**57 Face Muscles Respond “Like Magic” to Face Exercises**



 If you’re getting older, you’ve probably noticed your *arms sagging or your derriere dropping*. You may have joined a gym to counteract those depressing body changes. In addition to undesired body changes, chances are you aren’t *loving* the reflection looking back at you from the mirror. But there is good news! You lift your face muscles just like your “derriere” – all by facial exercising.

 You have 57 muscles in your neck and face and – just like as a body builder can develop particular ‘major’ muscles – you can develop and accentuated every one of your facial muscles by doing facial exercise. The technique is called **Facercise**. When face muscles are toned and developed, the skin will lift, fine lines and wrinkles will diminish, the complexion will become vibrant and your face will be restored to a more youthful shape.

**Get a Fit and Younger Looking Face**

 In daily living, you exercise only a few of your face and neck muscles. Many muscles are rarely used. The good news is that by doing regular facial exercises, you will cause facial blood circulation and replenishing the oxygen supply in the muscles. This results in keeping your face looking fit in the long term. Furthermore, regular facial muscles exercises improve the blood flow and, thus, supply your skin cells with nutrients leading to a stimulation of skin cell regeneration and [prevention of wrinkles. In the process, you will:](https://www.nivea.co.uk/shop/anti-wrinkle-plusfirming-day-cream-45plus-40059005250170045.html)

* Strengthens, tightens the muscles in your face
* Reduces the appearance of wrinkles
* Increases blood circulation
* Releases any tension in the face and neck
* Firms and tightens the facial skin

**I’m Kathryn and This is My Story**

 I’ve always cared about my looks, but with normal family responsibilities, a kids 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 am now able to do all 13 exercises while driving – a double use of time! And it only takes me a few minutes.

 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

Lower Eyelid Strengthener

With both eyes, look up toward top of head. Make a squint up with lower lids. You should feel a pulsing in your eye muscle. Squint and release 20 times.