



Five-Minute Face-lift



A Daily Program
for a Beautiful,
Wrinkle-Free Face

Reinhold Benz

Reinhold Benz

Five-Minute Face-lift: A Daily Program for a Beautiful, Wrinkle-Free Face



[continue reading](#)

All your face features will shine, when you workout with these 21 exercises that isolate and strengthen the muscles about your throat, mouth, eyes, eyebrows, and forehead. It is a program that is quick, easy, and almost free for your most revealing feature: that person.) Full-color, step-by-step photos display how exactly to maintain a youthful appearance with taut epidermis and toned facial muscle groups, which will naturally resist lines and wrinkles. It also avoid spending a lot of money on costly applications that cosmetic businesses promote! There are exercises to work on from your temples to the tip of your nose, including four specifically made to firm up your chin and throat and six to strengthen the muscles around your eye. (You'



[continue reading](#)

