

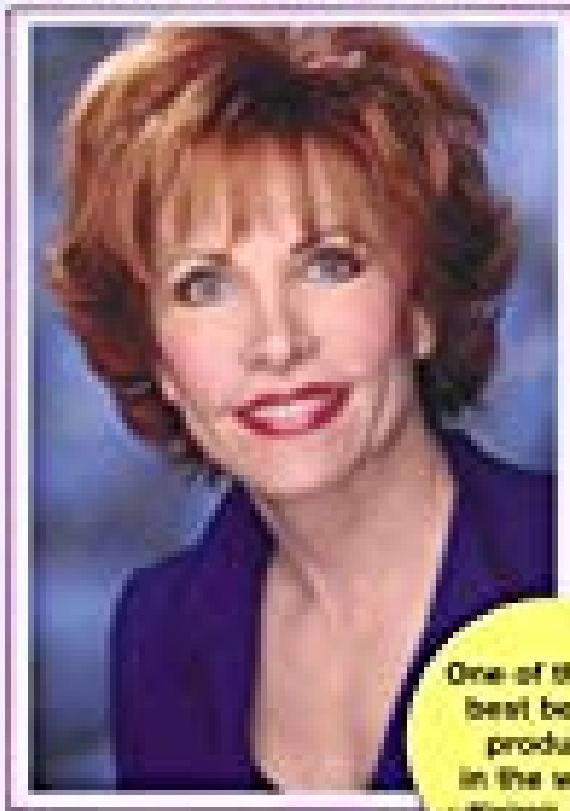
The National Bestseller—Now Revised And Updated

Includes new exercises and photos

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

Carole Maggio Faceercise

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



One of the 100
best beauty
products
in the world.
—*Harper & Queen*

Carole Maggio

Author of *Facebuilder for Men*



Carole Maggio

Carole Maggio Facercise (R): The Dynamic Muscle-Toning Program for Renewed Vitality and a More Youthful Appearance, Revised and Updated



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Developed and perfected over 15 years, Carole Maggio's groundbreaking program combats the signals of aging—simply by diminishing the looks of fine lines and improving muscle tone—naturally. Diminish puffiness around the eyes Shorten and narrow the nose Smooth the chin, neck, and jawline Improve pores and skin and tone Lift eyebrows Recontour the cheeks Make lips fuller and more firm Filled up with dramatic before-and-after photos that illustrate the effectiveness of Faceercise, this easy-to-follow book will help anyone achieve visible results—in less than a week.



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Does work & my 'Sleep Apnea Has Disappeared!' But I am saving the best part for last. Take it from me, functioning your face muscles is simply as important as working on those ab muscles! A great pro with this publication is normally that once you learn these exercises and also have done them for a number of days, they are simple and quick to do. The nose exercise may be the least difficult to do, therefore I began with that. I threw it away. I really do the exercises laying in bed, while driving the car on the country highway to the shop or seated on the couch in the evening. My hubby thought it had been rather silly, nevertheless, he had commented on my down switched lips some time ago and do you know what? Tailor this workout to what's greatest for you as you find out its effects. You will understand them better and get more skilled each day and they'll go much faster.! My sleep apnea has disappeared! I've tried herbal treatments and a sleep apnea face mask/safeguard, and NOTHING helped. A couple of things specifically, besides toning and less sagging; This is exercises takes discipline and concentration and it'll reward you just like other exercise does. I shop a lot on Amazon and seldom write an assessment, but this one I felt I really needed to.! I believe it's the nose exercise found on page 62 and the 'nasal labial smoother,' entirely on page 68 that basically did the secret, but no doubt the other exercises are helping aswell. If you have sleep apnea, TMJ, have been around in a car incident and have had reconstructive facial surgery, take a look book out and start performing the exercises immediately, what carry out you have to lose? It seems sensible in fact. Also I don't do the facial thinning exercise. :) Work out those face muscle groups, too! :) P.s....someone commented on the 'new age,' visualization that the writer mentions, however, she does not make use of the term modern. The truth is, is you need to concentrate to do the exercises and that is all it is certainly, I do not make even more of it than it really is.! Certain exercises get even more of a boost if I sit, some easily lean in the past in the seat. They have not been willing to perform the exercises however, but I did so them and I am so pleased that I did and I've no plans of stopping! . Do you work out your body?. This edition has you lying on the bed and floor to do exercises. Everyone is so concerned with training and body fitness but they haven't however realized that face muscle groups need to be worked well out aswell! Carole Maggio has figured out the necessary muscle groups for you. Why don't we do exercise for our faces? I QUICKLY stopped.. Luckily it generally does not take long to get the muscle tone back.! I read this reserve several years ago, and I occasionally carry out the exercises when I'm watching TV during the night. I gave this reserve to my mother years back, and she will these exercises faithfully. More than once when she has gone to a doctor's office the doctor has taken in his nurses so that they can see how young someone looks who manages themselves. My mom is 75 and appears to be in her early 60's. I bought this copy for myself. I do the lip plumping exercises frequently and I feel that I see a difference albeit a temporary one. It's really functioning!. The EXERCISES HAVE RELIEVED ME OF MY SLEEP APNEA! And be patient together with your face!! Four Stars nice book Each day re-read through the guidelines. I had a friend recently say that someone was asking how previous I am and experienced commented on how young I looked. my face is a lot less tired searching later in your day and my pores and skin is actually noticeably smoother, fewer little bumps. You might hardly feel anything at first, but you'll soon start feeling your muscle tissues burning and really getting a function out. that is clearly a bit cumbersome. Some of your muscles may be so small roughly underdeveloped that you can't experience them as you exercise. That's where the visualizing comes in. Just imagining you are moving the muscles, ultimately gets you to where one can feel them plus they are getting worked. I love to do these seated in a banana seat. The big upside is usually that your face's muscles are small and so they respond positively much more quickly compared to the rest of your body therefore that you have become quickly rewarded. That method I'm devoid of to alternate sitting in a chair, then laying on to the floor, as the writer suggests you do, with respect to the exercise. Many thanks to Carole Maggio and to god, the father who led me to the book as I wanted help for another person whose left cheek all of a sudden collapsed on them and I wanted to help. My encounter quickly became a

little thin with this, therefore i eliminated it. They are no more turning downward, and he offers noticed! I'm now purchasing one for myself !. This edition provides you lying on the bed . I say EVERYONE should own this book! Ordered these because gifts for my sisters and they say . it is not the most current edition. I ordered that from her and that is amazing. I have no idea why this publication isn't on the Best Seller's list. The 'visualization' recommended with a number of the exercises is really important. I recommend the newer version that has the 8 minute super billed session. It really is much more manageable in case you are extremely busy. Natural Method to a Facelift Great advice Five Stars Created and illustrated in a very easy-to-understand way. Do you want to appearance younger?.. she can tell a difference My face does feel like it has already established a 'work out ' of kind . My looks changed therefore much! I've only been doing the exercises in this book once a day for weekly, and I've noticed a difference. Appears to help some what Have got a friend would you the exercises regularly and says she can tell a difference My face does feel like it has already established a 'work out ' of sort after doing them Five Stars Took years off my encounter! Not Recommend Cheaply produced, you can barely read the text. This really works!.. You then should work out the muscles in that person, too. Ordered these as gifts for my sisters and they say the exercises certainly help tome the face. I ordered that from her and that is amazing.... Along with exercising your encounter, be certain and eat healthy and drink plenty of water, as the author suggests, and I'm sure you'll be as pleased with the outcomes as I am. Good reference book Great book. In the event that you follow the guidelines the process really helps. Show patience with yourself initially.



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