

Wish you could look year



"Happy Face Yoga turned out to be the only lift my face needed!" says Patti.

It doesn't matter whether we call them laugh lines, frown lines or crow's-feet—it means the same thing: wrinkles!

Ask Patti Hart. When the 50-something Kennesaw, Georgia, wife and mom looked in the mirror, she barely recognized the woman staring back at her! But short of plastic surgery, she didn't think there was anything she could do about it. Until she discovered an unbelievably easy solution . . .

Patti had always looked young for her age. But then she had a mild stroke. Thankfully, she survived without any lasting disabilities. But illness, Patti realized, ages us. Now her eyes and mouth were lined with creases. Her eyelids were hooded and her lips were thin.

But short of a facelift—too risky, because she was on blood thinners to prevent another stroke—there was nothing she could do.

Until one day at a yoga class, she heard about a *new* kind of yoga . . .

"Happy Face Yoga" was, well, yoga for your face, designed to keep facial muscles toned and wrinkle-free.

"Does it really work?" Patti asked instructor Gary Sikorski.

"Absolutely!" he insisted. Muscles support the skin, he explained. No matter how great your skin is, if your facial muscles aren't toned, you'll look saggy and wrinkled. But after mastering easy facial "poses" that strengthen and lift muscles in the face, neck and scalp, many of his students saw such an improvement, they looked like they'd had a facelift!

Each session started with deep breathing exercises to oxygenate the skin. Then Gary guided the class

through exercises to work different trouble spots on the face.

Patti felt self-conscious, making faces in front of a room full of strangers, but she did it: opening her eyes wide to smooth crow's-feet, squinting and releasing to minimize eye bulges . . .

At the end of that first class, she looked in the mirror . . .

"Wow!" Patti gasped. Her skin was glowing!

By the last class, her eyelids and jowls had lifted.

The corners of her mouth had turned up. Her lips looked fuller. And her wrinkles had almost disappeared! And that was all the encouragement Patti needed to keep doing the exercises on her own!

And five months later when her daughter, Elise, came for a visit . . . "You look like you had a facelift!" she raved.

Patti was thrilled. "I thought I'd just have to get used to looking old," she says. "But thanks to Happy Face Yoga, I love how I look again!"

—Deborah Bebb

Did you know?
Using sunscreen with SPF of at least 15 will help prevent wrinkles better than most wrinkle creams.

More natural ways to get great skin!

● Uncover young skin with pineapple.

"It contains natural enzymes that remove dead cells," explains Lisa Petty, author of *Living Beauty*. Just mash canned pineapple with a few spoonfuls of brown sugar, massage into skin, then rinse.



● Sleep on your back.

Not comfy? "At least try not to crunch your face into your pillow," advises Petty. "Over time, lying on your side can actually crush the skin, causing lasting lines."

● Enjoy a fish dinner.

The omega-3 fatty acids in oily fish such as salmon, sardines and mackerel help keep skin youthful. Don't like fish? Consider an omega-3 supplement.

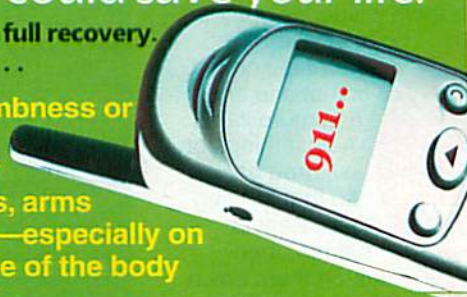
● Drink up.

"Aim for eight cups of water a day," says Petty. Water washes away skin-damaging toxins and keeps you glowing.

Know the stroke symptoms that could save your life!

The faster a stroke is detected, the better the chances for a full recovery. Call 911 immediately if you or a loved one has sudden . . .

- ✓ Confusion, trouble speaking or understanding
- ✓ Loss of balance, dizziness, or difficulty walking
- ✓ Numbness or weakness of the legs, arms or face—especially on one side of the body
- ✓ Difficulty seeing in either or both eyes
- ✓ Severe headache with no known cause



Women in particular may also have these surprising stroke symptoms: sudden nausea, chest pain, shortness of breath, palpitations

and generalized weakness. When in doubt, call for help!

To learn more, visit www.strokeassociation.org.

s younger?

So did Patti Hart. But short of a facelift, she didn't think there was anything she could do to erase lines and wrinkles. Until she discovered Happy Face Yoga!

Erase signs of aging with Happy Face Yoga!

Try these exercises from Happy Face Yoga creator Gary Sikorski once a day to give yourself a natural "facelift"

1 The Under-Eye Bag Firmer

Strengthens the muscles surrounding the eyelids, helping to decrease under-eye bulges.

1 Place your middle fingers along the sides of your nose, where it meets the corners of your eyes.

2 Place your index fingers at the outside of the eyes near the temples.

3 Draw up your lower eyelids, keeping your upper eyelids as wide open as possible.

4 Release.

5 Repeat the squint 10 times.

6 Hold one last squint for 20 seconds.

Repeat the sequence one more time.



2 The Line Tamer

Helps release tight muscles in the face that can be causing or deepening lines.

1 Inhale deeply.

2 Open your mouth wide, stick out your tongue, and roll your eyes toward the ceiling while exhaling (it looks like a lion roaring!).

3 Bring together your middle and index fingers and place them across your forehead, like a headband.

4 Inhale deeply.

5 As you exhale, slide your fingers down your forehead, maintaining the tight band, as you try to raise your eyebrows.

Repeat three times, and relax.



3 The Forehead Line Eraser

Don't want Botox? Try this to smooth forehead lines and brow wrinkles!

1 Press your fingertips firmly on your forehead, above your eyebrows.

2 Squeeze your eyes shut.

3 Slide your fingers slowly and firmly toward your hairline.

4 When your fingers reach your hairline, open your eyes and raise your eyebrows.

5 Keeping eyebrows raised, slowly and firmly slide your fingers back down.

6 Repeat the sequence 10 times.



4 The Cheek Lifter

Builds the cheek muscles, helping to create a lifted effect.

1 Open your mouth and form an "O."

2 Fold your upper lip over your front teeth. Smile to lift your cheek muscles as high as you can.

3 Release.

4 Repeat the cheek lift 10 times.

5 Hold your index fingers over your scalp, and do one more cheek lift, imagining you're lifting toward your fingers. Hold this position for 20 seconds.

6 Release and relax. Repeat this exercise three times.



5 The Lip Plumper

Who needs collagen? Do this exercise to firm the muscles around the mouth, making lips look plumper and younger.

1 Smile without showing your teeth.

2 Keeping the corners of your mouth turned up, pucker your lips into a "sourpuss" expression.

3 Firmly press your thumb at the center of the pucker.

4 Hold for up to 60 seconds.



6 The Neck Smoother

Firms the chin, neck and jaw line—and may make a double chin disappear.

1 Place one palm on your neck, with your other palm resting lightly on top of it.

2 Raise your chin, slightly tilting your head back.

3 Extend your jaw, and touch the tip of your tongue to the roof of your mouth.

4 Smile in this position, and breathe deeply. Hold the pose for 30 seconds.

5 Repeat once.

