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| http://members.optusnet.com.au/vanviola/fatso.gif | **More** **FACE EXERCISES** I'm sure these exercises would work if you did them every single day, but who has time for that? I'm going to pick just one and try to remember to practise it every day. Good to try while sitting in your car at traffic lights or while waiting for your computer to start up. You could also make the most of your time spent in line at the bank, supermarket checkout or post office. Just ignore the stares and screams of laughter .... your face is more important to you than worrying about strangers opinions. Print out this page for handy reference. |

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| **Neck and Throat facial exercises** **There is nothing nice about a crepey looking neck with loose skin hanging around, and fold on fold of tired looking skin. These exercises will help relieve and prevent a double chin, loose skin in the neck and throat area and will also assist in toning these muscles.** **EXERCISE [1]** **A great exercise it to sit upright, tilt your head back looking at the ceiling, while keeping your lips closed and then start a chewing movement. You will feel the muscles working in your neck and throat area - and will be truly amazed at the results. Repeat 20 times.** **EXERCISE [2]** **Sit upright, tilt your head back looking at the ceiling, while keeping your lips closed and relaxed. Start puckering your lips together in a kiss and stretch the kiss, as if you were trying to kiss the ceiling. Keep your lips puckered for 10 counts, then relax, bring your head back to normal and repeat 5 times.** **EXERCISE [3]** **Sit upright, tilt your head back looking at the ceiling, while keeping your lips closed and relaxed. Open your lips and stick your tongue out as if you were trying to touch your chin with the tips of your tongue. Keep your tongue out in this position for 10 counts, and return your tongue and head to its normal position.** **EXERCISE [4]** **Sit upright, tilt your head back looking at the ceiling, while keeping your lips closed and relaxed. Next move your lower lip over your top lip as far as possible and keep it there for a count of 5. Relax and repeat 5 times.** **EXERCISE [5]** **Lie on your bed, with your head hanging down over the edge. Slowly bring your head up towards your torso and keep it there for 10 counts. Relax and lower your head towards the floor again. Repeat 5 times.** **EXERCISE [6]** **Sit upright and face forward and while keeping your lips together, separate your teeth by dropping your jaw and then push your jaw forward, keep for a count of 10, bring back to starting position and repeat 5 times.** |
| **LIPS** **LIPS (1)** **Sit upright facing forwards and purse your lips together. Lift your pursed lips** **towards your nose and keep it there for 5 counts, relax and repeat 5 times.** **LIPS (2)** **Pucker your lips slightly and when in this puckered position try with your mouth** **muscles to bring the corners of your mouth together as close as possible. Keep** **lips in this position for 5 counts, relax and repeat 5 times.** **LIPS (3)** **Sit upright, facing forwards and keep your lips closed and teeth together. Smile** **as broadly as possible, without opening your lips, keep it there for 5 counts and** **when relaxing starts puckering your lips in a pointed kiss. Keep it there for 5** **counts and relax - repeat 10 times.** **LIPS (4)** **Move your lips into a puckered kiss and while relaxing the kiss keep your lips** **closed and curl your lips into your mouth across your teeth. Hold this position for** **a count of 10 and repeat 5 times.** **LIPS (5)** **Sit relaxed with your lips hardly opened and pucker your lips outwards. While** **your lips are in the outward position, move your puckered top lip towards your** **nose. Hold in this position for 10 counts and repeat 5 times.**  |
| **CHEEKS** **Our poor cheeks always seem to get a raw deal - they are forever ignored and not** **much time spent on them. Hanging skin forming that hang-dog look around your** **cheeks can be most aging, so here are  some facial exercises to lift and firm** **the cheeks as well to assist with that anti-aging and ageless look.** **CHEEK (1)** **Sit upright facing forward with lips closed but relaxed. Pucker and pout your lips** **using the muscles in your cheeks. (Feel with your fingers that you are using your** **cheek muscles.) Keep it puckered for a count of 10, relax and repeat 10 times.** **CHEEK (2)** **Have a relaxed smile with your lips closed and then suck in your cheeks toward** **and on to your teeth. Hold this for 10 counts, relax and repeat 10 times.** **CHEEK (3)** **Look in a mirror while doing this exercise. Pout your top lip, turning the corners** **of your lips upwards and move your cheek muscles towards your eyes. You** **should at this stage try to get your top lip touching your nose. Keep in this** **position for 10 counts, relax and repeat 5 times.** **CHEEK (4)** **Look in a mirror while doing this exercise. Smile a wide as possible - while** **keeping your lips closed and your mouth corners turned up. Try to make your** **mouth corners touch your ears. Next wrinkle your nose and see your cheek** **muscle move upwards and feel these muscles work. Keep for 5 counts, relax and** **repeat 10 times.** **CHEEK (5)** **Keep your teeth and lips closed and blow air under your top lip and keep it there** **for 10 counts, then move it to your left cheek side, hold for 10, to your lower lip,** **hold for 10 and then to your right cheek side while holding it for a count of 10.** **Repeat 5 times.**   **EYES** **The skin around the eye is the thinnest and most fragile skin found on the** **body, and wrinkles in this area causes great aging of the face, as the** **eyes are the central point of focus when people talk to you.** **Bags under the eyes also do great disservice to your looks, creating an** **uncared for look. Baggy eyes can be helped with certain facial eye exercises and** **effective skincare gels can go to some lengths to effectively remove this** **problem.** **Droopy eyelids can  benefit greatly from ageless anti-aging facial exercises.**   **EYES (1)** **Gently tone the muscles of the eyes by pressing two fingers on each side of your** **head, at the temples, while opening and closing your eyes rapidly. Repeat 5 times.**   **EYES (2)** **Sit upright with your eyes closed and relaxed. While keeping your eyes closed the** **whole time, first look down and then look up as far as possible. Repeat the facial** **exercise 10 times.**   **EYES (3)** **Sit upright with your eyes closed and relaxed. Keep your eyes closed while lifting** **your eyebrows and stretching your eyelids down as far as possible. Keep in this** **position for 5 counts, relax and repeat 5 times.**   **EYES (4)** **Sit upright with your eyes relaxed and open. Lift your eyebrows while closing** **your top eyelids until about halfway closed, then open your eyelid wide open until** **the white of your eye shows over your iris.**   **EYES (5)** **Sit upright looking straight ahead with your eyes open. Look up then down, while** **keeping your head still. Repeat 10 times. Then look left and right - repeat 10 times.**   **FOREHEAD FACIAL EXERCISES** **The area on the forehead, between the eyebrows, can easily** **become lined and full of wrinkles and facial exercises can be a great help.**   **FOREHEAD (1)** **Frown as much as possible and try to bring your eyebrows over your eyes while** **pulling the eyebrows toward one another. Then lift your eyebrow as far as** **possible while opening your eyes as far as possible as well. Repeat 5 times.**   **FOREHEAD (2)** **Lie on your bed with your head hanging over the edge. Lift your eyebrows as high** **as possible, with your eyes opening very wide. Relax and repeat 10 times.**   **FOREHEAD (3)** **Sit upright facing forward and while bringing your eyebrows down over your** **eyes, wrinkle your nose as far up as possible while flaring your nostrils. Keep for** **a count of 10, relax and repeat 5 times.** |

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