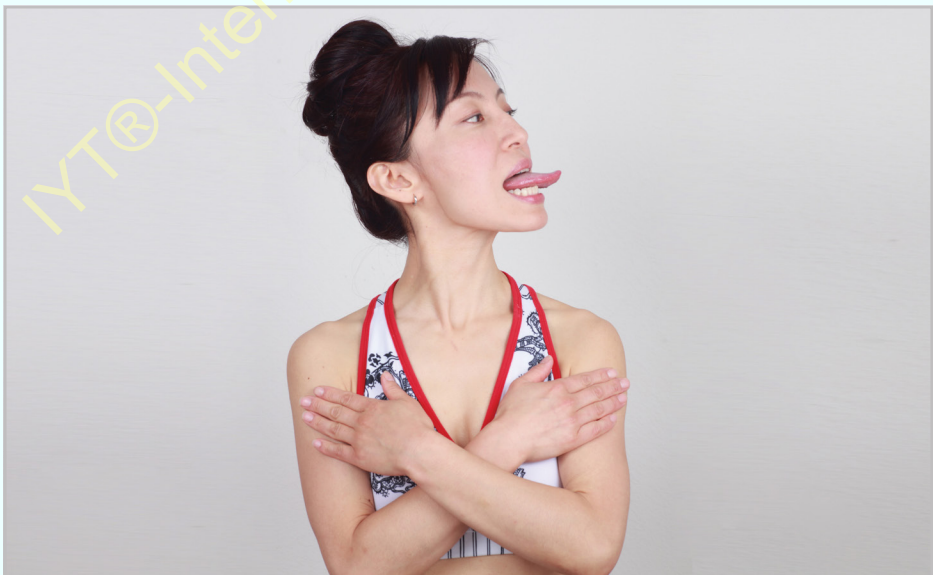
BENEFITS

- Strengthens and tones your neckline.
- Corrects your posture.

KEY POINTS

- Relax your shoulders.
- Keep your shoulders at the same level.

- 1** Cross your hands and put your palms on your chest.
- 2** Turn your head to the right and stick your tongue out really hard to the upper right.
- 3** Hold for 10 seconds.
- 4** Turn your head to the left and stick your tongue out really hard to the upper left.
- 5** Hold for 10 seconds.
- 6** Repeat 2 more sets.



THE NECK & JAWLINE AREA

The Double Chin Lift (Hands Free)

BENEFITS

- Tones your neck and jawline area.
- Reduces and prevents a double chin.

KEY POINTS

- Move your gaze before you move your head to prevent any neck discomfort.
- If you have neck pain or feel any discomfort, listen to your body and adjust the pose accordingly.

1 Open your chest.

2 Relax your shoulders.

3 Push your shoulder blades down.

4 Breathe in and out through your nose.

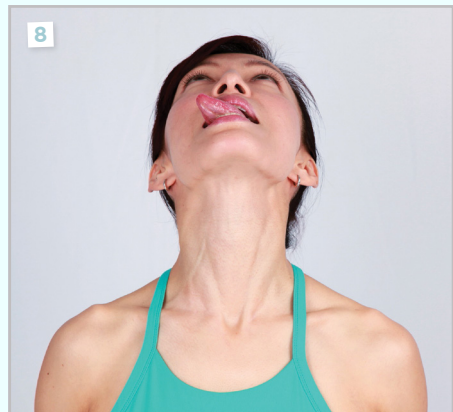
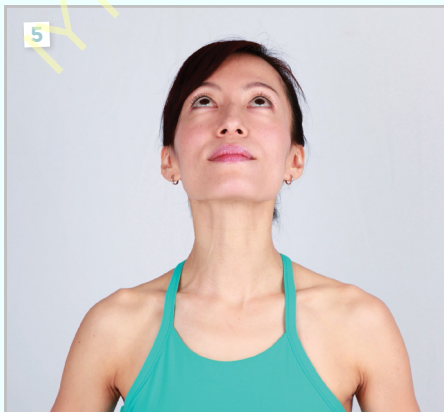
5 Slowly move your gaze to the ceiling, then move your face toward the ceiling.

