

# Facial Exercises - A Mini Guide

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## Introduction

In the current busy and misinformed world, it is not uncommon to find individuals who are very healthy by the looks with heavily built bodies, firm muscles, and sporty physiques because they work out and take good care of their bodies.

However, these same people have a totally different look when it comes to the neck up, in their taking care of their bodies they totally ignore the neck up and you might notice that a great percentage of them have wrinkled faces, double chins, chubby cheeks, eye bags and indelible stress marks among other unwelcome facial features. The face is a very important part of the body that most people ignore to take care of, no matter how small it may seem, it is very important.

Other than feeding it well, the face needs proper care just like any other part of the body. The good thing is that the face uses the same one main principle that any part of the body uses when it comes to taking care of it: The muscles are just like any other body muscles that should be exercised regularly and long enough. Failing to exercise any muscles in the body may cause them to either loosen or become weak and flabby.

To work out the muscles, you will need to have them working “against” something or resistance. Unworked facial muscles will lose tone, become loose, gain fat and seem lifeless, causing drooping and sagging of the face. To give them back life, you will need to exercise them to make them fit, beautiful and healthy through stretching, lifting and contraction. Just like any other bodily muscles, the facial muscles can be given a new lease of life and greater oxygen and blood supply through physical training.

While performing facial exercises, you will notice that it has much greater benefits than just getting fit and healthy. The first great advantage of facial exercises is that they slow down the signs of aging by up to fifty percent. We know that aging is often characterized by dark spots, wrinkling, eye bags, and saggy skin among other features and often set in as early as mid-thirties.

Most people are always seeking ways to keep their faces young with the treasured youthful appearance and often resort to “magic creams” among other unconventional methods but do these methods of slowing aging signs really work? Are they even natural at all?

Yoga is the answer to most people’s facial health problems, simply put. This is not a miracle because its results are astounding but more of a fusion of science and art, they are simple but effective exercises you can do to make the facial skin and muscles smoother, stronger, younger and firmer with better mood and energy and this will impact on your general facial appearance over time.

Other than exercising, we will also address at the importance of other facial care procedures including detoxification, purification and distressing on the face, overall body, spirit and mind.



## Regaining Youthfulness through Facial Fitness

Most people understand the benefits of exercising to the muscles, skin, heart and general health but these exercises should not be done only from the neck downwards. The facial muscles and skin deserve toning and firming through exercise too and although it may be a different kind of exercise compared with the rest of the body, they have to be effective.

The major problem with facial exercises is that most people have no idea how to do them. The few exercises they know do not seem to be significant in getting the face toned and worked out. It is only through practice that the facial muscles can be toned, continuously and repetitively.

Yoga exercises pay off fast, they lift the skin and firm up the sagged and wrinkled areas, they also do away with fine lines and the face will get greater supply of oxygen and blood to make it healthier and full of life. This happens because the toxins and wastes in the face will be washed away and dullness, bloats and stress marks will be done away with too to leave the face rosy, luminescent and full of life.

### I. Cheek and Lip exercises

#### 1. The Satchmo exercises

Years of aging and different reactions and expression often take their toll on the cheeks. The satchmo exercises are good to keep the cheek muscles and skin firm and tight. You can do this exercise by puffing up both cheeks with air as hard as you can and then transfer the air from one cheek to another. Do this from left to right and back again to the left cheek four times a set before relaxing. Repeat the exercise up to five times.

#### 2. The Marilyn exercise

This exercise will concentrate on strengthening the mouth ring muscles to make the lips firm and the muscles around the mouth stronger. What you need to do is to isolate the facial muscles to blow kisses while keeping the eyebrows unruffled and smooth. You can add more resistance to the exercise by pressing two fingers on the lips then puckering the lips on the fingers. Do three to four repetitions per set, up to five sets a day.

#### 3. The sphinx smile

This exercise specifically targets the smile muscles around the mouth and lips. Smiling is a good thing but with time leaves undesirable lines at the end of the mouth and eyes. To get rid of these lines, try keeping the eyes and the eye muscles neutral while lifting the mouth corners across and up. Be relaxed and neutral as you smile and repeat this three to four times per set. This will help get rid of unnecessary smile lines on the face.



