

Here's Some Tips For Your Facial Success!

EXERCISE DAILY – Your success will be dependent upon your discipline to exercise on a daily basis. Learn the exercises and develop your own daily routine, your personal 15 -20 min. exercise program! Excellent results will be achieved with the proper dedication.

WATER, WATER, WATER – Water is the ultimate moisturizer for the skin. It also ferries nutrients and oxygen to every cell in your face and body, while flushing out toxins and other wastes. It is extremely important to drink 6-8 glasses of water every day!

POSTURE – As you prepare to do each exercise, move back in your seat and sit up straight. Pull your naval back towards your spine and relax. This posture acts as an anchor and will allow you to focus on the individual facial muscles that you are exercising.

VISUALIZATION – Use your mind to visualize and feel the energy coursing through your muscles as you exercise. Picture in your mind these muscles lifting, toning, and strengthening your face. Use your “mind-muscle” connection to achieve the best possible results.

SLOWLY NOW! – Slow and careful movements are best. Never rush through the poses. Slow and steady firms the face! If you don't have time to move slowly and concentrate, do the exercises at another time.

CONCENTRATION – Concentrate on the muscles that are being worked. Bring energy into that area! Clear your thoughts when you are exercising. Concentrate on the muscles, instead of what you might be having for lunch! You'll be delighted with the results!

USE A MIRROR - When practicing the exercises on your own, it's probably best to use a mirror – at least until you have memorized each movement and are confident you are doing them correctly.

Good Luck.....You Can Do It!!