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**Build Face Muscles Just Like You Build Your Pecs and Abs**

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Muscle Lift After 4 Weeks of Facercise

**Tone & Tighten in Minutes a Day**

 If you want to get a ‘buff’ body, try pushups or planks. And if you’d like to define and tone the contours of **your face, try Facercise – the amazing facial toning program that has been medically designed to tone and** tighten all 57 muscles of the face. In just a few weeks, you won’t believe the reflection looking back at you from your bathroom mirror! Here’s how it works.

 When you exercise the muscles in your body, they increase in size. The same thing happens when you exercise your neck and face. Those muscles – all 57 of them – take on more definition and tone. In just a short time, you’ll begin to see your cheeks and eyes lift, and your sagging chin line firm up. And since your skin is attached to the muscles, it will lift, too!

**Counteract a Drooping Face**

 Dr. M. Murad Alam, MD at Northwestern School of Medicine says, “It’s like blowing up a deflated beachball. Facial exercises will actually counteract drooping skin and fat tissue in the face, making you look younger.” In Dr. Alam’s medical study, the ‘most marked area of improvement for the women in this study was fuller cheeks.’

 Take a look at the pictures above. The face on the left shows drooping in the eye, cheeks and mouth. The face on the right has lifted, with mouth and eyes

 You’ll also notice a brighter complexion and feel tingling as blood is forced to face. In just short time, you’ll begin noticing that there are fewer fine lines, wrinkles and less puffiness under the eyes.

**My Story**

 I began Facercising a few years ago when I noticed my right lower eyelid sagging. It took me a few weeks to master the 13 exercises, but I kept with it. In no time, I was able to put the demo DVD away and work strictly from memory. I was now able to do all 13 exercises in the car – a double use of time! And it only takes me a few minutes.

Now, I am able to do the exercises in just a few minutes a day. I’d love to teach *you* ***Facercise***. In just a short time, your friends and family will be asking, “Have you had work done?” I offer appointments via Zoom or in person, in my Puyallup WA office. Call or email me for a brief consultation. Kathryn 253-223-7492 FacerciseByKathryn.com

**Try This Exercise**

**The Jaw Strengthener**

 Open your mouth and roll the lower lip snugly over the bottom teeth. Pull the corners of the mouth toward the back teeth and roll them in tightly. Keep upper lip pressed firmly against teeth. Open and close your jaw in a slow scooping motion. Pull your chin up half an inch each time you scoop. Keep moving the chin upward ½ inch at a time until chin pointing to ceiling. Repeat 20 times.