#### 4. The tongue tracing exercise

This exercise will play a big role in keeping the cheeks firm and lips plump. The neck muscles and skin will be toned if this exercise is done right and long enough and the throat will benefit as well. With your mouth open to an O shape, use the tongue to trace the circumference of the lips slowly in one direction then do it again in the opposite direction. Try to keep the eyebrows and forehead relaxed as you do the exercise, three to five times a set.

#### 5. The fish face exercise

Toning the smile muscles is not that easy especially since these are the muscles that are relaxed most of the time. However, the fish face can do this if you learn to do it regularly. Purse your lips slightly like a fish, withdrawing your cheeks into shallow hollows to have enhanced cheekbones then try to smile and hold the position for about 15 seconds per rep. This is a good exercise done in front of the mirror and is very effective in toning the facial skin and muscles.

#### 6. The puppet face

If you notice that you have developed smooth marionette lines and lifts between the lips and the nose, you will need this exercise to restore a smooth lineless look. Since the exercise works the lips up, it will smooth the area just above the lips and outwards towards the cheeks. Press the fingertips on the creases that are formed on this area, then smile wide and hold the position for a few seconds. Lift the skin around this area up into a smiling position while still pressing hard and repeat twenty to thirty times per set.

#### 7. Tongue and throat

Stretching the tongue outside the mouth will work the muscles on the throat, both internal and external. Stick the tongue out as far as you can then hold the position for one minute while keeping the rest of the face relaxed. At times you will notice that your face will water but this is okay. This exercise is beneficial in increasing the blood flow to the different exercised areas; you can even see the effects almost immediately in the form of rosiness.

#### 8. Kiss the ceiling exercise

Firm your jawline, the throat and neck using the kiss the ceiling exercise. This exercise will also plump the lips and make them firm and full. Stand upright but with the face facing up then try to kiss the ceiling without leaning forward or backward. Hold the kiss position for a few seconds per repetition and do about five repetitions per set.



## II. Forehead and the eyes

The eyes are the most noticeable facial features and are often used to judge a person's character. However, it becomes a big problem if there are unhealthy features distracting the real beauty, like eye bags and wrinkles. These features can be gotten rid of through exercises that target these parts to restore liveliness to the skin and muscles around the eyes and make the skin look younger and smooth.

### 1. Dancer eyes exercise

This exercise targets the eye rings and prevent and heal crow's feet and the sagging skin problems around the eyes. With the head erect and facing forward, move the eyes far left then slowly to the center and to the right before moving to the center and left again. Do not hold a gaze at any time and repeat this ten times per set. When the eyes look watery, close them or look down for a few seconds.

### 2. Facial relaxation

Also called the Buddha face, this exercise will release any subconscious tightening of the facial skin, frowning and clenching that often lead to wrinkling and lines. In a seated posture, close the eyes and concentrate on soothing any wrinkles on the face in your mind. Breathe gently and be careful not to let your subconscious mind drift to other things that may affect the emotions, just concentrate on soothing the muscles.

### 3. Anti-drooping and sagging exercise

As the name suggests, this is an exercise that combats facial drooping and skin sagging on the eyelids. The first thing you do is smile with your eyes then place your finger on the crease then use the lower eyelid to increase resistance on the crease. Since this is an isolated movement, try to keep all other facial muscles expressionless.

### 4. Brow lifting

Use your fingers to raise the eyebrows high while keeping the other facial muscles as neutral as possible. You will notice crease lines on the upper eyelids. Apply fingertip pressure on the raised area and keep the pressure on for a few seconds. Counter the fingertip pressure by raising the frontalis muscles while keeping all other facial muscles as neutral as possible. Raise and lower the frontalis muscles quickly while applying fingertip pressure twenty repetitions a set. This exercise will firm the frontalis muscles – you should even notice circulation immediately you are done with the exercise.



