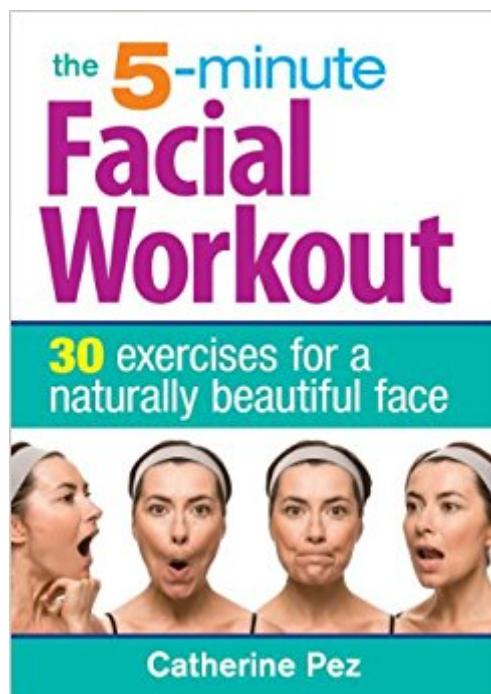


The book was found

The 5-Minute Facial Workout: 30 Exercises For A Naturally Beautiful Face



Synopsis

How to combat the effects of aging in just 5 minutes a day. More than 50 muscles make up the structure of the human face, and to a large degree these muscles determine facial appearance. The muscles of the face can be exercised and toned just like skeletal muscles. With this new program a marked difference in appearance will be developed and will potentially eliminate the common desire and need for invasive plastic surgery. Too much sun, cigarette smoking, the degradation of collagen layers and poor skin create sagging facial muscles. Performing the facial gymnastics in this program on a regular basis will reverse a variety of concerns such as "empty" looking cheekbones, floppy jowls, relaxed eyelids, uncomely wrinkles and too much unwelcome elasticity. Catherine Pez prescribes a "facial gym" at home to exercise the muscles in the face with no special equipment -- just some diligence and discipline. The smile works more than twenty five muscles on the face -- so smiling is an important first step. The small and important Risorius muscle is in the corner of the mouth and if well stimulated, will correct a drooping mouth. This muscle also stimulates the other mid-face muscles thereby inflating the cheeks and nothing is as fresh and young-looking as well-accentuated cheekbones. Each exercise has clear instructions, with photographs that demonstrate the movements, so performing each exercise is easy and straightforward.

Book Information

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Customer Reviews

Catherine Pez has taught her facial gymnastics method for several years. She gives regular conferences and workshops, as well as thalassotherapy sessions.

I've attached 4 photos, I am so glad I took these, these exercises really work! Honestly I have lost

10 lbs but the upper lip improvement can't be attributed to weight loss. I do these daily while on the elliptical at the gym. (Yes I look silly but I don't care.) I use the camera on the phone like a mirror to check that I'm doing them right and use pictures from the book in my photo library as cues. Used to take me an hour, now I've got it down to 30 minutes. I picked exercises for the neck, oval of the face, lips and nasolabial area. Very very happy with my results, highly recommend!

I've been doing these exercises every day for about a month or so. In my pictures pay attention to the jaw line and neck area. I did all the exercises, but I concentrated on this area. Day 1 vs. Week 4. It works. Not sure why the name of the book is The 5-minute Facial Workout. It does take about half an hour. Totally worth it.

This is an easy to read, easy to follow illustrated book on firming the face and neck by toning the underlying muscles. I have only been doing the exercises for a week, and already I have noticed a big difference in the skin on my neck. It is much tighter now. Also, the jowls on my chin line have tightened, but not as much as the neck...so far. Great book and I highly recommend it.

There is no way to do all these exercises in 5 minutes, there are 30 and each takes 50 seconds. But, I really liked how the book was laid out. Before each exercise is a photo clearly showing what muscles the exercise will concentrate on. I felt the photos were clear so you could understand what to do. I went through and flagged the exercises that I wanted to concentrate on and it takes me a little over 5 minutes to get them done. The exercises should work, just like working out, as long as you do them. Plus, it's the only workout you can do while sitting on the sofa.

I love the detailed descriptions along with pictures... this book is wonderful for visual learners like myself.

Love it!

If you do the exercises they work!!! People have noticed that something is different about my face - they say I look well rested! I have chosen some of my "problem" areas to concentrate on and I do 5 or 6 exercises in the morning as I am applying my makeup. I rotate different exercises on different days. I have recommended this book to women in their 20 's, 30's, 40 's etc. It improves the firmness of your skin!! I have used all types of expensive creams and treatments and the results I

got from using these exercises far surpassed any other product, massage or face peel.

Great book.Easy to follow instruction.

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