6 Keep breathing and feel the stretch on the front part of your neck.

7 Stick your tongue out toward the ceiling.

8 Gradually move your tongue to the right and then to the left for 5 seconds in each direction.

9 Repeat 2 more sets.



THE NECK & JAWLINE AREA

The Double Chin Lift (With Hands)

BENEFITS

- Tones your neck and jawline area.
- Reduces and prevents a double chin.
- Corrects your posture.

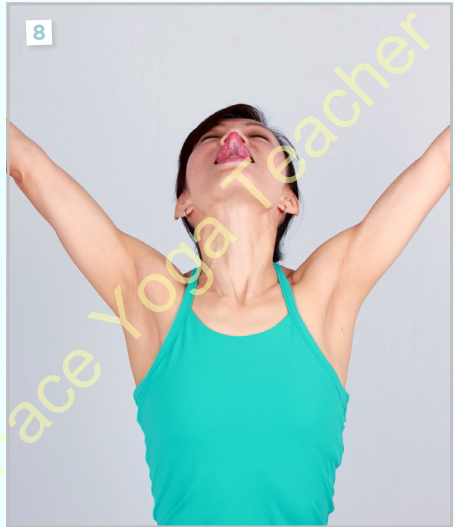
KEY POINTS

- Move your gaze before you move your head to prevent any neck discomfort.
- If you have neck pain or feel any discomfort, listen to your body and adjust the pose accordingly.
- You can change your arm position according to what is comfortable for you.

- 1 Hold your arms out in front of you with your palms facing down.
- 2 Breathe in and out through your nose.
- 3 Your shoulders should be relaxed and your shoulder blades down.
- 4 Breathe in and turn your palms facing up.
- 5 Slowly move your gaze to the ceiling, moving both arms toward the ceiling while keeping your elbows straight.
- 6 Slowly move your face toward the ceiling.
- 7 Keep breathing and feel the stretch on the front part of your neck.
- 8 Stick your tongue out toward the ceiling.
- 9 Gradually move your tongue to the right and then to the left for 5 seconds in each direction.
- 10 Repeat 2 more sets.

THE NECK & JAWLINE AREA

The Double Chin Lift
(With Hands) (Cont.)



PART 2

Chapter 15: The Cool Down

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The Cool Down

This tapping technique not only relaxes you but also centers you mentally. You can do this if you are stressed out and need a calming practice. This is also a great practice before going to bed.

BENEFITS

- Relaxes you from the inside out.
- Calms you down and centers you mentally.

KEY POINTS

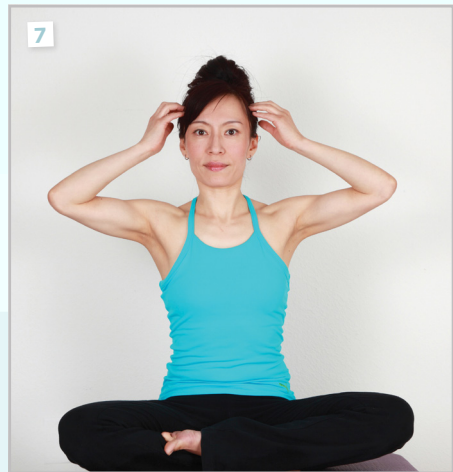
- Don't hold your breath, especially when you feel a tightness or tingling sensation in certain areas.
- Keep tapping while breathing out.
- Make sure to use your fingertips not your fingernails.

THE COOL DOWN

Tapping

- 1 Sit comfortably.
- 2 Open your chest.
- 3 With your middle fingers, apply firm pressure on the top of your head.
- 4 Hold this for 5 seconds.
- 5 With your fingertips, start tapping the top of your head.
- 6 Tap for 10 seconds.
- 7 Keep tapping and gradually move your fingers to the sides of your head.
- 8 Tap your temple area.
- 9 Tap for 10 seconds.
- 10 Move your fingers to the top of your head and tap for 10 seconds.
- 11 Move your fingers to the back of your head, toward your neck.
- 12 Tap for 10 seconds.

Turn over for further directions →



- 13 Move your fingers to your forehead.
- 14 Place your pinky, ring, and middle fingers on the center of your forehead in a vertical line and tap from the center of your forehead to the sides.
- 15 Tap for 5 seconds.
- 16 Repeat this step 1 more time.
- 17 Place your fingers on your eyebrows and tap them from the center to the sides.
- 18 Tap for 5 seconds.
- 19 Repeat this step 1 more time.
- 20 Move your ring and middle fingers to underneath your eyes.
- 21 Tap gently from the center to the outside, tapping for 5 seconds.
- 22 Repeat 1 more time.
- 23 Tap under your nose for 10 seconds.