## Yoga Poses Beneficial to the Face

Yoga exercises can miraculously transform your face for the better. However, to keep these benefits it is important to keep the face healthy and try to keep proper facial appearance that do not encourage wrinkles, fine lines and other undesired features. This may not be very challenging but the aging factor often comes in and disrupts it all. Facial aging has many effects on the look of the face including the worst signs which are:

**Wrinkles** – When the skin loses its elasticity, it becomes flabby and causes wrinkles. This happens when one subconsciously over the years clenches and grimaces the facial muscles while expressing their feelings or emotions, in the process creating a mask of undesired features like eye bags, wrinkles and fine lines among others.

**Loss of skin tone** – Collagen and elastin levels drop with age, the result is that the proteins that are formed by a combination of these two elements will drop and since it is responsible for firming the skin and forming resilience, these two are more likely to fly out the window too. The result is the loss of skin tone, sagging and drooping.

**Skin color** – With time as a person ages, there will be accumulated dead skin cells on the body, poor blood circulation, accumulation of toxins and debris. The result is that the skin will lose its color to become grayish, ashy and dull. Sometimes this happens on different spots, forming the “aging spots”

**Skin dryness** – Caffeine, sugar, alcohol and salts dehydrate the skin over time, debris and toxins accumulate and the skin cells will be deprived of oxygen. The result is that the face will puff up and bloat as the skin becomes less defined and papery due to dehydration.

## Facial Massage and Acupressure

Massage and acupressure has been around for ages and have been proven to be effective in toning the facial muscles and keep it healthy and lively. Since there are nerve endings on the face, it is believed that these are the energy end points that when properly acupressed can release excess stored energy to relax the face and rejuvenate the skin and muscles as well as the nerves.

Warm up to the massage or acupressure by rolling the head side to side in half circles. Next are the shoulders. Roll them up, back, down and front then reverse the direction of rolling. Do side-stretches on the neck two to three times to loosen the tissues and stimulate blood nerves.

Facial massage is a perfect way to get back the supple, glowing and rosy complexion on the face. Pure regular oil or moisturizing cream can be used although essential oils containing floral extracts and herbs will still do. You can rub a small amount of oil in your palms at a time then start at the center of the face to work the skin and muscles using your fingertips. Work from the center outwards in circles making sure to work the chins, nose, cheeks, between the nose and the mouth as well as the forehead and



temples. Feel the facial contours as you do this then complete the massage by tapping the oil on the face to be absorbed as treatment.

## Vital Facial Rejuvenation and Massage Techniques

### 1. Get rid of the brow and the forehead wrinkles

Rub your temples and forehead using your knuckles, starting at the center of the forehead and radiating it out to the temples. This process will get rid of wrinkles over time as well as relieving stress and headaches.

### 2. Prevent wrinkles and smooth out facial lines

The area between the nose and the eyes is a great acupressure point that is helpful in relieving sinus conditions. You can smooth out the facial wrinkles and fine lines by pressing the index finger on this area and the thumb on the inner side of the eyebrows.

### 3. Fighting eye bags and eye area discoloration

You will need to rub outer point of the nostrils to rid the facial toxins that often cause eye bags and eye discoloration. To detoxify the skin and oxygenate it, press the index finger on the apple of the cheeks.

### 4. Loosen up tension on the face

Brushing off exercise will relax the facial muscles and release tension. Place the fingertips at the center of the forehead then sweep horizontally outwards, repeating this five times. Brush downwards from the eye sockets too, lightly running the fingers down the cheeks.

### 5. How to improve skin color

Use your thumb and index finger to pull the middle earlobes to the side repetitively five times. Grab the lower ear lobes and pull them five times as well then do the same for the upper ear lobes. This is ancient Indian yoga techniques enhances circulation on the face to restore color.



## Feeding the Face

One of the biggest problems people face when it comes to proper health care is what to eat, when to eat and how much to eat. As far as facial care is concerned, what you eat directly determines how healthy you will be. Proper diet is the key to proper health, it will determine how fast your skin will age, production of new cells to replace older cells, blood circulation on the skin, toxins removal and generally the look and feel of the skin. Here are a few tips to guide you to eat well and feed the face to make it healthier and young.

### 1. Give full attention to your meals

Eating should be a gradual process that is not hurried, it should be an independent activity and not a by the way thing. Chew food properly in silence and be sure to notice all the texture, aroma, colors and aromas of the food. Concentrate on your meals and avoid any distractions that may make you swallow improperly chewed food or tempt you to go for fast foods next time.

