

# Carole Maggio

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# Facercise

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

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

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GREAT BOOK I use this book a whole lot. I've had it for several years now and I still dig it out to use the face exercises. I am 60 years previous and my throat doesn't sag and handbag like my older sisters! self care who have thought you could carry out callesthenics with your face?! Carol in her publication urges you to accomplish the same, to take photos of that person in the beginning and two months later.! Arrived in time and in good shape. Probably the video is more beneficial. I go through it cover to cover the same time! Terrific! I thoroughly enjoyed this book. Not only is it informative, it is quickly understandable. My before and after picture present NO improvement after two months to do these exercises each day. You see improvement in your skin tone almost immediately. The start of the book explains WHY this works and the next half of the reserve explains HOW TO DO the exercises. In a few of the exercises you need to imagine your muscle groups lift, I've never heard about imagined exercises. Until then, I'll keep on facercising!! nevertheless, you can! A definite must for the middle aged girl trying to maintain her attractiveness. Beats surgery Exercises are wonderful and easy to accomplish. Don't laugh - these exercises really work! Works!! It really works! Some individuals thought I acquired a facelift when I was doing the exercises. Facercise Good book, easy to understand and practice.! and save the big bucks on plastic surgery because you won't need it! Five Stars thank you Great book Have been focusing on the exercises for three months. Like this publication quite definitely expecially the lip, mouth and eyes exercises. Was a little less keen on the cheek exercises as I experienced they exacerbad my nasal area to mouth lines. Also I was struggling to do the advanced exercises as it caused me throat strain, which explains why I gave the book 4 stars and not five. Love the lip, mouth and nasal area exercises, my lips are fuller and mouth area younger looking and more plumped up in general. I read all the negative and positive reviews before buying the book, and made a decision to buy it anyhow to give it a go. However if you stay with it you'll be rewarded. Just got my 45th birthday and didn't feel low about it because I have discovered facial exercises and sincerely think that because of them you can appearance great whatever your actual age. waste of money, and time. You need to function hard at the exercises expecially in the beginning, results don't appear instantly. I do not have any wrinkles however, I've noticed that I started having sagging along the jaw series, and the nasal labial fold became more pronounced and wished to improve the muscle mass tone. The exercises in the book are described in an exceedingly vague method, after reading them again and again I was still uncertain what you have to do. I would want to possess the tape as well someday. Five Stars Best book ever written about facial exercises, in my opinion, and easy to read with pictures to demonstrate. The publication have photos of girls who achieved great results in a single week demonstrated in before and after photos.! The exercises are explained step-by-step.



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