24 Tap along your jawline for 10 seconds.

25 Tap from the center of your collarbone out to the sides for 5 seconds.

26 Repeat 1 more time.

27 Tap under your left armpit.

28 Keep tapping and move down your left side to your hip for 5 seconds.

29 Repeat this series on your right side.

30 Make fists with both hands and tap your lower back with your fists for 5 seconds.

31 While tapping, gradually move both fists toward the sides of your body.

32 Come out of the pose and relax.



PART 2

Chapter 16: Visualization Tips

TIP 1

“Visualization” refers to a mental process used in Face Yoga (and other forms of movement) in which the practitioner uses his/her mind to envision completing the exercise before actually doing so, with the goal of executing the movement more effectively.

I highly recommend that you use visualization in your Face Yoga practice.

Why visualize?

Accuracy

If you think ahead to what’s coming, you’re likely to perform the exercise with proper form, which is critical for seeing the best results.

Intensity

When you first mentally identify where your target is, you will achieve deeper muscle contractions, which translates to faster progress.

Focus

When you think intently about the exercises, you’re more likely to get “in the zone”, relax, and enjoy your practice.



TIP 2

Because visualization greatly improves your Face Yoga practice in multiple ways, here are my tips for how to visualize like a pro:

How do I practice “visualization”?

- 1 Sit comfortably so that your spine is straight and your breathing is unobstructed.
- 2 Close your eyes and take 3 deep breaths, breathing in and out through your nose. Your inhalations should be slow and deep. When you exhale, empty your belly of air completely.
- 3 Keeping your eyes closed, create a mental picture of the area of your face that you plan to exercise.
- 4 Think about how that area feels currently and how it might feel to move those muscles.
- 5 Open your eyes and begin your exercises, continuing to focus on that specific area.
- 6 Continue to hold your attention on that area of your face throughout your exercise set. This will create a mind-muscle connection and will greatly enhance your practice.

PART 2

Chapter 17: Stress Reduction Tips

Stress Reduction for Better Skin 144

Stress Reduction for Better Skin

As stress gathers during the day, we tend to channel that tension into our muscles, face, and body.

Have you ever noticed that you furrow your brow while working at the computer? Or hunch your shoulders up toward your ears while typing?

Learning both to recognize where you hold tension and how to dispel it will help you preserve your youth and vibrancy. Decreasing bodily tension will also help you relax your face, reducing wrinkles and stress creases.



Here are some common locations and causes of bodily stress:

Shoulders: working at a desk

Trapezoids: working at a desk and/or nervousness

Wrists: typing

Forehead/eyebrows: intense concentration, usually for extended periods

Jaw: overall stress

Tongue: overall stress

Lower stomach: body self-consciousness

Upper stomach: environmental stressors that lead to digestive challenges

If you release stress from your face and body, you will look younger, happier, brighter, and more relaxed.

Here are my tips for decreasing muscle tension:

- Pay attention to your posture. Don't let your upper back crumple forward while in a seated position. Your shoulders and upper back will become hunched.
- Open your chest cavity by rolling your shoulders and shoulder blades backward. When sitting at a desk all day, your shoulders usually roll inward toward the computer screen. Keep your chest and heart open.
- Stretch your wrists and forearms periodically during the day.
- Unfurrow your brow. Try to be aware of when you're wrinkling your forehead and let yourself relax.
- Release your jaw and remove your tongue from the roof of your mouth. Although it feels funny, let your jaw hang open a little bit instead of clenching. It's relaxing!
- Breathe deeply into your abdomen several times a day. Transporting breath to the tight areas of your body will put you at ease and release tension.



3

The FYM For Target Areas



*“Wrinkles should merely indicate
where smiles have been...”*

MARK TWAIN

PART 3

Chapter 1: The Acupressure Push

BONUS

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IYO®-International Face Yoga Teacher

The Acupressure Push

The Acupressure Push works wonders by stimulating your body on a much deeper level. In Eastern medicine, it is believed that there are several hundred acupoints along the meridians (the imaginary pathways in your body along which vital energy flows).

