**#1 Facebook**



**Before and After Facercise – And in Just 4 Weeks!**

This is Shelby, a beautiful woman who was beginning to see noticeably unpleasant changes in her face. Her eyelids were starting to sag over her lashes and her eyebrows weren’t as perky as they were when she was younger. In general, her face was elongating and showing signs of aging. So, she began **Facercise.** Shelby had known about the face exercising technique for quite a while but got serious about it when she had a friend comment that she “looked tired – like she needed sleep.” Her results were remarkable. Like she was 10 years younger!

**Facercise** is a tried-and-true facial exercise program that consists of 13 exercises that tone and tighten all 57 muscles of the neck and face. Developed over 30 years ago, **Facercise** can be done in just a few minutes a day, you can take years off your looks! Response to the exercises happen rapidly because the facial muscles are very small as compared to other muscles in your body (like abs, pecs and thigh muscles).

**Proven Results**

Your jaw and cheek bones will become more prominent, as you shed excessive fat from your face. Unfortunately, because most of us fail to work face muscles, the atrophy and make your face literally ‘fall down.” Add to that a clean, natural diet free of chemicals and a solid skin care regimen, and you’ll be reaching peak physical appearance in less than a month.

I’m Kathryn Parslow. My background is in natural. 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

**Facercise Exercise #9 - Neck and Chin Toner**

Close lips and smile strong. Place one hand at base of neck over collarbone. Look up toward top of head. Tilt head back, feeling a pull on your neck. Rock quickly back and forth, like you are in a rocking chair. Repeat 25 times.