

Face Exercises

For

Vibrant Skin



Hello,

Congratulations on taking this step to improve your skin's health.

Just like the rest of the body, the face needs to be exercised. Surprisingly, this has not been understood until recently.

Exercising the facial muscles helps keep the skin supple and firm. It prevents saggy skin and lessens the progression of wrinkles. And it helps the skin's protective mechanisms maintain its health.

Give these exercises a try. Create a daily routine for the best results. I am here to help you. I can clarify what you need to do, so don't be afraid to reach out.

If you have any questions, please feel free to contact me in the Healthy Gut Community Facebook group.

Enjoy!

Lorene Sauro, CFNP



Medical Disclaimer

All information contained in this document is for informational purposes only. It is not intended to diagnose, treat, cure, or prevent health problems. For all serious health issues, please contact a medical or nutrition practitioner. The information provided in this program is based on the best knowledge of the author at the time of writing, and we do not assume liability for the information within this program, be it direct or indirect, consequential, special, exemplary, or other damages. In all circumstances, it is always wise to consult your physician before changing your diet, taking supplements, or starting any exercise or health program.

www.thedigestersdilemma.com

Table of Contents

The Cheek Lift:.....	4
The Jaw Release:.....	4
The Forehead Smoother:.....	4
The Smile Smoother:.....	4
The Eye Firmer:.....	4
The Chin Lifter:.....	5
The Fish Face:.....	5
Neck Exercises:	5
The Giraffe Stretch.....	5
Neck Lift I.....	5
The Neck Lift II.....	5
Chin Tucks.....	6
Neck Resistance	6
Swan Neck	6

One of the easiest things we can do for the appearance of the face is to exercise the face.

Face exercises, also known as facial yoga or facial toning, can help maintain muscle tone and collagen in the face and neck.

Here are some effective exercises:

The Cheek Lift:

- Smile as wide as you can.
- Place your fingers on the top part of your cheeks.
- Lift your cheeks towards your eyes.
- Hold for 10 seconds and release. Repeat 10 times.



The Jaw Release:

- Sit or stand with your spine straight.
- Move your jaw as if you are chewing.
- Hum while doing this.
- After a few seconds, open your mouth wide, with your tongue pressed to your bottom teeth.
- Hold this position for 5 seconds, then close your mouth. Repeat 10 times.

The Forehead Smoother:

- Place both hands on your forehead facing inwards and spread all of your fingers between your eyebrows and hairline.
- Gently sweep your fingers outwards across your forehead, applying light pressure to tighten the skin.
- Relax and repeat 10 times.

The Smile Smoother:

- Hide your teeth with your lips and make an 'O' shape with your mouth.
- Smile as widely as you can while keeping your teeth hidden.
- Hold this smile for 5 seconds.
- Repeat 10 times.



The Eye Firmer:

- Find a relaxed seated position with your back straight and shoulders relaxed.
- Using your index fingers, gently place them at the outer corners of your eyes.
- Apply slight pressure with your index fingers, ensuring that your fingers are not pulling the skin but providing gentle resistance.
- While maintaining the pressure with your fingers, look upward and squint your eyes. You should feel the muscles around your eyes working.
- Hold the squint for about 5 seconds, then relax. Repeat this movement 10 times.
- On the last repetition, hold the squint for about 10 seconds before fully relaxing.

The Chin Lifter:

- Sit or stand with your spine straight.
- Tilt your head back to look at the ceiling.
- Pucker your lips tightly, as if you're trying to kiss the ceiling.
- Hold for 5 seconds, then relax. Repeat 10 times.



The Fish Face:

- Suck your cheeks and lips in to make a fish face.
- Hold this position while trying to smile.
- Hold for 5 seconds and release. Repeat 10 times.
- Incorporating these exercises into your daily routine can help improve muscle tone, boost collagen production, and give your face and neck a firmer, more youthful appearance.

Neck Exercises:

Here are some effective neck exercises that can help firm the neck and improve collagen production as part of face yoga:

The Giraffe Stretch

- Sit or stand up straight.
- Place your fingertips at the bottom of your neck and gently stroke downwards as you tilt your head back.
- Hold the stretch for a few seconds, then bring your head back to a neutral position.
- Repeat this exercise 5-10 times.

Neck Lift I

- Lie on your back with your head hanging off the edge of a bed or sofa.
- Slowly lift your head towards your chest, using your neck muscles.
- Hold for a few seconds, then slowly lower your head back to the starting position.
- Perform 10-15 repetitions.

The Neck Lift II

- Sit or stand with your spine straight.
- Tilt your head back to look at the ceiling.
- Press your tongue to the roof of your mouth.
- Hold for 5 seconds and then release. Repeat 10 times.

Chin Tucks

- Sit or stand with your back straight.
- Slowly tuck your chin towards your chest without rounding your shoulders.
- Hold the position for 5 seconds, then relax.
- Repeat 10-15 times.



Neck Resistance

- Place your hand on your forehead and gently press against it while pushing your head forward.
- Hold for 5-10 seconds, then relax.
- Repeat the exercise with your hand on the back of your head, pressing backward.
- Perform 10-15 repetitions for each direction.

Swan Neck

- Sit up straight and tilt your head back slightly.
- Push your lower jaw forward, feeling a stretch under your chin and along your neck.
- Hold the position for 5 seconds, then relax.
- Repeat 10-15 times.

These exercises help to strengthen the neck muscles, improve skin elasticity, and boost collagen production, contributing to a firmer and more youthful appearance.