Applying slight pressure to certain pressure points on your body can affect specific organs, regulate blood circulation, and relieve stiffness and tightness in your body, especially in your neck and face areas. Stimulating the pressure points by massaging them will not only increase blood circulation but also relax tight muscles, and, as a result, bring more peace and beauty to your face and mind. Sinus problems, tired eyes, bloodshot eyes, headaches, and stress all show up on your face. Removing these negative conditions through acupressure will result in a calm, serene face.

You can do the Acupressure Push while lying in bed or on the floor.

When you push the points, you may feel...

- A slight indentation
- Tightness
- Dull pain

How to apply pressure:

- Don't use your nails. Use the meaty part of your fingertips.
- Breathe out while applying the pressure. Don't hold your breath.
- If you feel extreme pain, listen to your body and apply pressure gradually.



THE ACUPRESSURE PUSH

The Nose Area

BENEFITS

- Reduces sinus problems.

KEY POINTS

- If you feel tightness or pain in your nasal area, you may have a sinus problem.

- 1 Make fists with both hands.
- 2 Place the knuckles of your middle fingers right next to your nose.
- 3 Breathe in deeply.
- 4 Apply pressure while breathing out.
- 5 Hold for 5 seconds.
- 6 Repeat 2 more sets.



THE ACUPRESSURE PUSH

The Eye Area

BENEFITS

- Reduces sinus problems, tired eyes, bloodshot eyes, and headaches.

KEY POINTS

- If you feel tightness or pain in your eye area, your eyes could be very tired.
- Resting your elbows on a table makes it easier to apply more pressure.

1 Place your hands together in prayer position with your index fingers on your hairline and thumbs on the inside ends of your eyebrows, just above the bridge of your nose.

2 Gently apply pressure.

3 Gradually intensify the pressure.

4 Move your hands toward the center of your eyebrows and apply pressure on the inside of your eyebrows.

5 Hold for 5 seconds.

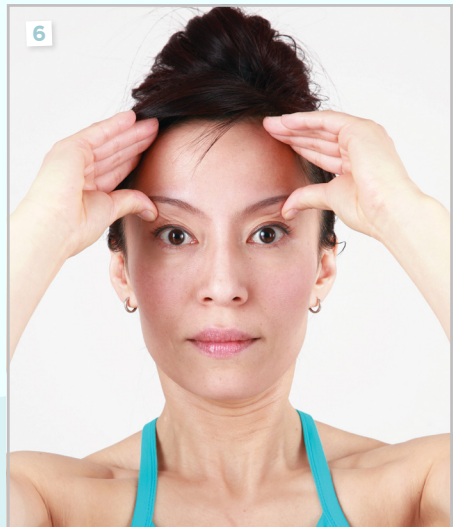
6 Move your fingers and apply pressure on the slight hollows at the outside edges of your eyebrows.

7 Hold for 5 seconds.

8 Repeat 2 more sets.

THE ACUPRESSURE PUSH

The Eye Area (Cont.)



THE ACUPRESSURE PUSH

The Jawline Area

BENEFITS

- Reduces and relieves stiffness and tightness along the side of your jawline.

KEY POINTS

- Relax your jawline area to define your face line.

- 1** Put both thumbs up and make fists with the rest of your fingers.
- 2** Place the sides of your index fingers on top of your chin and your thumbs under your chin.
- 3** Apply pressure with your index fingers and thumbs.
- 4** Hold for 5 seconds.
- 5** Move your fists to the sides of your face just under the corners of your mouth and apply pressure.
- 6** Hold for 5 seconds.
- 7** Repeat 2 more sets.
- 8** Move your fists to the sides of your face just under your jaw and apply pressure.
- 9** Hold for 5 seconds.

THE ACUPRESSURE PUSH

The Jawline Area (Cont.)



PART 3

Chapter 2: The Face Yoga Method® In a Hurry!

BONUS

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The FYM in a Hurry!

BENEFITS

- Helps with relaxation and creating a stress free face.

KEY POINTS

- Find a few minutes to practice these poses everyday so that they become routine.

FYM IN A HURRY!

The Detox (Hands Free)

BENEFITS

- Detoxifies your mind and body.
- Promotes a better complexion.
- Uplifts your mood.

