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# ULTIMATE faceercise®

Carole Maggio

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

*Carole Maggio*

**Ultimate Facercise: The Complete and Balanced Muscle-Toning Program for  
Renewed Vitality and a More Youthful Appearance**



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The Complete and Balanced Muscle-Toning System for Renewed Vitality and a far more Youthful Appearance Carole Maggio's Facercise program has helped many thousands of women and men appear younger and more lively without surgery, chemical substance peels, or Botox. Carole also gives guidance on the innovative (non-surgical) beauty treatments and even describes how to get gone the hard lumps remaining under the skin by collagen or fillers and how the Ultimate Facercise program can help smooth out the effects of botched plastic surgery. In just eight minutes, twice a day, you can open up your entire eye area, reduce puffiness and get rid of hollows, lift your eyebrows, define your cheeks, plump up your lips, arrive the corners of your mouth, erase lines, and firm your entire neck and jawline. By functioning the muscles with an increase of intensity, using body posturing and accuracy movements, the results are even more dramatic. Today, using the most advanced face technology, Carole provides devised Ultimate Facercise, a program that is even faster and more efficient than the original.



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Exercises Difficult to check out - Lacking Detail and Images The majority of this book drones on and on about the benefits of her program, rather than concentrating on better descriptions and pictures for the 13 exercises it includes. I would much favour paid for a short 35 or 40 web page version of this publication if it had more details, photos, and better descriptions of the exercises, rather than this lengthy novella that basically doesn't concentrate on the reason why I purchased it--how to do the exercises! To do that effectively, you should watch a video demonstration. I experienced expected even more images to visually detail each stage of the exercise, but that's not how it really is with this publication. The written descriptions of the exercises are very complicated and difficult to grasp. Carole's explanations for us on how to perform these are not so well thought out, nor will be the limited pictures provided. But you need to have great instruction and actually understand each movement. There are 132 pages with approximately 100 of these being a lot of mambo jumbo chatter we're able to do without. Regrettably, there is absolutely no way to return this book, otherwise I would! Facercise is excellent, but video better than book The Facercise program is amazing. I read through this newer version once and went back to the original book. I ended up buying the video for it that's also available on Amazon, and once I \*saw\* the exercises performed, \*then\* the reserve made sense! I've used Ms. You can observe the actual motions and positions. I continue to do them each night before bed, for a few months now. That's because whenever I stop for two days, I see small reversals in the improvement I had made in my face. You really have to keep writing. facercise instead of cosmetic surgery or injections I wish I possibly could tell every woman who is worried about the aging of her face (and perhaps considering doing something risky, expensive and unnatural) about the "miracle" of Facercise. I'll continue to do these face exercises because the difference is definitely dramatic and only requires a few days to start seeing a difference (for better, when you perform them, and for worse, when you don't). However, they are great and you can sense the blood rush around in that person. The book is quite difficult to check out, unfortunately. I wish we had never purchased this one. I found it much easier to follow the exercises in the first reserve because they were all demonstrated by one individual (Maggio herself). The original book is very good and has easy-to-follow guidelines of the exercises, but this newer updated edition uses differing people throughout the publication to demonstrate the exercises. I have this book on my Kindle, but We purchased it after currently owning the initial Facercise publication by Maggio. The original book is just much more apparent about what to do, and I discover the exercises in the original book do produce outcomes. I go through this newer edition once and went back again to the original book. I wish i had never purchased that one. Carole Maggio DVDs were quite expensive the last time I shopped for one. For instance, "smile with the center of the upper lip" or "squeeze the corner of your mouth as if sucking on two little lemons" or "visualize the sides of your face upgrading along the sides of your mind" - what in the globe does that mean? Just a few photos are offered for each exercise. Perhaps the DVD would be better. Videos are far better This is an okay introduction to facial exercises, which are intended to improve tone and overall look of the facial skin by strengthening underlying muscles. These exercises are sort of hard to get better at as one attempts to duplicate the precise pictures in the publication. Before I purchased the book, I watched movies on YouTube that demonstrated some exercises, not all by Carole Maggio. When I received this publication, I realized how hard it is to do the exercises from a still image and some printed instructions on the web page. I think a video, whether it's DVD or streaming on the web, is way better. For the initial 5 days I did the exercises twice a time, and saw dramatic outcomes. Now I really do the original plan in the morning and Best Facercise at night. Sometimes you might count to 10 for each repetition. For another exercise it may be even more than that. I really believe face exercises do work in improving the tone and appearance of the facial skin. She should have more photos or assisting facial diagrams that point to each of the areas you should contact, stretch out, or rub across. Very disappointed that with those pages a couple photos receive per exercise that don't give a good visual of what you are supposed to be doing. I've studied other programs, such as for example face yoga. I believe you may get something out of all of them.

Instructions are hard to follow I love the idea, but am having difficulty finding out how to perform the exercises correctly based on her instructions, which are rather vague and confusing. This book is similar to a brochure. I like that I've some direction and will continue! But I've certainly noticed my jaw is tighter, my slight double chin is fully gone, my eyebrows are higher, and the "11's" lines between my eyebrows are much less indented. If you were to buy only one (publication or video, which cost \$25), I'd say go for the video. Maggio's original program, Facercise, for years and am delighted with the outcomes. Another important factor can be your breathing and how long you hold each placement.m and p. Of program, there is a learning curve, but once you grasp the easy exercises, it takes just a brief, relaxing while to do them each a.m. :)) I believe I've noticed a slight difference although it's early days. I'm excited to understand and try more exercises! Teenagers, too! -- Positive results for this 24 year old. I started to see outcomes in a week. Five Stars Good. I just usually looked tired or bored. I started only using the forehead exercises (where my sagging was the worst) and noticed lift after around three times of exercises. That tells me it's performing something very good! Maggio (we will be the same age) and I could assure you her photos aren't doctored. Five Stars I've used her facercise for a long time, VHS I ordered the book. This book was one of the first instructional manuals I saw for facial workout. The 5 Stars is definitely for the Facercise program in general, but the book itself is nearly worthless without the video, in my opinion. I've since added the nose, face filler and the one that lifts the corners of your mouth. Fun to carry out/Feels great! It works Five Stars The face exercises are excellent and I think it'll lead to a more youthful appear. I'm only 24 and my face was sagging pretty bad. I had an exclusive session with Ms. If you really want to follow an application and reap the huge benefits, find a video.



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