### 2. Eat well to your full

Be careful not to over eat but eat well. Your body knows what it needs and how much of it is required and you have to supply it. As long as you are eating healthy, you will know that eating and keeping healthy is a balancing act that you have to do it yourself.

### 3. Do not eat if you are not hungry

Do not eat just because there is food, you will train the body to demand more and more. Eat a balanced diet and try to stay away from regular snacks that are rich in carbohydrates, fats and other unhealthy food preservatives and coloring. If you have to grab a bite once in a while, go for a fruit or something with fiber because they are healthier than processed foods.

### 4. Your food should be whole

To minimize the chances of overeating and regular temptations to grab a snack, eat whole meals rich in fiber because they take longer to be processed, make you full faster and best of all contain only good ingredients for your skin and body in general.

### 5. Take lots of water throughout the day

Water should not be reserved only for meal times, practice drinking water throughout the day to assist in digestion and to detoxify the body. A healthier skin should be properly hydrated at all times and the best way to do this is to ingest as much water as you can through drinking.



## Skin Maintenance and Improvement

Other than feeding the skin, there are some basic steps you will find necessary to maintain a healthy and vibrant skin that when combined with proper feeding and exercise makes the skin healthier, more vibrant and lively. These are cleansing, sloughing, refining, moisturizing, purifying and protection.

### Cleansing

This is a very important facial procedure that removes bacteria, excess dirt and oils. Although there are many over the counter cleansing agents, not all are appropriate for all skin types; one has to be very careful when choosing the skin cleanser to use. The bottom line of skin cleansing is the removal of dead skin cells that form a layer on the skin. It is advisable to cleanse the face at least thrice every week using refined cleansing methods.

### Sloughing

This is the removal of the accumulated dead skin cells on the face. The dead skin cells often cause discoloration and damaging of the living cells but can be easily sloughed away using fruit ingredients. The citric acid in the fruits will exfoliate the skin to expose the healthy alive skins for a better look.

### Refining

Refining is done using toners. This is the removal of excessive oil in the skin to brighten the skin and make it rosy. Sometimes refining works well in combination with moisturizing but this largely depends on whether your skin type is dry or oily.

### Moisturizing

Moisturizing is dampening the skin. The most common moisturizing mistake that people make is to use excessive moisturizer. If you have an oily face, it may not be necessary to use excessive moisturizer because the skin will moisturize itself anyway.

### Purifying

Clay is one of the best cleansers because it leaches itself on impurities on the skin and those under the skin surface and dries the oils that may be present on the skin as well. This will leave the skin healthier and better looking.

### Protection

Skin protection is important, the facial skin is particularly very vulnerable to most hazards and dangers of the environment since it is always exposed. The sun's rays are particularly very dangerous on the skin and you have to put measures in place to protect yourself from its harmful effects. Wear protective sunshield even when there is no direct sunlight to prolong the life of your skin.



## Conclusion

When you meet someone at any time, the first place that will make an impression is not even in your handshake – it is the look on the face. It is therefore safe to say that the face represents your overall personality and since you only have one shot of making a first impression, why not wear a healthy, beautiful looking face that will leave a positive impression of the rest of your body?

The double chins problem, chubby cheeks, crow leg lines, wrinkles and eye bags are facial features we need not put up with the rest of our lives, you can have a new you by following a simple but effective guide to restore the youthful and healthy you.



Whether you are young or old, thin or fat, the **Face Fitness Formula** will do wonders in giving you the lean, beautiful and firm face that represents your real identity.

This formula is guaranteed to work and is not that taxing. You need to set aside only 14 minutes of your day and get the perfect facial look without going for expensive and

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Not only is it natural and safe, it also gives you results within a very short time of four weeks and has been described as the greatest no-fail facial fitness program anywhere. You now have no reason to hate your face every time you pass a mirror or dread the time you meet new people because you can shape your identity. Get rid of face fat, double chins, eye bags, rid aging signs and sculpt those cheek bones among other facial improvements, all in one face fitness formula.

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