KEY POINTS

- Relax your forehead.
- Breathe out completely.
- You don't have to vocalize this pose, but if you do, you will receive greater benefits.

- 1** Breathe in through your nose, stick your tongue out, and breathe out vigorously through your mouth saying "haaaaaa".
- 2** Breathe out completely.
- 3** Repeat 2 more sets.



FYM IN A HURRY!

The Detox (With Hands)

BENEFITS

- Detoxifies and de-stresses your mind and body.
- Corrects your posture.

KEY POINTS

- Don't move your head or forehead. Instead, move your arms behind your ears.
- You can change your arm position according to what is comfortable for you.
- You don't have to vocalize this pose, but if you do, you will receive greater benefits.

1 Interlace your fingers in front of your body.

2 Push your hands away from your body.

3 Feel the stretch between your shoulder blades.

4 Extend your arms over your head and clasp your hands together.

5 Point your index fingers up, pull your shoulder blades down, and open your chest.

6 Breathe in through your nose, stick your tongue out, and breathe out vigorously through your mouth saying "haaaaaa".

7 Breathe out completely.

8 Repeat 2 more sets.

FYM IN A HURRY!

The Detox
(With Hands) (Cont.)



FYM IN A HURRY!

The Mini FaceLift

BENEFITS

- Lifts up the sides of your face.
- Reduces and prevents nasolabial folds and droopy eyelids.

KEY POINTS

- Keep your shoulders relaxed.
- Keep your arm at a 45 degree angle.

1 Put your right arm at a 45 degree angle from your side, breathe in, and lift your left hand up to the ceiling.

2 Sit tall, open your chest, and relax your shoulders.

3 Breathe in and bend your left hand down over your head, placing your ring finger at the corner of your right eye and your middle finger on your temple.

4 Open your chest and breathe out.

5 Breathe in through your nose, bend your head to the left, and breathe out through your nose.

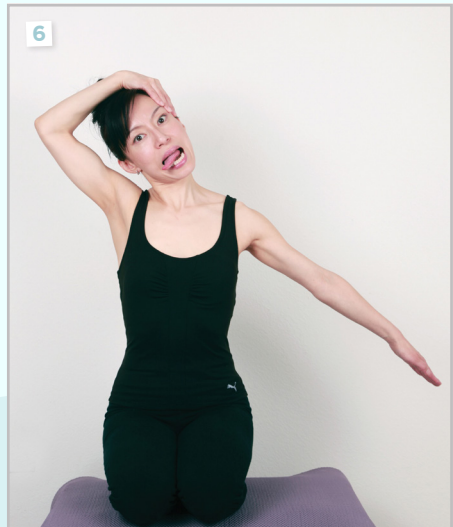
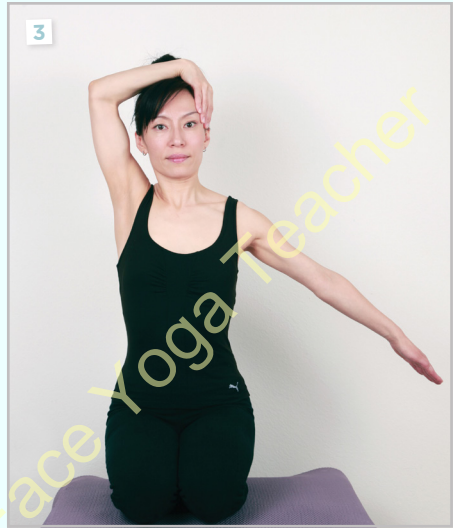
6 With shoulders relaxed, breathe in through your nose and stick your tongue out to the left toward the floor. Breathe out completely through your mouth saying “haaaa”.

7 Come out of the pose and rest for 3 seconds.

8 Repeat on the other side.

FYM IN A HURRY!

The Mini FaceLift (Cont.)



FYM IN A HURRY!

The Wow!

