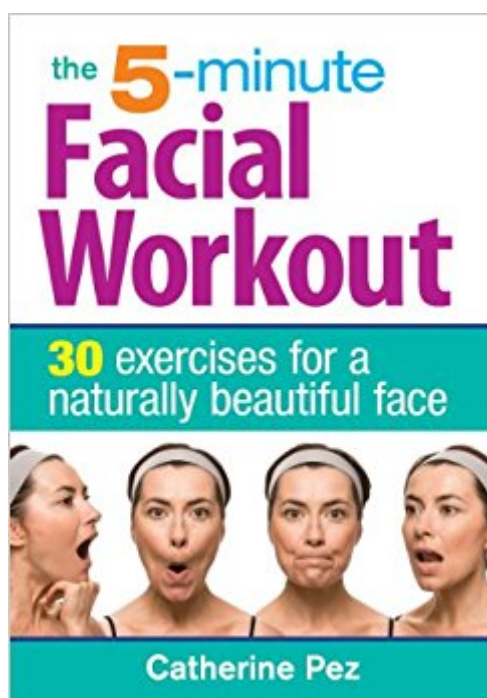


The book was found

The 5-Minute Facial Workout: 30 Exercises For A Naturally Beautiful Face



Synopsis

How to combat the effects of aging in just 5 minutes a day. More than 50 muscles make up the structure of the human face, and to a large degree these muscles determine facial appearance. The muscles of the face can be exercised and toned just like skeletal muscles. With this new program a marked difference in appearance will be developed and will potentially eliminate the common desire and need for invasive plastic surgery. Too much sun, cigarette smoking, the degradation of collagen layers and poor skin create sagging facial muscles. Performing the facial gymnastics in this program on a regular basis will reverse a variety of concerns such as "empty" looking cheekbones, floppy jowls, relaxed eyelids, uncomely wrinkles and too much unwelcome elasticity. Catherine Pez prescribes a "facial gym" at home to exercise the muscles in the face with no special equipment -- just some diligence and discipline. The smile works more than twenty five muscles on the face -- so smiling is an important first step. The small and important Risorius muscle is in the corner of the mouth and if well stimulated, will correct a drooping mouth. This muscle also stimulates the other mid-face muscles thereby inflating the cheeks and nothing is as fresh and young-looking as well-accentuated cheekbones. Each exercise has clear instructions, with photographs that demonstrate the movements, so performing each exercise is easy and straightforward.

Book Information

Paperback: 192 pages

Publisher: Robert Rose (February 13, 2014)

Language: English

ISBN-10: 0778804712

ISBN-13: 978-0778804710

Product Dimensions: 7 x 0.5 x 10 inches

Shipping Weight: 1.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 51 customer reviews

Best Sellers Rank: #73,479 in Books (See Top 100 in Books) #128 in [Books > Health, Fitness & Dieting > Beauty, Grooming, & Style](#)

Customer Reviews

Catherine Pez has taught her facial gymnastics method for several years. She gives regular conferences and workshops, as well as thalassotherapy sessions.

I've attached 4 photos, I am so glad I took these, these exercises really work! Honestly I have lost

10 lbs but the upper lip improvement can't be attributed to weight loss. I do these daily while on the elliptical at the gym. (Yes I look silly but I don't care.) I use the camera on the phone like a mirror to check that I'm doing them right and use pictures from the book in my photo library as cues. Used to take me an hour, now I've got it down to 30 minutes. I picked exercises for the neck, oval of the face, lips and nasolabial area. Very very happy with my results, highly recommend!

I've been doing these exercises every day for about a month or so. In my pictures pay attention to the jaw line and neck area. I did all the exercises, but I concentrated on this area. Day 1 vs. Week 4. It works. Not sure why the name of the book is *The 5-minute Facial Workout*. It does take about half an hour. Totally worth it.

This is an easy to read, easy to follow illustrated book on firming the face and neck by toning the underlying muscles. I have only been doing the exercises for a week, and already I have noticed a big difference in the skin on my neck. It is much tighter now. Also, the jowls on my chin line have tightened, but not as much as the neck...so far. Great book and I highly recommend it.

There is no way to do all these exercises in 5 minutes, there are 30 and each takes 50 seconds. But, I really liked how the book was laid out. Before each exercise is a photo clearly showing what muscles the exercise will concentrate on. I felt the photos were clear so you could understand what to do. I went through and flagged the exercises that I wanted to concentrate on and it takes me a little over 5 minutes to get them done. The exercises should work, just like working out, as long as you do them. Plus, it's the only workout you can do while sitting on the sofa.

I love the detailed descriptions along with pictures... this book is wonderful for visual learners like myself.

Love it!

If you do the exercises they work!!! People have noticed that something is different about my face - they say I look well rested! I have chosen some of my "problem" areas to concentrate on and I do 5 or 6 exercises in the morning as I am applying my makeup. I rotate different exercises on different days. I have recommended this book to women in their 20 's, 30's, 40 's etc. It improves the firmness of your skin!! I have used all types of expensive creams and treatments and the results I

got from using these exercises far surpassed any other product, massage or face peel.

Great book.Easy to follow instruction.

[Download to continue reading...](#)

The 5-Minute Facial Workout: 30 Exercises for a Naturally Beautiful Face Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) Calisthenics: 18-Minute Calisthenics Workout Plan for Beginners: The Most Superior Collection of Exercise and Fitness Books (Bodyweight Exercises, Calisthenics ... Workout Plan, Calisthenics Workout,) Calisthenics: Calisthenics Guide: BodyWeight Exercises, Workout Progression and Training to Be Fit (Calisthenics, Calisthenics Bodyweight Workout, Calisthenics ... Workout, Bodyweight Exercises Book 1) Bell's Palsy Handbook: Facial Nerve Palsy or Bell's Palsy facial paralysis causes, symptoms, treatment, face exercises & recovery all covered Face to Face with Wolves (Face to Face with Animals) Face to Face: Praying the Scriptures for Spiritual Growth: 2 (Face to Face / Spiritual Growth) Face to Face with Polar Bears (Face to Face with Animals) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) The 15 Minute Fix: FACE: Exercises To Keep Your Face Youthful and Healthy Five-Minute Face-lift: A Daily Program for a Beautiful, Wrinkle-Free Face The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) ECG Workout: Exercises in Arrhythmia Interpretation (Huff, ECG Workout) Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players. Calisthenics: 30-Day Greek God Beginners Bodyweight Exercise and Workout Routine Guide - Calisthenics Muscle Building Challenge (Street Bodyweight Exercises, Calisthenics Workout Routines Book 1) Face Painting: The Ultimate Guide to Face Painting Supplies and Face Painting Kits Calisthenics: The 20-Minute Dream Body with Bodyweight Exercises and Calisthenics (Bodyweight Training, Street Workout, Calisthenics) 10 Years Younger: Look Younger With Yoga Face Exercises, Get Rid of Wrinkles & Take 10 Years off Your Face in 8 Mins A Day (Health & Beauty Series Book 3) Eye Exercises to Improve Vision: Recover Your Vision Naturally with Simple Exercises (Vision Training)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)