
Carole Maggio

Facercise[®]



*Take ten years
off your face—
in just minutes
a day!*

The Dynamic Muscle-Toning Program
for Renewed Vitality and a More
Youthful Appearance

Carole Maggio

Facercise



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Outlines a program of exercises that tones the face muscles to create a more youthful appearance



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GREAT BOOK I take advantage of this book a whole lot. I've got it for several years right now and I still dig it out to utilize the facial exercises. I am 60 years older and my throat doesn't sag and bag like my old sisters! The publication have photos of girls who achieved great outcomes in a single week demonstrated in before and after photos.! waste of cash, and time. Probably the video is more beneficial. I do have no wrinkles however, I've noticed that I started having sagging along the jaw series, and the nasal labial fold became more pronounced and wanted to enhance the muscle tone. Five Stars Best book ever written about facial exercises, for me, and easy to read with pictures to demonstrate. Was just a little less thinking about the cheek exercises as I experienced they exacerbated my nasal area to mouth area lines. In a few of the exercises you need to imagine your muscles lift, I have never heard of imagined exercises. Carol in her book urges you to accomplish the same, to consider photos of that person in the beginning and two months afterwards. The exercises are explained step by step. Not only is it informative, it is easily understandable. You see improvement in your skin tone almost immediately. The start of the publication explains WHY this works and the 2nd half of the book explains HOW TO Perform the exercises. I would love to possess the tape aswell someday. Until then, I will continue facercising! A definite must for the center aged girl trying to keep up her attractiveness. but you can! and save yourself tons of money on cosmetic surgery because you won't need it! Beats surgery Exercises are wonderful and easy to accomplish. Some individuals thought I experienced a facelift when I was performing the exercises. It actually works!! Arrived in time and in good shape. Don't laugh - these exercises actually work! Facercise Good book, easy to understand and practice. Works! self care who have thought that you could do callesthenics with your encounter? The exercises in the publication are described in an exceedingly vague way, after reading them again and again I was still not sure what you want to do. Like this book very much expecially the lip, mouth area and eye exercises. I browse it cover to cover the same day time! Also I was unable to perform the advanced exercises since it caused me neck strain, which explains why I offered the reserve 4 stars rather than five. Love the lip, mouth and nose exercises, my lips are fuller and mouth area younger looking and more plumped up in general. However if you stay with it you will be rewarded. You have to work hard at the exercises expecially initially, results don't appear over night. Just had my 45th birthday and didn't feel low about it because I have uncovered facial exercises and sincerely think that due to them you can appearance great whatever your actual age.! I read all the negative and positive reviews before purchasing the book, and decided to buy it anyway to give it a try.! Five Stars thank you Great book Have been working on the exercises for 3 months. Terrific!!! I actually thoroughly enjoyed this reserve. My before and after picture present NO improvement after 8 weeks to do these exercises each day.



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