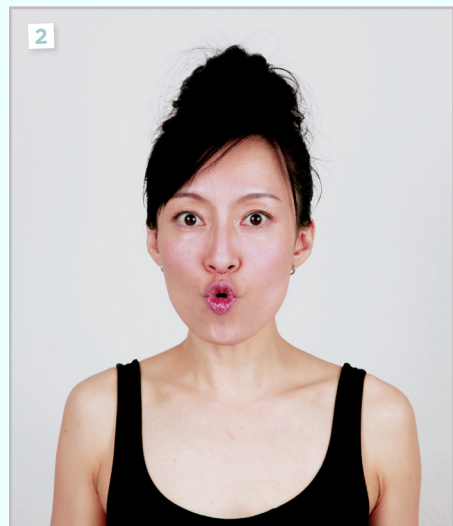
BENEFITS

- Releases tension and stress in your face muscles.
- Uplifts your mood.

KEY POINTS

- Make sure to not wrinkle your forehead while practicing.

- 1** Say “wow” in a very slow, exaggerated manner, opening your mouth as wide as possible.
- 2** Repeat this 10 times. You don’t have to vocalize this exercise to get results, but it helps to relieve stress.
- 3** Repeat 2 more sets.



4

Bonus Tips For Your Skin



“

It takes a long time to become young.

PABLO PICASSO

”

PART 4

Chapter 3: Diet

BONUS

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IYT®-International Face Yoga Teacher

Diet

Everyone knows the benefits and importance of exercise for your body and overall health, but did you know that the same thing applies to your face? The skin is a living organ and it should be treated accordingly. I can definitely tell the difference when I eat bad food, it shows on my face! To have the best skin possible, you must incorporate into your life great food, quality skin care, and the FYM along with a healthy dose of daily sunblock and lots of water.

In this section and the next, I will share some of my favorite skin care tips.



The Skin is an Organ

The skin is the largest organ of the body. It works as the protector of the under-lying muscles, bones, ligaments, and internal organs. It also expels various types of toxins, including heavy metals, out of the body. We all want to have younger-looking, healthy skin from a beauty perspective, but from a health perspective, the skin should also be treated as an important organ of the body.

You Are What You Eat

Many of us know the importance of wearing sunscreen and keeping ourselves well hydrated. The skin easily and quickly absorbs anything it comes in contact with. Therefore, it is very important to use high quality products on your skin for its optimal health. We all know that our diet affects our overall health, but our skin can also benefit from the food we eat! A well balanced diet not only makes us feel good but also makes us look good!

Good Food = Good Skin

Eating good, nutritious foods rich in protein, certain minerals, and vitamins has an anti-aging effect on the skin. So, what exactly should you eat for optimal skin? Here are some simple foods to get your skin glowing.

Eat More

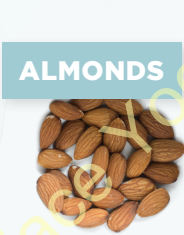
**LOW FAT AND
CALCIUM RICH FOODS**

SEASONAL FRUITS

SEASONAL VEGETABLES

ALMONDS

FISH



Avoid

**FOOD WITH ARTIFICIAL
COLORS/FLAVORS/
SEASONINGS**

REFINED FOODS

SUGAR



FRIED FOOD



SODA



Daily Sample Meals



Breakfast

HOT WATER



One cup of hot water for body cleansing. (Imagine washing a dirty dish; if you use hot water, it's easier to clean. The same practice applies to your body as well.)

SEASONAL FRUITS



Seasonal fruits with low-fat yogurt (this could also be turned into a smoothie).

Snacks

SOY MILK



Soy milk with green tea powder.

ALMONDS



Raw almonds.

Lunch



Steamed brown rice, eggs, cooked dark greens, and salmon.

Dinner

If it's too hard to remember or decide what is good for you, just make sure to choose a wide variety of foods that are organic, fresh, colorful, seasonal, and local. More often than not, these choices should be good for you and for the environment!

VEGETABLES



Examples

- Steamed brown rice
- Leafy greens with homemade dressing
- Miso soup with tofu, green onion, and seaweed
- Cod fish with homemade, creamy yogurt dressing

Tasty Home Made Dressings in Less than 3 Minutes

We know that greens are good for us, but it's also important to know what kind of greens and salad dressing you are consuming. If you want to use salad dressing, why not have a tasty, freshly made, nutritious one? Here are some of the recipes I use for my greens. All of them take less than 3 minutes. They are simple and tasty!

Japanese Style Dressing

(This is also great on fish and/or chicken).

- Seasoned rice vinegar
- Sesame oil
- Pepper

Creamy Yogurt Dressing

- Yogurt
- Seasoned rice vinegar
- Mayo
- Garlic powder
- Salt & pepper

The Carrot Lover's Choice

- Seasoned rice vinegar
- Shredded carrots
- Pepper



When buying seasoned rice vinegar, avoid ones containing high fructose corn syrup. If you use regular rice vinegar, you can add maple syrup or honey to balance the taste. Maple syrup is a fabulous natural sweetener. It is a form of tree sap and pure maple syrup should not be processed. It contains more antioxidants and higher levels of potentially beneficial minerals, such as copper, potassium, and calcium, than does processed pure sugar. Because there are plenty of “naturally occurring sugars” in foods, especially in fruits, I don’t use sugar in my kitchen.

When I need to add “sweetness” to my dish, I use maple syrup or honey instead.

Honey is also a great sweetener and it is more than just a sugar substitute. It has many beauty and health benefits. Honey is a natural energy booster and builds the immune system. You can use honey as a lip balm or face mask. It is not only natural but also sweet and effective.

Play with the amounts of each ingredient. They are great not only as a dressing but also with fish and chicken. Make a thick version of the dressing and use it as a dip. Yummy!



PART 4

Chapter 4: Skin Care

BONUS

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Skin Care

In order to keep your face in optimal condition, you need to take care of it from the inside out.

The FYM exercises combined with good nutrition and skin care will dramatically change your skin's condition. It's important to properly and gently cleanse and moisturize your skin as well as provide it with the proper nutrients.



Splash Your Face 100 Times

Cleansing your face is good for your skin. Your cleanser's residue, however, is not. When you finish washing your face, splash your face with water 100 times. This not only removes the cleanser's residue but also deep cleans your pores. This technique also gently stimulates your skin, which promotes better circulation.

BENEFITS

- Cleans your pores.
- Lightens your complexion.
- Reduces acne, blackheads, and whiteheads.
- Makes your pores smaller.

DO NOT

- Use hot water; it dries out your skin, which can cause wrinkles.
- Rub your face with your hands or fingers while doing this technique.
- Splash the water in a downward motion; make sure to splash in an upward motion.
- Rub your face with a towel when you finish; this will damage your skin.



BASIC 100 TIMES SPLASH

After washing your face using your regular cleanser, splash your face 100 times with lukewarm water.

ADVANCED 100 TIMES SPLASH

If you want to see more benefits with this technique, finish the splash with cold water. For example, if you splash your face 80 times with luke-warm water, use cold water for the last 20 splashes. This will help close your pores.

SUPER 100 TIMES SPLASH

If you have time and want to give your skin an extra treatment, alternate lukewarm water with cold water every 20 splashes. Lukewarm water relaxes the pores while cold water tightens them. As a result, your skin receives more stimulation, which promotes better circulation.

Hot Towel Magic

A hot towel can work magic on your skin. It's easy, economical, and very effective. The benefits of using a hot towel not only work for your face, but also relieve tired eyes, tight shoulders, and headaches.

BENEFITS

- **On Your Head:**
opens pores, promotes better circulation, and promotes hair growth.
- **On Your Neck:**
eases tiredness from and warms up your body, and promotes circulation throughout.
- **On Your Face:**
opens pores and makes your skin softer so that moisturizer can penetrate more easily.
- **On Your Shoulders:**
promotes better circulation.
- **On Your Eyes:**
relaxes the muscles around the eye area.

TIP

- For better relaxation, put a few drops of aromatherapy oil in the hot water before soaking your towel. The smell of the aromatherapy oil combined with the heat from the hot towel will relax you both mentally and physically. Use your favorite organic oil. I love the aromatherapy oils from Aura Cacia and Oshadhi.

- 1 Fold a hand towel.
- 2 Wet the towel with water.
- 3 Wring out the wet towel until most of the water is gone.
- 4 Place the towel in a bowl and heat in a microwave for approximately 1 minute. If it feels too hot, let it cool down a little and remember to reduce the heating time for next time.



KEY POINTS

- Before you put the towel on your face, check the towel's temperature to make sure it's not too hot. The best place to check the temperature is on your inner bicep. If it's too hot for your inner arm, it's too hot for your face. If you are going to use the hot towel on another part of your body besides your face, it's ok if the towel is a little hotter.
- Take the towel off of your face/body just before it cools down.
- If you use a microwave, make sure to wring the towel out very well so that it doesn't get too hot from the excess water.
- Apply moisturizer to your skin as soon as you finish the hot towel treatment.

If you don't have a microwave or prefer not to use one, you can use boiling water. To do this, boil the water in a pot on the stove and then pour the hot water into a bowl. Submerge the towel in the hot water and then wring it out. Be careful not to burn yourself.

METHOD 1: BASIC VERSION

You will need 2 hand towels (1 hot, 1 dry) and your favorite moisturizing cream.

- 1 Wash your face as usual.
- 2 Place the hot towel on your face.
- 3 Take the towel off just before it cools down.
- 4 Pat dry the excess moisture with the dry towel and immediately apply moisturizer while the skin is still warm.

METHOD 2: ADVANCED VERSION

You will need 2 hand towels (1 hot, 1 dry) and your favorite moisturizing cream.

- 1 Wash your face as usual.
- 2 Apply plenty of moisturizer on your face, more than usual.
- 3 Place the hot towel on your face.
- 4 Before the towel cools down, take it off, and gently wipe the excess moisturizer from your face with the dry towel.
- 5 Immediately apply more moisturizer while your skin is still hot.

METHOD 3: SUPER VERSION

You will need 2 hand towels, your favorite moisturizing cream, and plastic wrap to cover your face.

- 1 Wash your face as usual.
- 2 Apply plenty of moisturizer on your face, more than usual.
- 3 Place the hot towel on your face.
- 4 Place the plastic wrap over the towel on your face, making sure you can breathe.
- 5 Before the towel cools down, remove the towel and plastic wrap and use the dry towel to gently wipe the excess moisturizer from your face.
- 6 Immediately apply moisturizer while your skin is still hot.



How to Apply Moisturizer

It seems like there's always a "new" product on the market. You don't need to buy every single one of these new products or invest in expensive moisturizers to have beautiful skin. There's no "perfect" moisturizer that makes your skin perfect. Rather, one of the keys to beautiful skin is in how you apply your moisturizer.

Here are some techniques to bring out the best in your moisturizer:

DO NOT

- Rub the moisturizer on your skin. Your skin's surface is delicate and you don't want to damage it.
- Slide your fingers down your skin; a downward sliding movement is the kiss of death! Always slide your fingers in an upward motion to prevent sagging and wrinkles.



3 Perfect Steps to Applying Moisturizer

- 1 Apply your moisturizer onto your palms and gently rub them together to warm up the moisturizer to body temperature. This makes it easier for your skin to absorb it.
- 2 Apply the moisturizer to the bigger areas of your face like your forehead, cheeks, and chin. Gently push the moisturizer in, about 5 times in one area, and then move to another area.
- 3 Apply the remaining moisturizer to the delicate areas around your eyes and mouth. Very gently push the moisturizer in.

(Repeat this process at least 3 times).

No More Sun Worshipping

I used to love sun bathing. It felt so good and I thought I looked great with a tan. I even used tanning oil to get a darker tan. Those sun tanning days caused some damage to my skin, but now, sunscreen is one of my best friends. I can't live without it.

Rain or shine, summer or winter, never leave the house without wearing at least SPF 30 sunscreen. Even when you can't see the sunlight shining on your skin, the UVA rays from the sun are penetrating your skin and damaging your collagen. Too much sun exposure can result in freckles, sunspots, or, worse, melanoma (skin cancer). These are all signs of skin damage from the sun. Research shows that up to 80% of skin aging is caused by sun exposure.

Sunblock Tips

- 1** When you apply sunscreen, use the same techniques described earlier for applying moisturizer.
- 2** Apply sunscreen at least 20 minutes before you are exposed to the sun. It takes about 20 minutes for sunscreen to become activated.
- 3** Apply sunscreen several times throughout the day, especially if you sweat or go swimming. Apply as frequently as possible.
- 4** Don't forget your neck area; the sun can damage this delicate skin.
- 5** Lips can be sunburned. Use non-petroleum lip balm with SPF. I make my own lip balm. Petroleum oil can clog your pores and temporarily smother your skin. If you use a lip balm with petroleum oil, your lips won't be able to breathe and will become drier in the long run.



